



**United Way**  
Golden Horseshoe

WORKING WITH COMMUNITIES  
IN BRANT, HALDIMAND-NORFOLK,  
HALTON, HAMILTON AND NIAGARA

**period.  
promise**

## Periods are a fact of life

Menstruation products are a basic necessity. However, if you're experiencing poverty or are vulnerable in other ways, access to tampons, pads, cups or menstrual underwear can be challenging.

Your United Way is committed to making it easier for everyone to access the menstrual products they need. Every donation raises awareness, reduces stigma, and tackles the vulnerability and isolation caused by period poverty.

**60% of community organizations say, they are asked for free menstrual products. 80% do not have the budget to buy them.**

### DID YOU KNOW?



**1 IN 4 CANADIAN WOMEN** have struggled to afford menstrual products.



**TRANS AND NON-BINARY** menstruating individuals face additional barriers to accessing products.



### OUR IMPACT

Since 2019, hundreds of thousands of menstrual hygiene products have been collected by your United Way, and distributed to local agencies supporting those in need.

Your United Way's donation partnership with the Hamilton-Wentworth District School Board provided menstrual hygiene products to both elementary and secondary schools in high-need neighbourhoods.

Your United Way's Period Promise Policy advocates for barrier-free access to period products in public washrooms, making a fundamental change in the fight to end period poverty.

### LEARN MORE



Now is the time to build a brighter future for all.

**United in ACTION**, let's work together to create meaningful change and uplift those in need throughout our community.

**Scan this code to see your generosity in action.**





**United Way**  
Golden Horseshoe

WORKING WITH COMMUNITIES  
IN BRANT, HALDIMAND-NORFOLK,  
HALTON, HAMILTON AND NIAGARA

**period.  
promise**

## GET INVOLVED

The Period Promise campaign by your United Way is an easy way to help everyone live with the dignity that we all deserve. Join us, and be a part of the solution:

1. **Make a financial donation** to support period poverty.
2. **Host a product collection drive** or donate product to one of our community drop off locations.
3. **Sign on to the Period Promise Policy** and commit to providing menstrual products to your staff, clients, guests, and customers.



## THE PERIOD PROMISE POLICY

Period Promise is devoted to making fundamental change so that we can eradicate period poverty in our communities. Part of that includes working with governments, businesses, unions, and other organizations to move the dial and change policy.

To support this, your United Way has created a policy agreement that partner organizations can sign, committing to provide free menstrual products to employees, guests, clients, and the general public.

The Period Promise Policy is a call-to-action for local businesses and organizations to provide no-cost period products in washrooms for staff, clients and customers.

Signing the Period Promise Policy – and placing free menstrual products in your washrooms – is one way you can help to address period poverty, de-stigmatize menstruation, and work towards helping more people get access to the products they count on.

