



**NEIGHBORS
HELPING
NEIGHBORS**



#GreatBigPeriodProductDrive
TOOLKIT

Period Poverty Awareness Week
May 22 - May 28, 2023

PERIOD POVERTY **ABOUT**



Period poverty is the lack of access to menstrual sanitary products, tampons and pads, and to safe and clean places to use them – problems closely tied to poverty and under-resourced communities. It affects adolescents and adults.



Period poverty is a **public health issue**, resulting in mental health issues including feelings of shame, hopelessness, and isolation, as well as poor bodily hygiene and significant risks to physical well-being.



One in three (1 in 3) low income women miss work, school, and outings because of a lack of period supplies.

* Source: [Alliance for Period Supplies](#)



WHAT CAN YOU DO?



1. RUN A PERIOD PRODUCT DRIVE

Collect regular maxi pads, super maxi pads, and panty liners. Please drop off donations at one of CFBNJ's warehouses at:

31 Evans Terminal, Hillside, NJ 07205 | 908-355-3663

6735 Black Horse Pike, Egg Harbor Twp, NJ 08234 | 609-383-8843

**Important note: All items must be new and in original packaging.*

2. HOST AN ONLINE FUNDRAISER

\$25 donated can provide a year's worth of maxi pads for our neighbors in need. Set up a regular or custom page at cfbnj.org/GBPPD.

Checks are also welcome:

Community FoodBank of New Jersey

31 Evans Terminal

Hillside, NJ 07205

ATTN: Evelyn Chiu

(Add Period Product Drive to Memo)

3. ORGANIZE A PERIOD EQUITY KIT PACKING EVENT

Pick a date, grab your friends, neighbors, colleagues, and collect/purchase items. Check out CFBNJ's "[Period Equity Drive Kit](#)" toolkit for ideas.

**Important Note: All items must be new and in original packaging.*

4. RAISE AWARENESS + ADVOCATE + EDUCATE

Spread the word by sharing the facts on period poverty via social media, emails, and notices to your network. Advocacy is about education: tell lawmakers about period poverty needs and active programs in your community and share the stories of the people served by your program. You can [take immediate action](#) by voicing your support for A1349, proposed New Jersey legislation with bipartisan support that would provide free menstrual products in school bathrooms. You can [learn more about A1349 here](#) with this downloadable flyer from [NCJW/Essex](#). For national period poverty advocacy efforts, click [here](#).



GET THE WORD OUT



[Click to download images.](#)

Sample social media posts



PERIOD PRODUCT DRIVE

Do you know 2 in 5 people with periods struggle to afford period supplies? You can be the change. Donate and drop off regular maxi pads, super maxi pads, and panty liners at [INSERT DROP-OFF LOCATION]. #PeriodPoverty #CFBNJ #GBPPD



ONLINE FUNDRAISER

Every \$25 can provide a year's worth of period supplies to a neighbor in need. You can be the change. Donate now at [INSERT FUNDRAISER LINK]. #PeriodPoverty #CFBNJ #GBPPD



PERIOD EQUITY KIT PACKING EVENT

Without an adequate supply of period products, many people with periods cannot attend school and work. 1 in 4 U.S. teens has missed class because they lack access to period supplies. Join us to pack Period Equity Kits on [INSERT EVENT DATE/TIME] at [INSERT



RAISE AWARENESS + ADVOCATE + EDUCATE

1 in 10 U.S. college students experience period poverty. Period supplies are not covered by most federally funded public assistance programs such as SNAP (formerly food stamps) or WIC because they are not food items. Your voice matters. Be the change and spread awareness. #PeriodPoverty #CFBNJ #GBPPD



NEEDED ITEMS

Period Product Drive

EVENT DATES: _____



1 PACKAGE OF PADS OR TAMPONS
30-40 COUNTS



1 PACKAGE OF PANTY LINERS
20 COUNTS

**Important Note: All items must be new and in original packaging.*



* A personalized fundraising page with custom QR code can be provided upon request.



Period Product Drive

**DROP OFF
HERE**

Thank you for providing food, help, and hope
to our neighbors in need!



ABOUT US

WOMEN FIGHTING HUNGER (WFH)

Women Fighting Hunger is a volunteer group supporting the goals and priorities of the Community FoodBank of NJ. We provide rewarding engagement in the fight against hunger – please reach out if you'd like to learn more about our many volunteer projects or get involved in ongoing work to serve our neighbors in need. We'd love to have you join us! Visit cfbnj.org/womenfightinghunger to learn more.

COMMUNITY FOODBANK OF NEW JERSEY (CFBNJ)

The Community FoodBank of New Jersey (CFBNJ), a member of Feeding America®, has been delivering food, help, and hope across the state for over 45 years. CFBNJ provides 85 million meals of nutritious food annually through its network of more than 800 community partners throughout the 15 New Jersey counties it serves. In addition, it helps under-resourced neighbors with connection to critical resources, nutrition education, and workforce development.

Since 2018, CFBNJ's signature menstrual equity program, the Period Initiative, has provided sustained distribution of monthly period supplies to low-income and sheltered people. Building upon CFBNJ's history as an emergency provider of hygiene supplies and its capacity for large-scale distribution across, the program currently works with over 100 community partners including campus pantries, schools and shelters. We are an affiliated program of the Alliance for Period Supplies.

For more information, contact events@cfbnj.org or visit cfbnj.org/GBPPD.

