



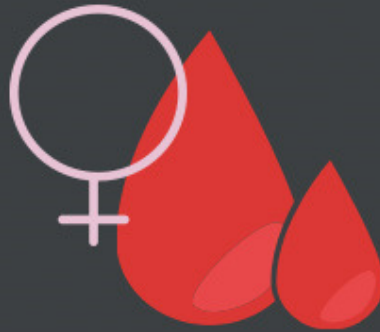
PERIODS.

THE FACTS TO BREAK THE (MENSTRUAL) CYCLE OF SILENCE
IN THE GREATER TWIN CITIES AREA

TAMPONS & SANITARY PADS USUALLY TOP THE LIST OF NEEDS AT SHELTERS.

2,936

Girls & Women identified in a one night homeless study in the Twin Cities in 2012 by Wilder Foundation



21 to 122

Days out of a year, that a girl or woman is on her period

THE AVERAGE WOMAN USES ABOUT 240 TAMPONS EACH YEAR, or 9,600 OVER HER LIFETIME.



Please visit us at:
www.supportwomenperiod.org

Email us at:
silentnomore@supportwomenperiod.org

Our mission is to provide tampons and pads to girls and women in need in the greater Twin Cities area. We believe women of every age should have access to liners, pads, and tampons, regardless of socioeconomic standing (rich or poor) during their menstrual cycle.

\$7.00

Average cost of tampons or sanitary pads



3 to 6

Pads or tampons used a day during a women's period