



FOR IMMEDIATE RELEASE

December 28, 2016

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## The Period Project

Western MA ~ For women living with homelessness or poverty, having a period is more than a hassle. It's a financial burden. Basic menstrual hygiene products are costly, especially for women struggling to support themselves and their families. But pads and tampons are considered "non-essential" by the federal government, so they are not covered by SNAP and WIC programs. What's more, women and teens who are homeless often lack consistent access to hygiene products or safe sanitary spaces.

**The public is invited to join the Zonta Club of Quaboag Valley in distributing dignity to women and teens in need.**

- You can donate items to create monthly menstrual kits for homeless women and to stock supplies at local shelters.
- You can help assemble kits on **February 13<sup>th</sup>** at the **Ludlow Country Club**, Ludlow  
5:30 Set up/ 6:00 Dinner (\$18 – cash, check or credit card) **RSVP by 2/6 to 413-219-8260 or info@zontaqv.org**  
More info at **www.zontaqv.org/period**

**Together, we can make a period just a little easier for women and teens in need.**

### DONATIONS NEEDED:

- Sealed Boxes of Pads or Tampons
- Cleansing Wipes
- Hand Sanitizers
- Soap
- Panty Liners
- New Pairs of Underwear (Any Size)
- Cash to purchase items for the kit

Checks can be made to Zonta Club of Quaboag Valley, PO Box 1034, Belchertown MA 01007-1034

**Collection Boxes for The Period Project are located throughout Hampden and Hampshire Counties.**

Find addresses and maps at [zontaqv.org/period](http://zontaqv.org/period).

Zonta International is a leading global organization of nearly 30,000 professionals in 1200 clubs in 67 countries empowering women through service and advocacy. Since 1919 Zonta International has contributed to the advancement of the status of women and, internationally, has distributed more than US\$19 million in service projects, fellowships, scholarships and awards. The NGO proudly celebrates that it has changed the lives of more than 2 million women and girls in more than 34 countries. The Zonta Club of Quaboag Valley members include residents of Palmer, Ware, Wilbraham, Hampden, Ludlow, Chicopee, Springfield, Westhampton, Amherst, Belchertown, Westfield and Sturbridge. For additional information visit the club's website at [zontaqv.org](http://zontaqv.org) or email: [info@zontaqv.org](mailto:info@zontaqv.org).