

# Tampoon Tuesday

Menstrual hygiene products  
for those in need, **Period.**

Menstrual hygiene products are  
among the most requested items  
at local food banks and shelters,  
but the least donated.

**Donations Collected Here**

**March 1 - March 31**

Scan the QR code or visit:

**[www.unitedwaykfla.ca/tampontuesday](http://www.unitedwaykfla.ca/tampontuesday)**

to learn more or donate online.



**United Way**  
Kingston, Frontenac,  
Lennox and Addington

