



## THE PERIOD PROJECT

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.

### **You can help by supporting The Period Project!**

Join the Zonta Club of Quaboag Valley in distributing dignity to women and teens in need.

- We are collecting items to create monthly menstrual kits for homeless women and to stock supplies at local shelters.
- We are assembling kits on **February 13th** at the Ludlow Country Club in Ludlow. **5:30pm Set up 6:00pm Dinner (\$18)**

RSVP by 2/6/2017 to Mary 413-219-8260 or [info@zontaqv.org](mailto:info@zontaqv.org)

Learn more at [www.zontaqv.org/period](http://www.zontaqv.org/period)

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



**DONATIONS  
NEEDED by 2/10/17**

**Sealed Boxes of  
Pads or Tampons  
Cleansing Wipes  
Hand Sanitizers**

**Soap**

**Panty Liners**

**New Pairs of  
Underwear  
(Any Size)**

**Assistance with  
Filling Kits on 2/13**

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

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