Did you know? **1 in 4 teens in the U.S. has missed class due to lack of access to period supplies.** Makeshift alternatives – like toilet paper or towels, or simply using the same tampon long past it is safe – put those experiencing period poverty at greater risk for health problems. GDCDB provides period products to families in DC, MD, and VA to ensure those who menstruate don't have to let periods disrupt their daily life.

**What contributes to period poverty?**

- In many states, tampons and pads are **taxed as luxury items**, on top of an additional "pink tax"
- Like diapers, menstrual products are **not covered by any forms of federal assistance**
- The **stigma surrounding periods** means these items are often not donated to shelters and food banks, where they are frequently needed – and even when they are, people may be too embarrassed to ask for them

Questions? Please email info@dcdiaperbank.org.
PERIOD PRODUCT BUNDLING GUIDE

HOW CAN I HELP?

GDCDB receives donations from the community of loose period products. To distribute them efficiently and effectively to our partners, they need to be bundled. **That's where YOU come in!**

**Here's what you'll need!** (all items to be picked up at the GDCDB warehouse - email us to set up a time!):

- Loose period products
- (pads, tampons, liners)
- Labels (GDCDB logo and toxic shock syndrome warning)
- Ziploc bags
- Large workspace to spread out

**Step 1:**
Choose which product to begin with. We recommend doing all pads first or all tampons first. Don’t mix.

**Step 2:**
Sort and bundle products by size. For example: all maxi pads should go together, all medium sized pads should go together, etc. Guesstimate if you're unsure.

**Step 3:**
Place 25 of 1 item in a Ziploc (25 small pads, 25 med pads, etc. For maxi pads use only 15 per bag) and add a GDCDB label to each bag. For tampon bundles, include the toxic shock syndrome warning printout.

Once you have completed your session, please bring the finished products back to the GDCDB Warehouse at 8860 Monard Drive, Silver Spring, MD 20910, Mondays-Fridays from 9 am - 3 pm.

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