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FOR IMMEDIATE RELEASE

from the Zonta Clubs of Northampton, Quaboag Valley and Springfield.

Info: Mary F. Knight, Communications Chair, 413-219-8260, [MFKnight@crocker.com](mailto:MFKnight@crocker.com)

## All Women Deserve Supplies ~ PERIOD



Western MA ~ It's extremely hard for women living in poverty to deal with the monthly financial and physical burden of a period. Products are costly and are not covered by SNAP or WIC. The average woman requires over \$6000 disposables in her lifetime. For some women, that time of the month couldn't come at a worse time.

During the first 6 weeks of 2018, **the Zonta Clubs of Northampton area, Quaboag Valley and Springfield** are pooling resources for **#The Period Project** to raise awareness and collect items needed during a monthly menstrual cycle.

The public is invited to join Zontians in distributing dignity to women and teens in need.

(1) You can donate items to create monthly menstrual kits for homeless women and to stock supplies at local shelters and service centers. Find addresses/maps for drop-off locations throughout Hampden and Hampshire counties at [ZontaQV.org/Period](http://ZontaQV.org/Period). We are collecting:

- Sealed Boxes of Pads or Tampons
- Panty Liners
- Cleansing Wipes, Hand Sanitizers and/or Soap
- New Pairs of Underwear (Any Size)

or cash to purchase items in short supply. Checks can be made to Zonta, PO Box 1034, Belchertown MA 01007-1034

(2) If you are available, you can help assemble monthly period kits on Monday, February 12th 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](mailto:info@zontaqv.org)**

When many of us think about giving donations and goods to local organizations that assist families, the first items that come to mind are things like clothes, shoes and food. Many of us don't think about the other items that people with periods are in need of on a daily basis. It is our hope that you will contribute now and share this message in the new year and beyond.

*The Zonta Clubs of Northampton area, Quaboag Valley and Springfield are part of Zonta District 01 – one of 32 districts throughout the world that forms Zonta International. It is comprised of 17 clubs located in Connecticut, Maine, Massachusetts, New Hampshire, Vermont, USA and Nova Scotia, Canada. Learn more about the clubs of District 1 and their local impact: [www.zontadistrict1.org](http://www.zontadistrict1.org). We welcome like-minded individuals who share our vision of a world in which women's rights are recognized as human rights, every woman is able to achieve her full potential, and no woman lives in fear of violence. There has never been a more important time to keep motivated and **#PressforProgress**.*

*Founded in Buffalo, New York in 1919, Zonta International is a global organization of executives and professionals working together to empower women worldwide through service and advocacy. With more than 29,000 members in 66 countries, Zontians all over the world volunteer their time, talent and support to local and international service projects and educational programs directed to improving the lives of women and girls. Zonta has General Consultative Status with the United Nations Economic and Social Council (ECOSOC), consultative status with the United Nations Educational, Scientific and Cultural Organization (UNESCO), participatory status with the Council of Europe, and special relationships with United Nations entities promoting women's rights. To learn more, visit [www.zonta.org](http://www.zonta.org)*