

### 1 Know the WHY

Many women who live in poverty or experience homelessness have extremely limited access to period products such as pads and tampons. Period products are some of the most needed items in homeless shelters and food banks. Imagine having to decide whether to purchase milk for your children or buy pads for yourself? This is the problem She Supply strives to solve.

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### 2 Plan the HOW

It may seem impossible to overcome the immense need, but every bit helps. A simple donation drive with your friends, family, neighbors or co-workers can make a positive difference in a woman's life. There's no limit to the creative ways you can collect products. Here are some ideas to inspire you:

- 30 Days of Thanks service project
  - Wine & Women collection party
  - College care package sister package
  - Community Christmas project
  - Moms Day Out/MOPS project
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### 3 Ready, Set, Collect!

Spread the word! Tell everyone WHY you are supporting She Supply, HOW they can help, and then WHERE they can donate to your drive. Whether you set up a donation box, take monetary donations or have drop offs at your home, the items you collect will be used to help women all over DFW.

When your donation drive is completed, email [SheSupply@gmail.com](mailto:SheSupply@gmail.com) to arrange pick up of your collected items.

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#### FAQs

**What to collect?** Pads and tampons are the biggest need. Ask for unopened packages and She Supply will deliver them to a partner agency for distribution.

**Where do I take the products I collect?** Email us at [SheSupply@gmail.com](mailto:SheSupply@gmail.com) to arrange for a pick up. Its as easy as putting on your porch for a She Supply volunteer to pick up.

**Do the products have to be a specific brand?** No—we accept any brand.

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