Address the need for menstrual hygiene and dignity: No one should have to worry about the economic and social impact of menstruating — period.

For many homeless, low-income or refugee menstruators, accessing menstrual hygiene products is often difficult, expensive, and stigmatized. Monthly periods can impact their ability to seek and maintain employment, or pay for food, shelter, and medicine.

Provide products and education: Our 100% volunteer-run nonprofit brings a simple, community-focused solution to this often-overlooked problem by leveraging donations and bulk buying power to annually provide over 530,000 free menstrual health products and educational materials to 125 partners, including shelters, food pantries, schools, and homeless organizations.

Scale up: We build the capacity of organizations and individuals who are beginning their own menstrual product donation efforts by sharing experiences and resources.

Helping Women Period mobilizes menstrual warriors of all ages, genders, and ethnicities to organize and distribute period products in our effort to reclaim #PeriodPower.

We quickly learned after launching our nonprofit that the profile of our product recipients is nuanced, so we’ve made it a point to be more inclusive in who we serve and the way we talk about our services, products, and recipients.

We provide products to:

- Rural, suburban and metropolitan areas in the Greater Lansing area, including Clinton, Eaton, Ingham, and Shiawassee Counties
- Homeless and low-income persons
- Refugees and immigrants
- Women and transgender persons of all ages and ethnicities
The Period Problem

### Lack of Access
- 215,000 homeless menstruators in the U.S.
- 63% of Lansing's homeless population are women.
- Menstrual products cannot be purchased with SNAP or WIC funds.

### Expense
- $70+ annually per menstruator (individual purchase).
- 6.8% tax in 41 states, including Michigan.

### Loss of Productivity
- 17% of women globally have missed work or school fearing someone will know they’re menstruating.

### Discrimination
- Cultural norms stigmatize menstruation.
- Discrimination affects one’s ability to deal with menstruation, including those with disabilities, LGBTQ+ and gender non-conforming, and others at risk.

### Lack of Product Knowledge
- Menstrual hygiene management is unique to an individual; many lack knowledge of product use and struggle through the experience.

### HWP’s Solution

#### Donate Bulk Products
- Distribute over 530,000 free menstrual products to homeless, low-income, and refugee menstruators in the Greater Lansing area each year through charity partners.
- Support 1,500 menstruators each year.
- Lower the cost of annual menstrual products to $35 per menstruator when purchased in bulk.

## Total Impact (2015-2018)

The generosity and support of HWP’s volunteers and donors have been tremendous.

- **1,300,000** menstrual products donated
- **15** drop-box locations established
- **8,290** volunteer hours
- **370%** increase in the number of periods and menstruators covered

![Bar chart showing impact from 2015 to 2018]
536,500 PRODUCTS DISTRIBUTED

- 191,000 pads
- 162,000 tampons
- 79,000 liners
- 65,500 wipes
- 34,000 bladder control pads
- 5,000 discreet carrying bags

This provided hygienic coverage for 17,650 periods or nearly 1,500 menstruators for 1 year.

This is the equivalent of donating over $22,000 in products to homeless shelters, food pantries, and safe houses in an effort to offset this often-overlooked donation item.

- 2,265 volunteers hours
- 1,400 educational product use brochures distributed in English and Spanish
- 1 feminine reproduction workshop with immigrant teens facilitated

Each menstrual hygiene bag we provide is filled with more than products – it’s also filled with peace of mind that allows our recipients to focus their resources on food, shelter, and obtaining employment.
Looking Ahead

Helping Women Period has developed a strategic plan to build on the momentum of the past four years. New initiatives for 2019 and beyond include:

- Installing vending machines that dispense free menstrual products in schools and other locations.
- Offering menstrual health workshops for local charity partners to teach them how to support recipients in product use.
- Building out HWP’s infrastructure by hiring staff and engaging board members to guide the vision for strategic growth.
- Growing our efforts toward inclusivity of all populations and demographics, including LGBTQ+ and gender non-conforming people.

It’s time to make that time of month easier!

With your help, we can break down this barrier to self-sufficiency.

Give...

**Time**
- Volunteer to sort and distribute products
- Sew discreet carrying bags
- Pick up and drop off products
...and more

**Funds**
- $35 provides menstrual products for 1 person for 1 year
- Any amount makes a life-changing difference!

**Products**
- Donate tampons, pads, panty liners, bladder control products, wipes
- Host a donation drive or drop-off location

[Links to more information]

Helpingwomenperiod.org  |  helpingwomenperiod@gmail.com  |  517.295.0552
P.O. Box 4544 East Lansing, MI 48826

#HelpingWomenPeriod  @helpingwomenperiod  @helpingwomen1  @helpingwomenperiod