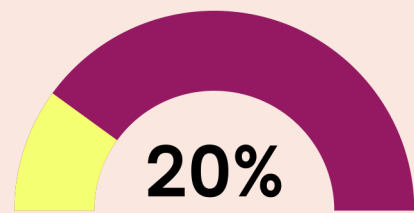
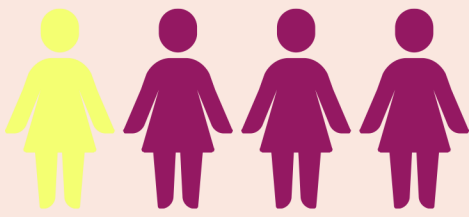




## SERVICE PROJECT

# HELPING MAMAS®



1 in 4 menstruators cannot afford feminine hygiene products to manage their period.

1 in 5, or 20% of low-income menstruators have missed work or school due to a lack of access to period products.

## WANT TO MAKE A POSITIVE DIFFERENCE? HERE'S HOW:

### **Drop Off Donations at District Conference**

*Collect items for our service project and drop off at  
Registration Check-In.*

#### **Items Needed:**

Tampons  
Sanitary Napkins  
Panty Liners  
Menstrual Cups  
Period Underwear

### **Make a Monetary Donation**

Even a small amount can go a long way.

### **Purchase from the Wishlist**

Items are always in need. Purchase period products from the Wishlist at any time!

**[Learn More About Helping Mamas  
Period Products Distribution Program](#)**