

Tampon Tuesday



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

Thank you for your support during the annual Tampon Tuesday donation drive, running March 1 – 31st, 2024

Community members are encouraged to donate pads, tampons, liners and other menstrual hygiene products.

Did you know?

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

- **83%** of Canadians who menstruate believe period products are **too expensive**
- **One in five (22%)** of Canadians who menstruate **use products longer than they should** because they can't afford more
- **17%** of Canadians have had to **decide between buying a period product and an essential item on their grocery list**
- **68%** of Canadian women have felt that their period prevented them from full participation in an activity; this increases to **85% among women and girls under 25**

Impact

“Resolve sees many individuals who struggle to make ends meet month to month. Tampon Tuesday has enabled us to both have access to free menstrual products while at the agency, and for them to take home. We have heard stories of how individuals make due when they cannot afford these products, and love the opportunity to offer both health and dignity through Tampon Tuesday.”

– Resolve Counselling Services

“Thank you for running this initiative for the families that reside at Lily's Place Emergency Shelter. The individuals in the shelter have appreciated having the ability to use the products instead of having to spend the little money they currently have on these needed items. They are able to focus their funding that they receive in shelter towards other things for their children.”

– Lily's Place, Family Shelter

www.unitedwaykfla.ca/tamponsuesday



United Way
Kingston, Frontenac,
Lennox and Addington

Tampon Tuesday



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"Menstrual hygiene products are a necessity and yet unaffordable for some individuals. United Way's Tampon Tuesday drive allows us to have a supply of products available to give out to our clients so that they can save their money for other necessities"

– **Kingston Interval House**

"Tampon Tuesday has dissolved an unfortunately common barrier our clients face by giving us the ability to provide a variety of period products throughout the year. We are able to keep our bathrooms stocked, which gives our clients the opportunity to take what they need. It is one less necessity and financial burden they need to worry about. Letting them focus all their energy on their goals and growth. We are more than grateful United Way continues to provide support like this to organizations like ours!"

– **Girls Inc.**

"Many of the individuals we work with are already balancing low incomes against high food and rent costs which makes it extremely difficult to also purchase menstrual hygiene products. Initiatives like this are extremely helpful in reducing yet another barrier individuals have to face."

– **Napanee and Area Community Health Centre**

"The Maltby Centre team thinks the United Way's Tampon Tuesday is terrific! It enables Maltby to provide our clients access to free menstrual hygiene products. These products are a basic need and essential to the dignity of our clients. We are proud partners of the United Way and thank them for supporting our community by meeting this important physical and psychological need."

– **Maltby Centre**

"As an agency with a mandate of supporting women, the Tampon Tuesday Campaign has been a tremendous need and support to Dress for Success. Period poverty is something we see first-hand with our clients on a weekly basis. Periods are expensive and create both physical and emotional barriers for women and girls. Through community donations, we are able to supply our clients with the period products needed, so they feel comfortable, confident, and can focus their energy on being their best selves!"

– **Dress for Success Kingston**

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