

PERIOD Poverty



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BARE NEEDS DIAPER BANK



A PROGRAM OF
MID-SOUTH FOOD BANK
FEEDING THE NEED



National
Diaper Bank
Network



alliance for
PERIOD
supplies

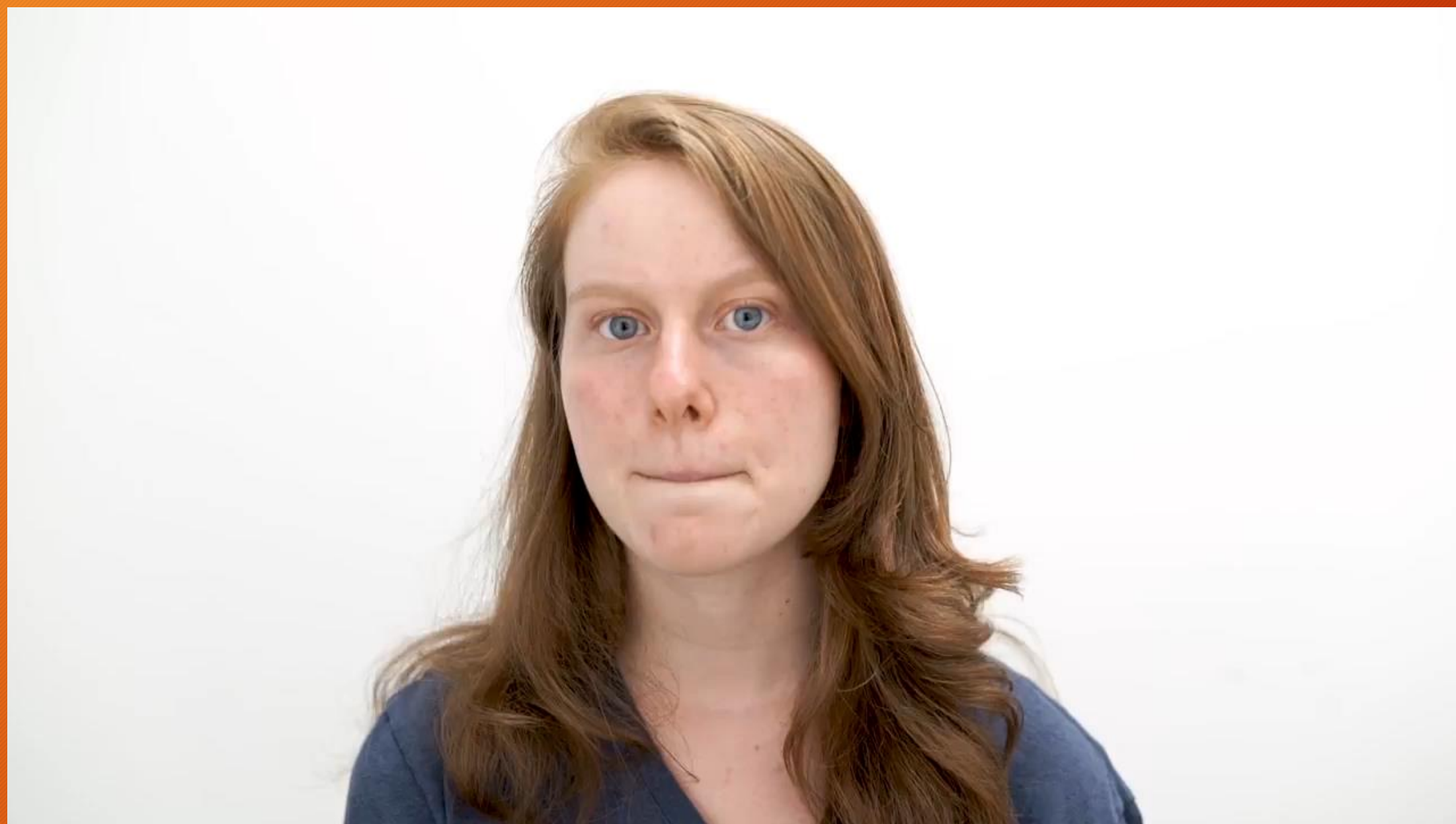


Arkansas



Tennessee

Mississippi



Just say PERIOD

Why Are PERIODS Important?

- A period can be as important in health measures as
 - changes in body temperature
 - pulse
 - breathing rate
 - blood pressure.
- Period Education



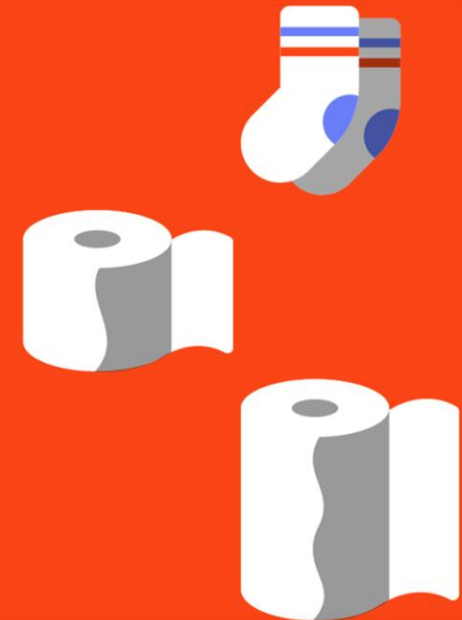
What Is PERIOD Poverty?

- Period poverty is the lack of access to menstrual products and education surrounding menstrual cycles.
- The inability to afford period supplies due to financial constraints

These are not period products.*



But 1 in 5 women have used items like these as period products due to lack of income.



The Health Effects

- Poor menstrual hygiene can pose physical health risks
- Increased feeling of shame embarrassment, anxiety, and depression
- Stress induced by period poverty negatively impacts a person's ability to focus and participate in work, school, or society
- Puberty can plummet the confidence for many girls



The Economic Effects

- Gov't assistance does not cover these items
- Missing days of work
 - Jeopardizes the stability and well-being of themselves and their families
- Women and girls are forced to skip school
 - Missing out on valuable learning time



The Need



- 1 in 4 women struggle to purchase period supplies
- over 53,000 period-age women in Memphis/Shelby County
- Women are disproportionately impacted by poverty

This is About All of Us

- This is a Bipartisan Issue
- It's a poverty issue not just a feminine issue
- Viagra, Rogaine, and Sunscreen are considered medically necessary and tax free



So Why Is Access To Products And Education Important?



- Able to carry it on them
- Mental, Social, Economic Effects
 - Embarrassment
 - Shame
 - Anxiety
 - Stress
 - Loss of Focus
 - Loss of Confidence

So Why Is Access To Products And Education Important?

- “Access to menstrual products is a right, and feeling clean, confident, and capable during one’s period is a necessity.”
- Schools, public facilities, and jails
- Menstrual Equity

Period —
products
— for
every body.



THANK YOU

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