



FIGHTING PERIOD POVERTY

A menstrual product fundraiser with the Utah Food Bank because we consider them a necessity, not a luxury!

Too many Utah women miss school and work because they are unable to afford menstrual products. Help us meet this basic need at Utah Food Bank pantries. Your donation and fundraising efforts will empower women to learn, work, and thrive.

Did you know:

23% of U.S.
students struggle to afford period products.

90% of Girls menstruate by age thirteen

46% of women
in poverty have chosen between a meal or purchasing period products

How you can help support and end period poverty:

- ♥ **Host a SisterGoods fundraiser** - all funds raised will be tax deductible and go directly to the food bank. These donations will reach girls and women in over 200 pantries and schools.
- ♥ **Throw a “giving party”**- Pack 10 pads and 10 tampons in brown paper lunch bags with a handwritten note. Drop them off to your local school, refugee organization, Boys and Girls Clubs, or women’s shelter.
- ♥ **Host a SisterGoods Drive** - Collect boxes and packages of pads and tampons. Drop them off at the Utah Food Bank. Make it fun with prizes or a competition! This often overlooked item is essential for all women and girls in our state and is rarely if ever collected.

Your donations and efforts will help us fight period poverty and educate others about this pressing issue in our local schools!

For questions or help with your SisterGoods events please email Kristinannandrus@gmail.com
SisterGoods Collateral and signage can be found at kristinandrus.com
(Please feel free to use the name SisterGoods in your fundraising)



Every dollar counts.