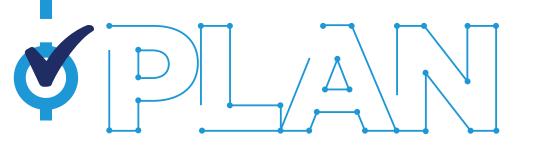
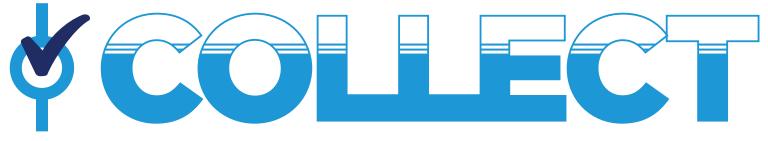


DRIVE · TOOLKIT









www.beginagainfoundation.com



Dear Partner,

Thank You for joining the Begin Again Foundation in their mission to provide safe feminine menstrual products to women facing housing insecurity and spreading awareness on the risk of Toxic Shock Syndrome (TSS) when access to safe hygiene products is absent.

This drive has real and far-reaching impacts on both the physical and mental health of the women in your community. Inadequate care of a menstrual cycle increases both the risk of infections including life threatening TSS, and feelings of anxiety, depression, shame and self-consciousness. Currently government assistance programs like WIC & SNAP do not include coverage of period products, leaving women on their own to find solutions.

Your generosity in hosting a drive provides that solution. Your effort to help end the need is very much appreciated. We are here to help your drive be a success. Use this Period Planner Toolkit to help plan, collect and give!

Your partner in ending Period Poverty,



Audrey Leishman Founder Begin Again Foundation

PERIODPLANNERS

Partner with Community Organization(s)

Identify partnering organization(s)

Reach out to area non-profit organizations, introduce yourself, your plan to host a Period Planner Supply Drive and if their facility would like to receive a donation of menstrual supplies to include, cleansing wipes, menstrual pads, liners and underwear.

*Due to increased risk of infections and related toxic shock syndrome we do not promote the collections of tampons. Should organizations ask for tampons, collect only 100% cotton chlorine free.

Ask which products are their most pressing need

Cleansing wipes Menstrual pads Menstrual liners

Underwear

🗌 Other

Set a goal for the drive

Based on information from partnering organization(s), set a goal and track your drive's progress using the Period Planner Drive Collection Form.

Use this list to begin your search for recipients

National Homeless nationalhomeless.org/references/directory

Homeless Shelters Directory homelessshelterdirectory.org

Women Shelters womenshelters.org Government HUD Search Map resources.hud.gov

Domestic Shelters domesticshelters.org

Women's Law womenslaw.org/find-help/advocates-and-shelters

You can also reach out to your local school district community relations office.

www.beginagainfoundation.com



Κ

Plan your drive

Choose your location(s)

Local business, banks, libraries, community centers are all great options.

Determine timeframe for drive

🗌 Weekend

U Week Long

Single Day

Month Long

Create Virtual/on-line shopping list if wanted

You will need to set a location to accept shipments of donated drive supplies.

Recruit volunteers to help promote, collect and deliver donations

Ask family, friends, work colleagues and neighbors!



Κ

Promote and share results at conclusion

• Announce your drive via social media, email lists, press releases

Ask your partnering organizations to share too.

• Be sure to provide all necessary information in promotion

Time frame, where to drop off supplies, what supplies you are collecting, which local partner(s) will receive donations and toolkit Menstrual Fact Sheet



Κ

Deliver menstrual supplies and ask provider to post menstrual fact flyers in their facility

- Download and print Menstrual Facts Flyer from toolkit
- Email a copy of your completed Period Planner Drive Collection Form to: info@beginagainfoundation.com



Be sure to tag Begin Again Foundation

- f @BeginAgainFoundation
- @beginagainfoundation

5

- 🔰 @BeginAgainFdtn
- in begin-again-foundation



GOOD MENSTRUAL HYGIENE CAN HELP PREVENT TOXIC SHOCK SYNDROME (TSS)



Choose organic, 100% cotton

Change tampon every 4 hours



Wash hands before removing or inserting your tampon



Never use super absorbency tampons

Don't wear tampons overnight

Don't use tampons to absorb anything other than your menstrual flow

SEPSIS & TOXIC SHOCK SURVIVOR

In 2015, I was given a 5% chance of survival when diagnosed with toxic shock syndrome, sepsis and acute respiratory distress syndrome after using a tampon following my IUD removal. As women we must stick together and I believe in you. I believe in your right to feel clean and safe during your period. That's why our Period Planners are packed with everything you'll need during your menstrual cycle this month; new underwear, wipes and pads. I know firsthand how horrific it can be if tampons aren't used correctly, so please consider using these products in exchange for toxic tampons.

www.beginagainfoundation.com

AUDREY LEISHMAN Founder, Begin Again Foundation



GOOD MENSTRUAL HYGIENE

can help prevent Toxic Shock Syndrome (TSS)



Choose organic, 100% cotton



Change tampon every 4 hours



Wash hands before removing or inserting your tampon



Never use super absorbency tampons



Don't wear tampons overnight



Don't use tampons to absorb anything other than your menstrual flow

KNOW THE SYMPTOMS

- Fever
- Low blood pressure
- Kidney problems or failure

- Rash
- Confusion
- Respiratory problems or failure

SEPSIS & TOXIC SHOCK SURVIVOR

In 2015, I was given a 5% chance of survival when diagnosed with toxic shock syndrome, sepsis and acute respiratory distress syndrome after using a tampon following my IUD removal. As women we must stick together and I believe in you. I believe in your right to feel clean and safe during your period. That's why our Period Planners are packed with everything you'll need during your menstrual cycle this month; new underwear, wipes and pads. I know firsthand how horrific it can be if tampons aren't used correctly, so please consider using these products in exchange for toxic tampons.

www.beginagainfoundation.com

AUDREY LEISHMAN

PERIOPPLANNERS

DRIVE · COLLECTION FORM

Total # of Wipes

Please use one collection form per partner.

Cleansing Wipes

of Packages

Μ

enstrual Pads	

Panty Liners

# of Packages	Total # of Liners	

Underwear

Size	# of Packages	Total # of Undies
XS		
S		
м		
L		
XL		
2XL		
3XL		
4XL		

Host Organization		Contact Name		
Address				
City	State		Postal Code	
Email		Phone		
Partnering Organization		Contact Name		
Address				
City	State		Postal Code	
Email		Phone		
Dates of Drive		Date of Deliver	у	

Please email form to info@beginagainfoundation.com