



# The Monthly Period-ical

January 2023



## Be the Change You Want to See in 2023!

With our partner Feeding Northeast Florida and your support, we have purchased and delivered 2,131,500 tampons and pads to women and girls in need providing 106,500 worry-free periods since our inception! With our partner, Feeding Northeast Florida, we now deliver period supplies to over 135 nonprofit agencies, shelters, places of worship, and social service organizations serving women and girls. We are making progress advocating for free period supplies in schools to keep students in the classroom. That is IMPACT!

The New Year is the perfect time for thinking about what lights you up and how you can be the change you want to see in the world. Consider supporting us as a volunteer, advocate or donor and make your light shine bright!

*"I couldn't afford pads so I simply stayed home and avoided everyone when I was on my period; and doing that, only aided in making the depression worse. It really made me feel bad as a person, as a woman, as a human being." – a client.*

[Be the Change / Learn More](#)



## Period Paks Delivered to Students

Period Paks were delivered to local Title 1 Middle and High Schools in time for the holiday break. [Honey Pot](#) donated the menstrual pads, [Natural Life](#) created and donated the educational reusable bags, [Availity](#) employees packed the supplies and [Feeding Northeast Florida](#) distributed the packs. Thank you to all our partners! Bravo all! We love those smiles.

Pictured: Frank H. Peterson Academies of Technology students



# 80,640 Menstrual Pads Donated to Renewing Dignity!

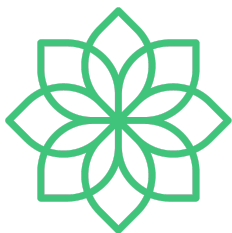
Wow! Thank you to our partners, The [Alliance for Period Supplies](#) and [U by Kotex](#), for donating 6 pallets of period pads to be distributed to those who struggle to afford these essential supplies in our community! We are so grateful.



## Holiday Distribution Event Success!

Renewing Dignity distributed 14,400 period pads to approximately 300 families in need on December 13, 2022. Working with [Feeding Northeast Florida](#), the [Jacksonville Jaguars Foundation](#) and [Florida Blue](#) at TIAA Bank Field, many local families were helped for the holidays.

Pictured: Shirley Popky, Scottie May and Sylvia Moore.



# RENEWING DIGNITY

*Eliminating 'period poverty' through distribution, education and advocacy*

OUR MISSION is to eliminate period poverty through direct period product distribution, education, and advocacy. We believe that unmet menstrual hygiene needs are health and safety, dignity, equity, and social justice issues.

DONATE



Renewing Dignity  
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