Hosting a PERIOD Packing Party

Procure Products

**PRODUCT DRIVES:** Ask for donations of menstrual products by placing boxes or bins in high traffic areas, with an explanatory poster (see below). For health reasons, please do not accept open packages of tampons or pads. Advertise your drive and these locations on social media.

**PRODUCT PURCHASE:** If you are a chapter and choose to raise funds instead, you may be able to purchase products from national at the cost of shipping, which is about $2 per care package (contact service@period.org). Tampons and pads can also be purchased online or at discount stores.

**Partners:** Contact your intended recipient (homeless shelter, or other service partner who serves people in need) in advance to ensure that you understand their needs for the type of product (period packs/original packaging, tampons, pads), and when and where they would like them delivered. If you are in the Portland area, where we do a great deal of direct service, please contact service@period.org for advice.

Prepare for the Party: get supplies and care package ingredients. Find a room. Invite your friends and advertise your event on social media (images below), through email, or with posters.

**EVENT SUPPLIES**

- (1) PERIOD Logo Stamp
- (1) Black Inkpad
- (2-4) Staplers
- (500) extra staples
- Boxes or garbage bags for completed care packages
- Trash and Recycling Bins (your event space may offer this)
- Optional refreshments and decorations.

**CARE PACKAGE INGREDIENTS**

- (9) tampons
- (6) pads
- (1) Brown paper bag (~ 12” x 5” x 3.5”)

**OPTIONAL**

- Projector for video
- Postcards and stamps, for writing representatives
- Additional hygiene supplies.

**Present PERIOD** to our guests by showing a video, such as Nadya and Vincent at the Maker’s Conference (some explicit language) or holding a discussion. Suggestions: when (and from whom) did you first hear about periods? How do you hide your menstrual products when you go to the bathroom (or don’t you?) How do the taboos of hiding periods and avoiding public discussion affect self-image and prevent policy change?

**Pack Products!**

Set up your assembly line for stamping bags, pads, tampons, other optional hygiene supplies, stapling bags, and placing them in boxes for transport. You should have time to discuss policy and write letters to your representatives, if you’d like.
**Provide:** Deliver packages to your community partner
Again, make sure you communicate in advance with the shelter or other agency.

**Pass on Results:** Let us know how you did! One of our key metrics is the number of periods served, and another is volunteer hours. That data not only helps us measure our impact, it also helps with grants and other types of funding. Non-affiliated groups, who are not chapter members, report their results at [http://tinyurl.com/period-packing-party](http://tinyurl.com/period-packing-party). Chapters report their results in the chapter survey.

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**THE RECIPE**

We find that an assembly line is the best format to package the most product possible. We suggest setting out bins filled with each product in a long line each dedicated with every step in the process. The steps below are **SCALABLE**, the more products you bring to the table, the more care packages you can deliver with very little effort!

**The Bag** Take a stack of bags and set up a stamping station. You will clearly stamp the bags directly about ⅔ of the way down (once opened it should be in the middle of the bag)

**The Pads** Take a grouping of 6 pads and place them at the bottom of the opened bags and hand them down the line.

**The Tampons** It helps to break this group into two groups, have one set of people count out 9 tampons and place them in bundles. The next group takes the bags and puts the 9 tampons into the bags and passes them down the line.

**Unequal amounts** If you end up with extra tampons or pads, just switch to 15 total per bag, but mark on the bag “Tampons only!” or “Pads only!”

**Extra Supplies (optional)** Have lots of extra supplies? (diapers, sanitary napkins, shampoo). Place one (or what you feel is right) of these in each care package and move it down the line.

**Folding and Securing** One group of people will fold the top of the bag **TWICE** and then staple the bag once directly in the center.

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**Structure your assembly line like this.**

**BAG STATION**
Stamp the bags, open the bags and pass down the line

**PAD STATION**
Fill each bag with 6 maxi-pads.

**TAMPRON STATION**
Fill the bag with 9 tampons.

**OTHER SUPPLIES**
Fill with soap, shampoo, pantiliners other unopened hygiene supplies

**BOXING STATION**
Fold, Staple/Secure the bags and then package the boxes. Don’t forget to count the number you create!
Boxing Have some open boxes ready (some of the products come with boxes REUSE!) for care packages and count how many go in each box. Garbage bags can work in a pinch, but don’t look as nice.

Trash and Recycling Unfortunately packaging for tampons and pads comes with a lot of waste. Follow the three R’s and do your part.

THE FINAL PRODUCT
THANK YOUR VOLUNTEERS!!! They are an amazing set of individuals who have spent hours working to make a difference in their community. Make them proud of their hard work by giving them final tally of how many care packages you made. Our organization is a family and we strive to empower both our volunteers and the communities we serve. Also send this tally to PERIOD (eira@period.org) and share any pictures with us!
PERIOD PACKING PARTY!

Yale alumni and PERIOD are working together this year to provide menstrual products to people in need. Donate period products here and join us to make care packages for people experiencing homelessness and learn about how you can support the menstrual movement.

**Date:**

**Time:**

**Place:**

1801 NW Upshur Street, Suite 565
Portland, OR 97209
service@period.org
Images may be used in social media or on posters.

ONE IN FOUR WOMEN IN THE US STRUGGLED TO AFFORD PERIOD PRODUCTS LAST YEAR.

ONE PERIOD PACK PROVIDES MENSTRUAL HYGIENE PRODUCTS FOR A COMPLETE MENSTRUAL CYCLE.
WE BELIEVE
THAT IT IS A FUNDAMENTAL HUMAN RIGHT
TO BE ABLE TO DISCOVER AND REACH YOUR FULL POTENTIAL
REGARDLESS OF A NATURAL NEED
SIMPLY PUT – MENSTRUAL HYGIENE
IS A RIGHT, NOT A PRIVILEGE

UNLIKE MOST POVERTY-RELATED ISSUES
THIS ONE IS SOLVABLE!

THIS FIGHT IS ON ALL OF US
AND WE MUST TAKE ACTION NOW

1. CLEAN AND HEALTHY PERIOD PRODUCTS
   MUST BE FREELY ACCESSIBLE
   IN SCHOOLS, SHELTERS, AND PRISONS

2. ELIMINATE THE “TAMPON TAX”
   (ARCHAIC, UNFAIR SALES TAX ON MENSTRUAL PRODUCTS)

NATIONAL PERIOD DAY
OCT 19