

How Can You Help?

SHOP FOR SUPPLIES

- Locally or online (see inside for more details)
- Through our Amazon Shopping List:
bit.ly/stjohnperiodpacks



DONATE

If you don't want to shop for supplies, you can donate funds to support the Period Packs Service Project. Donations will go towards the cost of supplies.

- Donate online at
<https://stjohnuccfreeport.org/giving>
- Donate by mailing a check to the church office at 1010 S Park Blvd, Freeport IL 61032
- Bring your donation to the Friendship Tea, 12/6, 10:00



A CHRISTMAS FRIENDSHIP TEA FOR GIVING Fellowship and Missions Collection, 12/6, 10:00 am

Women of the St. John UCC community are invited to a Christmas Tea on 12/9, 10:00-12:00 in the Chapel Hearth Room. This gathering time is hosted by our Mission & Outreach Leadership Team. In the spirit of Christmas, and recognizing the financial stresses that exist in our society today, we will be creating Period Packs (*like the ones we made for UCC General Synod in 2023*) for distribution in our community.

Mission & Outreach is partnering with FSD #145 through Empire Elementary School's Community Pantry, Jones Farrar IB World School, Freeport Middle School, and Freeport High School and FHS Athletics, to provide a stock of the Period Packs at each location. Our goal is to create 50 identical packs, based on the Church World Service (CWS) Period Pack list.

What is a Period Pack?

Also known as a Menstrual Hygiene Kit, these kits are one of the kits offered by Church World Services (along with Hygiene Kits, School Kits, Emergency Cleanup Buckets, and Welcome Backpacks) to provide supplies to folks in need.

Period packs include a month's supply of products to get a person who menstruates through their period: pads, tampons, wet wipes, flushable wipes, hand sanitizer, bath soap, laundry detergent sheets, and trash bags, all inside a large resealable bag.

AVAILABLE LOCALLY



Unscented regular
tampons
(5 per period pack)



Unscented regular
tampons
(5 per period pack)



Unscented, long, super,
ultra-thin pads
(10 per period pack)



Fragrance-free Dove
bar soap,
3 oz. size bar or larger
(1 per period pack)



Quart zip-top bags
(1 per period pack)

AVAILABLE LOCALLY



Fragrance-free
Wet Ones, travel-size 20-
count package
(1 per period pack)



Fragrance-free hand sanitizer,
2 oz. size
(2 per period pack)



Unscented small trash bags,
4-gallon size
(3 per period pack)



Gallon zip-top bags
(1 per period pack)

AVAILABLE AT AMAZON



Fragrance-free Tru Earth
laundry detergent sheets
(6 per period pack)



Fragrance-free flushable
wipes, 42-count package
(1 per period pack)

WHEN SHOPPING FOR SUPPLIES:

Please shop the brands shown on the supply list here or at Amazon. Church World Service (CWS, the organization receiving the Period Packs) has particular requirements around what they can accept, and we want to be sure the packs we send can be used. The brands on the supply lists meet the needs of CWS.

Ensure the supplies you donate are new, and in their original packaging.