



Host a *Time Of The Month* Collection

Did you know that women and girls in New Jersey cannot afford menstrual products? Do your friends, family, neighbors, co-workers, classmates and teachers know this? It's hard to believe, but it's true! As many as a quarter of all people who menstruate don't have access to ample sanitary period products, and the statistic is higher for low-income people.

You Can Raise Awareness and Help Alleviate Period Poverty

As part the NCJW/Essex Period.Project, you can organize your own *Time Of The Month* (TOTM) project to collect menstrual products in your community. Since 2018, TOTM collections have brought in more than 5,000 packages of much needed product for local agencies and raised Period Poverty awareness for thousands of people.

We can help you every step of the way to do your own TOTM collection. You will receive an information sheet, a blank flyer template and match you with an agency, such as a MEND pantry, Nourish NJ, Family Promise-Morris or Essex, Eva's Village in Paterson, Toni's Kitchen in Montclair, GERA refugee services and more. Your collection can be one-time-only or you can collect for weeks or months.

Thank you so much for your passion and dedication. Our goal is to erase period poverty and stigma, bring awareness to an issue that affects all of us, and make menstrual product available to all who need it.

If you are interested in collecting for a TOTM or have any questions at all, please feel free to contact us or for more information, visit www.ncjwessex.org/period-project.

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How to Host a *Time Of The Month* Collection

It's easy, fun and meaningful!

- Choose an agency to collect for. We can help you pick one!
- Contact your agency and let them know that you are a representative from NCJW/Essex Period.Project. Ask them if they would like to be the recipients of a collection of menstrual product. Ask what type of product they prefer (pads, tampons) and how many packages they need.
- Reach out to your personal contacts: Friends, family, co-workers, classmates, neighbors, etc. (See examples of letters you can email or post on social media. Feel free to modify them, but please include that you are doing this collection for NCJW/Essex Period.Project.
- An Amazon Wish list is a perfect way to have items sent directly to your house and convenient for your donors.
- As your collections start rolling in, please keep a tally of how **many boxes or packages of pads and tampons you receive, as well as the total individual units. Meaning: 50 packages of pads/ 1,250 individual units. Most agencies accept open packages with individually wrapped units.**
- When you are finished with your collection, contact the agency and arrange to drop off the product. Please be sure to take lots of photos when you do! And finally, please send us your photos along with your completed tally. We can help you deliver your product!
- Students, let us know if you need community service hours for your project.



Time Of The Month Collection

SAMPLE EMAIL

Hello friends!

As part of an NCJW/Essex Period.Project initiative called *Time Of The Month*, I will be collecting menstrual products for the *(agency name)* in *(town)* for *(date/dates)*.

Every month, there are women and girls in our neighborhood and all throughout the county and state that cannot afford, or do not have access menstrual product. Women are often forced to make difficult financial decisions and often times miss work. Girls frequently miss school.

I hope you will join me in this cause by donating new, unopened menstrual products to *(name of agency)*. I will be accepting pads of all sizes, tampons and mini pads. Please drop donations at my house *(address)* or use my Amazon Wish list *(link)*

Please check out our website for more information: <https://ncjwessex.org/period-project//>.

Thank you very much - we so appreciate your generosity!

SAMPLE SOCIAL MEDIA POST

Did you know that there are women and girls who cannot afford or do not have access to menstrual products? This month I am collecting menstrual products for *(agency name)* in *(town)* on behalf of the NCJW/Essex Period.Project. You can help raise awareness about this important issue and directly help women and girls living only a few miles away from us by donating products that will go directly to *(name of agency)*. Please PM me for more details

To learn more about the Period.Project, visit <https://ncjwessex.org/period-project/>. Thank you for your support!

