

This is Me...Period.

Providing Dignity One Tote at a Time

“This is me...Period” is a Menstrual Access & Equity project seeking to address the issue of Period Poverty and the lack of public awareness surrounding it. Our goal is to provide dignity and access to safe and hygienic products for menstruating individuals.



PHOTO OF PATRICIA BY DENISE GRAF PHOTOGRAPHY

The project – which assembles and distributes tote bags filled with menstrual products to those in need – began in Vancouver’s Downtown Eastside (DTES) in the spring of 2018. It is a collaboration with BC Housing and non-profit partners providing services to individuals experiencing homelessness or at risk of homelessness. We have grown the project to a provincial level and are now distributing bags in Surrey, Prince George, and remote areas of BC as well.

As the cost of living – especially housing, transportation, and food – is on the rise, many low- income and homeless individuals are left to choose between eating and purchasing monthly hygiene products. Lack of access to the necessary products often results in unhygienic practices affecting an individual’s health, wellbeing, ability to attend school, and ability to actively participate in society. Menstruation products are some of the most requested items by patrons of shelters and foodbanks yet are also some of the least donated.

“This is Me... Period” tote bags are created in collaboration with non-profits involved in housing this target group, and include: pads and tampons for one cycle, two pairs of underwear, and chocolates handcrafted by East Van Roasters – a DTES social enterprise providing employment and training for the traditionally underserved. In addition, the tote bags are made by a DTES project and have provided months of employment to marginalised individuals.

To date, our small but dedicated team of volunteers and program peers have completed and distributed over 3000 Tote Bags.

If you would like to support this project, please reach out:

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