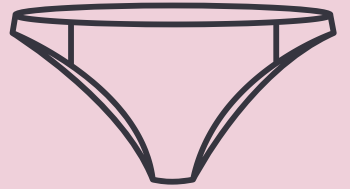
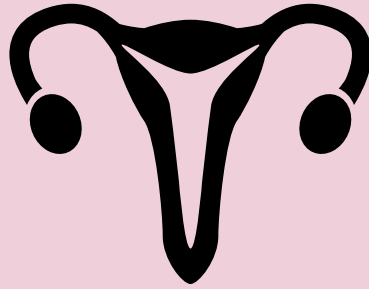
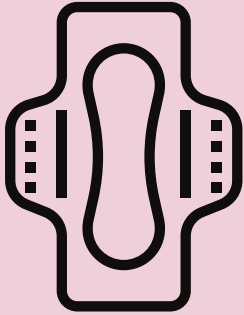


FREE FLOW MOVEMENT INC



# Period Packing Party

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**MAKE A DIFFERENCE IN THE LIVES OF  
OTHERS.**



[www.freeflowthemovement.org](http://www.freeflowthemovement.org)

# Hosting a Free Flow PERIOD Packing Party

Free Flow Movement, Inc wants to work together with our community to provide menstrual products to people in need. Help us continue our mission by hosting a period packing party.

## Collect the products

**Product Drives:** Ask for donations of menstrual products by placing boxes or bins in high traffic areas. For health reasons, please do not accept open packages of tampons or pads. Advertise your drive and these locations on your social media.

**Product Purchase:** If you and your organization chooses to raise funds instead, you may consider purchasing products from online and wholesalers at discounted rates. Homeless women prefer pads with wings and super tampons. Additional hygiene products such as wipes and hand sanitizer may be purchased as well.

**Prepare for the Party:** Get event supplies and care package supplies. Find a room or location. Invite your friends and advertise your event on social media, through email, or with posters.

## Event Supplies

- Free Flow labeled packing bags
- (2-4) spools of ribbon
- Boxes or garbage bags for completed care packages
- Trash and Recycling Bins (your event space may offer this)
- Optional refreshments and decorations.

## Care Package MUST haves

- (9) Tampons
- (6) Pads
- (1) Free Flow Labeled Bag

## Optional

- Construction paper and markers for handwritten notes of encouragement
- Postcards and stamps, for writing local representatives
- Additional hygiene supplies such as wipes, hand sanitizer and clean packaged undergarments.

## Event Flow

**Present Free Flow** to your guests by sharing our introductory documents that will be provided or by holding a discussion about menstruation and/or menstrual hygiene management. Suggestions: when (and from whom) did you first hear about periods? How do you hide your menstrual products when you go to the bathroom (or don't you?!) How do the taboos of hiding periods and avoiding public discussion affect self-image and prevent policy change?

### **Pack Products!**

Set up your assembly line for cutting ribbon (to be used to tie bags together), pads, tampons, other optional hygiene supplies, tying the bags, and placing them in boxes for transport. You should have time to discuss policy and write letters to your representatives, or cards of encouragement if you'd like.

**Provide:** Deliver packages to your community partner. Free Flow will work with you to find a community partner who serves people experiencing homelessness or poverty in your area. These are generally non-profits, but may also include government run shelters. It is very important to contact these groups in advance to find out how and when they would like to receive deliveries, as they serve a vulnerable population and must respect their clients' privacy.

**Pass on Results:** Let us know how you did! One of our key metrics is the number of periods served, and another is volunteer hours. That data not only helps us measure our impact, it also helps with grants and other types of funding.