

## **MAKING CHANGE:** PERIOD

Alliance for Period Supplies by



JUNIOR LEAGUE OF  
**THE PALM BEACHES**

### **How to Host a Period Supply Drive**

#### **Get In Touch— We Can Help!**

Before you hold your Period Supply Drive, please get in touch with the Period Supplies Bank chairs (periodsupplies@jlpb.org) to let us know that you plan on holding a drive. We can tell you if there are any specific supplies we are especially in need of at that time. We can also help you publicize your drive.

#### **Pick a Place**

Location, Location, Location: Think BIG! Could you host a drive at your workplace? Your child's school? Your place of worship? Is there a well-loved local business that might be interested in hosting a drive with you? Be sure you select a location that is easily accessible to many people.

- Birthday Party
- Cocktail Party or Happy Hour
- Game Night
- Movie Night
- Sunday Morning Brunch
- Playdate party at your home or a community space
- A Virtual Drive via our Amazon wishlist
- Or simply a period supply donation party

#### **Choose A Time**

Plan on holding your drive for at least a week and maybe as long as three weeks so that people have enough time to donate. Does it make sense to tie your drive to a specific holiday or happening? Is there an already-planned event in your community that you can partner with — for instance, a school fair you can be a part of? A community festival? A used book sale at your library? A local performance? They can also purchase supplies off of our Amazon wishlist which sends the products directly to us.

#### **Get the Word Out**

There are many free ways to advertise. You can send emails, post your drive on Facebook and Instagram and ask your friends to share your post with their friends. Are there local bloggers who can help spread the word? A neighborhood newsletter? Be sure to include the dates of your drive and the location. And remember, one of the best ways to advertise is still word of mouth, so talk about the drive to anyone and everyone!

#### **Collect Period Supplies**

Place a large, brightly decorated box in a convenient place where people can drop off the supplies. Get in touch with the JLPB Period Supplies' chairs so that we can help coordinate the supplies drop off at periodsupplies@jlpb.org.

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### Our Mission

*Junior League of the Palm Beaches is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Our purpose is exclusively educational and charitable.*

*The Junior League welcomes all women who value our Mission statement. We are committed to inclusive environments of diverse individuals, organizations and communities.*

### Did you know?

1 in 4 women in the United States suffer from period supply poverty.

Rent, transportation, groceries, childcare, diapers, and clothing take precedence in a woman's budget, quickly making period supplies a luxury.

Women who cannot afford period supplies report feeling stressed, unhealthy, hopeless, embarrassed, ashamed, disappointed, angry, sad, unworthy, forgotten, inadequate, worried, and worthless.

In low-income families, when period supplies are obtained, they are usually given to the daughters in the family leaving the mother to go without.

Without access to period supplies, women report using tissues, toilet paper, paper towels, cut up diapers, old socks, ripped t-shirts, towels, or rags.

Without transportation, lower income families tend to buy period supplies at convenience stores rather than a large retailer, which can double or triple the monthly cost.

Period Supplies cannot be obtained with food stamps or any other government safety net program and are classified with cigarettes, alcohol and pet food as disallowed purchases.

***We believe that dignity is not a privilege. In the lives of women and girls in our community, we are making change: period.***

### How Can You Help?

Donate period supplies by contacting [periodsupplies@jlpb.org](mailto:periodsupplies@jlpb.org)

Purchase period supplies from our Amazon wishlist.

Host a period supply drive. Email [periodsupplies@jlpb.org](mailto:periodsupplies@jlpb.org) for more information.