

## DISTRICT 11 SERVICE PROJECT – 2016



**This year's District wide project is "Pennies and Pads"! Please read the information regarding this Project! Each Club will collect pennies to dollars and bring a check payable to District 11 to each Area Meeting. Once all checks are collected from each Area, District Treasurer will send District 11's contribution to AFRipads! This is an amazing company that provides jobs and reusable sanitary pads to women in Uganda. View video**

**on: <https://www.youtube.com/watch?v=2ADMabbEYQs>**

### **PENNIES AND PADS!**

Imagine having a monthly period and no sanitary pads!! Imagine the isolation and embarrassment! Imagine using crude, improvised materials like scraps of old clothing, pieces of foam mattress, toilet paper, leaves, and banana peelings all of which are unhygienic, ineffective, and uncomfortable. Faced with frequent, embarrassing leaks and a susceptibility to recurrent infections, the impact is that millions of girls and women experience their monthly period as something that prevents them from engaging in daily life – whether this is going to school or work, or carrying out their normal domestic responsibilities.

1 out of 10 African schoolgirls skips school or drops out of school entirely due to a lack of menstrual products and poor access to proper sanitation, according to UNICEF. This critical unavailability of sanitary products in developing countries is a major barrier to education for girls of school age. The inability to effectively manage menstruation contributes to absences of up to 4-5 school days each

month, equating to as much as 20% of the academic year intentionally skipped, simply due to menstruation. Eventually many of these girls drop out of school entirely, increasing their likelihood of teen pregnancy, health complications and early marriage, and further limiting their future career and economic opportunities.

AFRIPads is a global supplier of reusable menstrual kits and delivers these products to countries around the world. By locally manufacturing Menstrual Kits, they have created a rural-based industry in Uganda and meaningful employment for over 150 Ugandans, the majority of whom are female. The reusable sanitary pads are designed to provide superior feminine hygiene protection and comfort. AFRIPads Menstrual Kits are made from high-performance textiles and provide effective protection for 12+ months of use. AFRIPads are ultra-absorbent, natural, and eco-friendly.

AFRIPads exists because they believe menstruation should not be a barrier for any woman, anywhere. Women are the backbone of our societies and they deserve access to safe and dignified solutions to managing their periods, and the freedom to rise to their dreams and achieve their true potential. With over 750,000 AFRIPads Menstrual Kits sold and counting, AFRIPads has demonstrated how a simple product innovation is helping hundreds of thousands of women and girls live more hygienic, comfortable and productive lives. Check out their website [AFRIPads.com](http://AFRIPads.com).

For those clubs who have members who can sew and would like to provide reusable sanitary pads can do so through Little Dresses for Africa ([www.littledressesforafrica.org](http://www.littledressesforafrica.org)) – Pattern [HERE](#). You can also contact Lanell Edge, Savannah Club, at [ghee43@aol.com](mailto:ghee43@aol.com). She has made reusable sanitary pads.