



DIY: OUTREACH

Organization: Helping Hand Me Downs

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](#)).

[Helping Hand Me Downs](#) comes alongside families facing these difficult decisions in a way that empowers and brings stability to their lives. By providing feminine hygiene supplies (not covered by food stamps or WIC), you will partner in the work that Helping Hand Me Downs is doing and prevent the situation where a woman is faced with such difficult decisions.

INSTRUCTIONS

Step 1: In order to understand the impact, we must first take a look at the need. Take a few minutes, using the links above, to look at the statistics related to poverty and feminine hygiene and how Helping Hand Me Downs is coming alongside families in our 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 and decide how you will collect or purchase the needed items. Feel free to invite others (neighbors, co-workers, small group, etc.) to donate as well. Unopened packages only please.

Shopping List: Tampons, Pads, Menstrual cups

Step 5: As you gather your donated items, spend some time praying for the women who will receive them.

Step 6: Call Helping Hand Me Downs at (314) 514-5987 to arrange a time to drop off your donations.

FUN IDEAS

- Take a stroll down [The Delmar Loop](#) just south of Helping Hand Me Downs' main location in Pagedale. Read through as many stars as you can, highlighting famous St. Louisans throughout history. Visit one of the many local shops and restaurants while you're there!
- Take pictures and post them to social media using #forthelou.