

Period Plus Program



1 in 3 low-income women report missing work, school, or similar events due to lack of access to period supplies. Nevertheless, Atlanta GLOW is committed to keeping girls in school and women in the workforce. Through our Period+ program, we partner with schools, shelters, communities and nonprofits to distribute essential menstrual hygiene products to the women and girls who need them most.

GET INVOLVED

If you are interested in helping us create #menstrualequity and fight #periodpoverty in Georgia, here are some ways you can help:

- **Host a Supply Drive:** A toiletry/period supply drive is a great service project for schools, businesses, groups or churches. You could even have a friendly competition and offer recognition/ prize for the team or individual that brings in the most!
- **Host a Period Party:** Planning a party? Ask guests to bring a pack of period products as their admission! Pick a theme, such as “Girls Helping Girls” and use the event to openly talk about periods or educate one another about period poverty.
- **Shop our Walmart Wish List:** Purchase hygiene and period products from our [Walmart Wish List](https://bit.ly/agwalmartlist) (bit.ly/agwalmartlist), and Walmart will deliver these items directly to our doorstep.
- **Recently hosted a drive?** Schedule your [Period Product Donation Drop-off](https://bit.ly/agperioddonations) (bit.ly/agperioddonations).

PRIORITY ITEMS NEEDED^{3,4}

- **Regular/Super Tampons**²
- **Menstrual Cups**²
- Disposable Menstrual Pads²
- Fragrance-Free Pantliners²
- Feminine Wipes²
- Period Panties²
- Shampoo and Conditioner¹
- Deodorant and Toothpaste¹
- Individually Wrapped Toothbrushes¹
- Individually Wrapped Soap Bars or Body Wash¹
- Purse Size Hand Sanitizers¹

Notes: (1) Toiletry items are preferred in TSA travel or sample sizes. (2) Period products are preferred in their original, unopened boxes. (3) We only accept brand new, never used items. (4) Bonus items such as fragrance samples, disposable razors with caps, hair products, shaving cream, mouthwash, shower poofs, emery boards, women’s socks, facial wipes, body lotion, menstrual cups, and Q-tips are also welcomed, in travel sizes where fitting.

Period Poverty Facts



A 2021 study conducted by U by Kotex®, found that two in five people have struggled to purchase period products, a 35% increase from the brand's initial research in 2018. Earlier data inspired U by Kotex® to become the founding sponsor of the Alliance for Period Supplies in 2018 and support those affected by period poverty.

The study also uncovered how period poverty is disproportionately impacting Black and Latina people, as well as the impacts of COVID-19 on the issue:

- A quarter of Black (23%) and Latina (24%) people with periods strongly agree that they've struggled to afford period products in the past year.
- 27% of all respondents said the COVID-19 pandemic made it difficult to access period products, with two-thirds (65%) of those who have struggled stating they lacked access because they could not afford them.
- Over one-third (38%) of low-income women report missing work, school or similar events due to lack of access to period supplies.
- Nearly seven in ten (68%) people agree that period poverty is a public health issue, yet only 4% of Americans are aware of a local resource where free or reduced cost period supplies are available.

Feel free to use these period poverty facts to support your supply drive. Use them on social media, handouts, and word of mouth when discussing your drive with others. Read the [full news release here](#). A copy of the [findings is available here](#).

Period Partnerships

Atlanta GLOW is a proud member of the Alliance for Period Supplies and Georgia Stomp. The Alliance for Period Supplies is a national organization working to ensure that individuals in need have access to essential period products required to participate fully in daily life. Georgia Stomp is a statewide coalition of organizations formed to address the issues of menstrual equity and period poverty in Georgia. Through these collaborations, we are engaged in training, outreach and non-lobbying advocacy work to educate and engage communities about the policies and key decisions affecting menstrual equity and period poverty.