



DIY: OUTREACH

Organization: Oasis International

Project: Feminine Hygiene Collection

IMPACT

Have you ever had to choose between buying food and hygiene products? [A study published in 2019](#) found that 64% of women with low incomes in St. Louis could not afford feminine hygiene supplies, and 46% of them had to make the choice between food and hygiene! Feminine hygiene products are not covered by supplemental programs like WIC or food stamps ([find the full study here](#)).

[Oasis International](#) supports and loves refugees in a variety of ways, one of which is providing basic items for home and self-care. By collecting and donating feminine hygiene products, you will help women step out of the difficult position of choosing between food and feminine hygiene.

INSTRUCTIONS

Step 1: In order to understand the impact, we first have to understand the need. Using the links above, spend a few minutes learning about the disparity in hygiene products for low-income families and what Oasis International is doing to combat this, specifically in the refugee community.

Step 2: Now that we've looked at the need, [let's see what the Bible says](#).

Step 3: Register your participation [HERE](#) so we can measure the collective impact on our city.

Step 4: Review the shopping list below. Unopened packages only, please.

Shopping List: Tampons, Pads, Menstrual cups

Step 5: Discuss how you will collect or purchase the needed items. Feel free to invite others (neighbors, co-workers, small groups, etc.) to donate as well.

Step 6: Call Oasis at 314-353-3800 to arrange a time to drop off your donations. Spend a few minutes praying for the women who find themselves in these difficult positions. Pray for stability, hope, and dignity!

FUN IDEAS

- After you drop off your donations, take a few minutes to grab a St. Louis treat from [Ted Drewes Frozen Custard](#). If you like the salty kind, swing by [Gus' Pretzels](#)!
- Take pictures and post them to social media using #forthelou.