

FIRST ANNUAL PERSONAL HYGIENE DRIVE

For Food Banks and Shelters



**COLLECTION DATE:
APRIL 30, 2020**

WHAT CAN YOU DO?

What is the need?

Women, girls, and trans and non-binary people with periods and all adults with urinary incontinence are in need of menstrual and urinary products to maintain their dignity and live safely. With limited income, managing periods and/or urinary incontinence can become complicated and expensive. Spending money on personal hygiene products may mean making tough decisions when it comes to choosing to stay healthy and clean or using that money for food or transportation.

"It's one of the most-requested, least-received items" (Winnipeg Food Bank). One-third of Canadian women under the age of 25 say they've struggled to afford menstrual products (Plan International Canada, 2018). One in seven girls in Canada have either left school early or missed school entirely because they don't have what they need to manage their periods (Always Confidence and Puberty Study, 2018).

- Set up a box in your work area to collect items
- Post the CAPWHN sign on the box or in other places in your area
- Encourage colleagues of all disciplines to become involved
- Engage your community through newspaper, radio or other media opportunities
- Challenge other areas in your workplace to see who can be the most successful
- Take pictures of your collections and share:
 - on social media
 - with CAPWHN to be posted on the web page
 - with your work place PR department

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