



The Monthly Period-ical

April 2023



The Positive and the Possible at Generation W

Renewing Dignity was honored to be the designated philanthropy for Generation W's International Women's Leadership Conference held March 24, 2023 at the University of North Florida. Guests of the inspiring event made monetary donations and brought period products creating an impressive "Tampon Tower." Donations are still being counted and will be given to those in need in our local community. Thank you to Donna Orender and the entire Generation W team, Renewing Dignity volunteers, and to all for your contributions and kindness making eliminating period poverty possible!

Pictured: Alanna Luksha, Renewing Dignity volunteer and Director of Events, Jacksonville Chamber of Commerce.



Renewing Dignity has a University of North Florida Chapter

Amaya Yip (pictured here), a recent UNF graduate, started the Renewing Dignity-UNF Chapter to help eliminate period poverty and reduce the stigma around menstruation for college students. The group's first priority will be working with the UNF *Lend-A-Wing Pantry* ensuring period supplies are available for all students and that no student misses class due to a lack of hygienic menstrual supplies.

Please reach out to Amaya if you are interested in joining this mission!
@renewingdignity.unf



Free Period Supplies Every Month

Renewing Dignity distributes period supplies, with our outstanding partner Feeding Northeast Florida, on the third Wednesday of every month beginning at 10:00am at [Chet's Creek Church, 6625 Terry Road, Jacksonville, FL 32216](https://www.chetscreekchurch.com/).

We want to especially thank our volunteers from Ally Financial (Pictured: India Sullivan and Trey Stephens). A huge shout out to Hospeco / Period Partner who donated 35,020 tampons and pads to Renewing Dignity - some of which were distributed here!

Kendra Gillespie, OB/GYN and
Renewing Dignity Board Member

Beyond Tampons and Pads

As we celebrate Earth Day this month, we want to amplify the importance of adopting reusable menstrual products. Consider that on average women have one period per month, lasting 5-7 days, using 4-5 pads or tampons daily, totaling approximately 300 period products annually and 12-15,000 products in a woman's lifetime!

Reducing the number of products used each month is an important avenue to pursue for environmental (as well as financial) benefits. The menstrual cup is the most common reusable product. The cup can be worn for up to 12 hours (4 hours longer than a tampon) and then reused. Similarly, the menstrual disc is inserted and can also be worn for 12 hours, however, the disc is for single use. Period panties are another reusable option that may appear odd until one tries a pair of panties! One last reusable option is a reusable pad made of fabric and that is washed for re-use and worn like a single use pad. Multiple products are available and may take some trial and error for those willing to explore. These reusable options (except the reusable pad) usually hold a volume comparable to about 2 pads/tampons and may be used for 6 months to 5 years.

Finally, an alternate solution providing an environmental benefit are chlorine-free products and biodegradable products such as organic tampons and pads made with organic cotton and less plastic. Reusable applicators can also be used for organic tampons.

Reusable options may not be for everyone and individual comfort is a priority during your menses. But sometimes it just takes one attempt to use an alternative period product to realize and appreciate that they reduce cost while saving our planet. :)



Earth Day at RAM

To celebrate Earth Day (April 22), Renewing Dignity will be giving away menstrual cups at the [Riverside Arts Market \(RAM\)](#) until they are gone. Menstrual cups are reusable and significantly reduce the environmental impact. Stop by and see us, Saturday, April 22, 10am - 2pm.

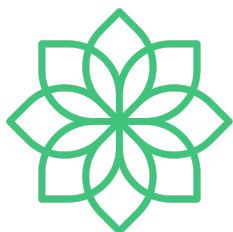
RAM: 715 Riverside Ave. Jacksonville, FL 32204



Be Part of the Menstrual Equity Solution!

Please consider a donation to help support our mission. Thank you!

DONATE TODAY!



RENEWINGDIGNITY

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.



Renewing Dignity

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United States

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