

Period Poverty Fact Sheet

The Issues

- 1 in 4 women have struggled to afford menstrual products
- Periods are overwhelmingly linked with shame and continue to be shrouded in secrecy
- Many women and girls in our community are unable to access needed sanitary products due to financial constraints or social stigma

The Goals

1. Provide access to menstrual products for local women
2. Achieve menstrual equality
3. Provide free menstrual products in MCRC's public washrooms