



IDAHO
PERIOD
PROJECT

PERIOD POVERTY STOPS WITH US!

IMPACT REPORT

2024

ACCOMPLISHMENTS SINCE WE BEGAN IN 2022

Program Name: Period Pack Program

The purpose of the Period Pack Program for the Idaho Period Project is to provide consistent and reliable access to essential menstrual products for individuals who face barriers to obtaining them. By assembling and distributing period packs through schools, community partners, and local organizations, the program aims to address period poverty, reduce stigma, and ensure that no one has to miss out on opportunities like school or work due to a lack of menstrual supplies. The ultimate goal is to promote dignity, access, and menstrual health support across Idaho.

Key Activities/Services Provided:

The Idaho Period Project provides key services to improve menstrual health access across the state. These include:

- Period Pack Distribution – Ensuring essential menstrual products reach schools, community groups, and individuals in need.
- Community Partnerships – Collaborating with local organizations to expand availability.
- Volunteer Engagement – Hosting period packing parties to involve the community in the mission.
- Advocacy Efforts – Raising awareness about period poverty and the need for sustainable solutions statewide.

Population Served: 1500 women and girls monthly

Major Achievements:

- Distributed 208,000 period products to schools and community partners in 2024.
- Surpassed 750,000 total product donations since 2022.
- Received a 148,000 tampon donation from Girls Helping Girls Period.

“By having period supplies in the school bathrooms, it has created a more safe place.”

CHLOE*, AGE 15

*Name changed to protect privacy.



MISSION

Our mission is to create access to essential menstrual products for every woman and girl in Idaho, ending period poverty and ensuring health, dignity, and equality for all.

PROGRAM HIGHLIGHTS

-Period Pack Program

MAJOR ACHIEVEMENTS

-Distributed 208,000 period products to schools and community partners in 2024

-Donated over 750,000 period products since our start in 2022

-Received a 148K tampon donation from Girls Helping Girls Period

A MESSAGE FROM THE FOUNDER & PRESIDENT



In 2024, the Idaho Period Project achieved significant milestones, including having donated over 750,000 period products since 2022, expanding the period pack distribution across community partners and deepening partnerships with schools to improve menstrual access in Southeast Idaho.

Despite challenges like balancing resources and navigating growing demand, we've seen incredible progress thanks to dedicated volunteers and supporters. We're especially grateful for the collective effort—from packing parties, a successful Gala, and community partnerships to strengthening relationships with businesses, donors, and individuals—that has helped us bring dignity and easier menstrual access to those who need it most.

With gratitude,

AVREY HENDRIX

President & Founder, Idaho Period Project

MEET OUR BOARD OF DIRECTORS



BROOKE NELSON
Vice President



JESSICA MATHEWS
Treasurer



SAMANTHA LEE
Secretary



ANASTASSIA ROGERS
Board Member

OUR COMMUNITY IMPACT IN 2024

TOTAL
INDIVIDUALS
SERVED
1500
PER MONTH

SUPPORTING
8
COMMUNITY
PARTNERS
INCLUDING
SHELTERS AND
FOOD BANKS

HOSTED
4
PACKING PARTIES
WITH LOCAL
PARTNERS

208K
PERIOD
PRODUCTS
DISTRIBUTED
TO IDAHO
SCHOOLS AND
COMMUNITY
PARTNERS



The Period Pack Program has been beneficial because it relieves the stress and shame of not being able to afford a basic monthly necessity, providing comfort and reassurance that I can get through my period with the supplies I need.

BRITTNEY*, AGE 36

*Name changed to protect privacy.



THANK YOU TO OUR...

92 DONORS

150 VOLUNTEERS

750 TOTAL VOLUNTEER HOURS

BOARD OF DIRECTORS

DONORS, PARTNERS & COLLABORATORS

AgWest | Alliance for Period Supplies | Aunt Flow | Blue Cross of Idaho | Doterra Match Program | DYW - Distinguished Young Women - Idaho | EIRMC | Girls Helping Girls Period Hall Foundation | Idaho America Pageants | PERIOD | Period Law | Poppy & Pout Representative Rod Furniss | Steele-Reese | SW Boise Days for Girls

CHALLENGES

The Idaho Period Project faces ongoing challenges, including limited funding and supplies, expanding outreach in rural areas, overcoming menstrual health stigma, and ensuring efficient distribution and long-term partnerships.

Steps Taken to Address Challenges: The organization has strengthened community partnerships, boosted volunteer engagement through packing parties, raised awareness to combat stigma, and is working on improving distribution and securing long-term donors.

Lessons Learned for Future Growth: Building strong partnerships, engaging volunteers, and raising awareness are essential for continued impact. Prioritizing efficient distribution and sustainable funding will be key to long-term success.

2025 GOALS

- **Expand Partnerships:** Strengthen existing and new community relationships for reliable distribution.
- **Ensure Sustainability:** Secure long-term funding and support.
- **Increase Awareness:** Educate the public and reduce stigma statewide.
- **Advocate for Change:** Push for state policies supporting menstrual access.

New Initiatives or Programs Planned:

- **Expanding Partnerships:** Collaborating with businesses, organizations, and healthcare providers to increase statewide access to menstrual products.
- **Rural School Outreach:** Growing school engagement through the Rural Expansion Initiative to ensure students have consistent access to period products.
- **EmpowHER Event:** Hosting the annual March event to promote menstrual equality, empowerment, and community connection.

CALL TO ACTION

Support our mission by donating funds or menstrual products, volunteering at packing parties or events, advocating for policy change, becoming a community partner, or hosting a fundraiser to collect products or funds.



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