

Feminine Hygiene Care Packs



Do It Yourself Projects

Creating care packs that can be used for women and teen girls that are in need of basic, feminine care in our community. It is a easy, and creative DIY project for groups, individuals, and families! These care packs are a way to make a woman in our area feel cared for during difficult and stressful times in their life.

WHAT TO DO:

1. Make List of Items to Purchase (dollar store or local retail center)
2. Start with a cosmetic bag or Ziploc bag
3. Pack bag, by assembly line or per person
4. Add a note or card with a positive message



Delivery

Once completed, the projects can be dropped off or mailed to area nonprofits. If you need information on what agencies will accept the projects, please contact the Helpline Center by calling 211 or email vol@helplinecenter.org.

More information can be found at www.helplinecenter.org/diy.

Share your Experience!

Post your photos of your completed projects via our social media pages!
#DIYVOLSD @HelplineCenter



Supply Ideas

1. Medium Cosmetic Bag or Ziploc baggies
 1. Feminine Pads (3-5 for each pack)
 2. Tampons (3-5 for each pack)
 3. Chapstick or Lip Balm
 4. Cleansing Wipes
 5. Hand or Body Lotion
 6. Travel Size Advil or Tylenol
 7. Hand Sanitizer
 8. Kleenex pack
- Add cosmetic items like nail polish
 - Add other hygiene items like toothbrush or hairbrush
 - Add gum or candy



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