



# Period Plus Program

1 in 5 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 hygiene care packages, including menstrual 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 Amazon Wish List:** Purchase hygiene and period products from our [Amazon Wish List](#), and Amazon will deliver these items directly to our doorstep.

## PRIORITY ITEMS NEEDED

- Regular/Overnight Pads
- Regular/Super Tampons
- Individually Wrapped Pantliners
- Body Wash
- Deodorant
- Shampoo and Conditioner
- Combs
- Individually Packaged Toothbrushes
- Toothpaste
- Individually Wrapped Face Masks
- Purse Size Hand Sanitizers

**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



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.

- 1 in 4 women struggle to purchase period products due to lack of income, and often must choose between food or tampons.
- 1 in 5 low-income women report missing work, school or similar events due to lack of access to period supplies.
- Lack of access to period supplies is linked to using substitute products (toilet tissue or socks), stretching product usage, and missing important events.
- An overwhelming 88% of women agree that period products are a basic necessity.
- Only 4% of women are aware of a local resource where free or reduced cost period supplies are available.
- Sales taxes on period supplies place an unequal burden on individuals who menstruate.
- State and federal safety-net programs, such as WIC and SNAP, cannot be used to purchase period supplies.

**Source:** 2018 U by Kotex survey conducted with YouGov

# Period Supplies Bills Before Congress

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.

- **The Menstrual Equality for All Act (HR 972)** clarifies that menstrual products are reimbursable medical expenses for the purposes of income tax and health savings accounts and health flexible spending arrangements and provides menstrual supplies free of charge to inmates, detainees, and employees of companies with 100 or more employees.
- **The Dignity for Incarcerated Women Act or the Dignity Act (S1524)** requires, among other things, for federal correctional institutions to provide in inmates basic healthcare necessities, including tampons, sanitary napkins, soap, shampoo, toothpaste, toothbrushes, and over the counter pain relievers. Additionally, the bill prohibits shackling of pregnant prisoners and other accommodations to prisoners who are the primary caretaker parent.