



**SOROPTIMIST INTERNATIONAL
OF THE TWIN CITIES**

It's hard to imagine ... Days without school. Days without income. Days without leaving your room. All due to lack of adequate feminine hygiene supplies. Girls miss up to three months of school each year without it. Some are so desperate to stay in school that they use bark, leaves, trash, cardboard, cornhusks, etc. Left unaddressed, this issue compounds disease, infection, poverty, girls' dropout rates and exploitation. Days for Girls empowers girls and women around the globe by providing sustainable feminine hygiene solutions and health education, in areas where they have been taught that menstruation is a curse and a reminder that they are somehow less.

A simple solution gives DAYS back to girls. DAYS that change their lives!

The Days for Girls (DfG) kit design is the result of feedback from women all over the world. Listening is an approach that results in solutions that work. That's important, because every washable Feminine Hygiene Kit gives back up to 6 months of living in just three years of use. That's 180 days of education, health, safety and dignity.

How YOU and SITC Can Get Involved

You can collect the items used in the kits and bring them to the next SITC meeting. To help give Days back to girls, please consider donating:

- **Panties** (girl's briefs sizes 10, 12, 14, 16), the more colorful the better
- **Washcloths**, prefer colored ones but white works too
- **Hotel-size soaps**
- **Ziploc gallon-size freezer bags**
- **Tax-deductible donations** of cash or check (payable to DfG New Hope)
- **You can volunteer** any Tuesday night at Amy's putting these kits together!

What's in a Days for Girls kit? These kits are made with love by thousands of volunteers around the world or by local women filling the need for their own community. Quality matters because women and girls depend on this product, and kits have to endure frequent washing in harsh conditions.

1 drawstring bag so she can carry her bag to school. Comfort, style and durability matter because this will be an accessory of her's for up to three years.

2 pairs of panties

1 visual instruction sheet

8 absorbent trifold pads: Soft flannel liners are super absorbent when folded in thirds and can be layered for extra coverage. Unfolded they are square so they dry fast and wash with very little water, AND girls can dry them without risking taboos.

2 one-gallon size Ziploc freezer bags: Effective for transporting soiled items and soaking and laundering items with very little water. Why Ziploc brand freezer bags? They are most durable.

1 washcloth: Useful and a great hygiene product

1 travel-sized soap: Travel-sized to save transport weight. Distributing organizations can provide additional soap access in-country.



**Days for Girls
Every Girl
Everywhere
Period**