

# IDAHO PERIOD PROJECT

**PERIOD POVERTY STOPS WITH US!**

**IMPACT REPORT**  
**2025**

# A MESSAGE FROM THE FOUNDER & PRESIDENT



In 2025, the Idaho Period Project hit an exciting milestone of donating over 1 million period products since 2022! This year, we expanded through new and strengthened community partnerships, bringing menstrual access programs to the Community Coalition of Schools with support from Blue Cross of Idaho and the Blue Cross of Idaho Foundation. Additionally, we're grateful for our partnership with SW Boise Days for Girls, in helping us extend our reach in Idaho.

While we are grateful for this growth, we are also seeing how high the need and demand for menstrual products continues to be.

In response, we have leaned into a community-based approach, hosting a monthly Volunteer Connect to give businesses and community members a consistent way to serve. We also supported donation drives and community-led packing parties, helping increase product distribution and consistency.

Thank you to our volunteers, partners, and donors. Together, we're bringing dignity and menstrual access to those who need it.

With gratitude,

**AVREY HENDRIX**

President & Founder, Idaho Period Project

## MEET OUR BOARD OF DIRECTORS



**JESSICA MATHEWS**  
Treasurer



**EMILY WOODS**  
Secretary



**ANASTASSIA ROGERS**  
Board Member



**SAMANTHA LEE**  
Board Member

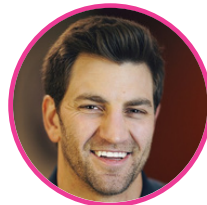


**AMY THOMAS**  
Board Member

## MEET OUR ADVISORY BOARD



**BROOKE NELSON**



**CRAIG BAKKER**

# The Period Pack Program

Established in 2022, the Period Pack Program has been a cornerstone of the Idaho Period Project, meeting the menstrual needs of over 1800 girls and women monthly.

In 2025, we strengthened the Period Pack Program by adding the monthly Volunteer Connect and Community Packing Parties.

The program is stronger, more sustainable, and community-driven. By partnering with schools and food banks, we have been able to meet these needs and provide accessible products, helping to combat period poverty, reduce stigma, and ensure no one misses school or work, due to lack of supplies.

We currently serve 84 schools across Southeast Idaho, reaching students in Bannock, Bingham, Bonneville, Caribou, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, Power, Teton, and Franklin counties. Additionally, we partner with local organizations like the Idaho Falls Community Food Basket, The Giving Cupboard in Rigby, Heart to Hand in Shelley, the Ashton Food Bank, and the Shoshone-Bannock Tribes. Through these combined efforts, we support 1,800 women and girls each month—expanding access to essential period products across both rural communities and cities throughout Southeast Idaho. We are proud of the growth we've achieved over the past four years as a nonprofit and are excited to continue expanding our reach and impact.

## 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.

## MAJOR ACHIEVEMENTS

Received a \$25,000 donation from Blue Cross of Idaho and Blue Cross of Idaho Foundation to implement Menstrual programs in Rural Community Schools throughout Idaho.

Donated over a **MILLION** period products since our start in 2022

Increased our giving to 1800 women and girls each month.

# 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 are delivered to schools and have expanded to food banks to reach more individuals in need.
- Community Partnerships – Working with organizations and partners, including Blue Cross of Idaho and Blue Cross of Idaho Foundation, to fund Menstrual programs in Rural Community school bathrooms and support pack distribution.
- Volunteer Engagement – Hosting monthly Volunteer Connect events for businesses and community members to assemble packs and serve.
- Advocacy Efforts – Raising awareness about period poverty through local events and community outreach to ensure the need for sustainable solutions statewide.



# OUR COMMUNITY IMPACT IN 2025

TOTAL  
INDIVIDUALS  
SERVED

1800

PER MONTH

SUPPORTING

8

COMMUNITY  
PARTNERS  
INCLUDING  
SHELTERS AND  
FOOD BANKS

HOSTED

13

PACKING PARTIES  
WITH LOCAL  
PARTNERS

OVER

1 MILLION

PERIOD PRODUCTS  
DISTRIBUTED TO  
IDAHO SCHOOLS  
AND COMMUNITY  
PARTNERS



“

It's been nice to go to the food bank and access not only food but also hygiene items. The period supplies give me comfort and relief, knowing I have what I need for my period.

”

SARAH\*, AGE 32

\*Name changed to protect privacy.



# 2025 CHALLENGES

The Idaho Period Project continues to navigate challenges such as securing sustainable funding and expanding a strong base of philanthropic partners. As we grow, we remain committed to our grassroots approach while maintaining consistency in programs and outreach as we scale impact across Idaho.

**Steps Taken to Address Challenges:** We host monthly period packing parties and have strengthened volunteer connection through expanded service opportunities. We are also building stronger networks with businesses and schools through partnerships with the Idaho Coalition of Community Schools and Blue Cross, while working to introduce period-positive workplaces across Idaho.

**Lessons Learned for Future Growth:** With the strong foundation we've built through partnerships, volunteers, and awareness, we've seen the impact of community-driven work. Moving forward, we aim to build on this momentum to create a new normal in Idaho where access is consistent, stigma is reduced, and communities feel empowered to serve and give.

## GET INVOLVED

Attend our monthly  
Volunteer Connect



Join the Cycle of Care



Host a Packing Party



# 2026 GOALS

- **Expand Partnerships:** Strengthen existing and new community relationships for reliable distribution.
- **Ensure Sustainability:** Secure long-term funding and support.
- **Grassroots Engagement:** Increase volunteer opportunities.
- **Advocate for Change:** Create a period-positivity atmosphere across Idaho.



- **Expanding Partnerships:** Collaborating with businesses, organizations, and healthcare providers to increase statewide access to menstrual products.
- **Period Positive Workplace:** Create period-positive workplaces across Idaho by increasing access, awareness, and support in professional spaces.
- **EmpowHER Event:** Hosting the annual spring event to promote menstrual equality, empowerment, and community connection.

# THANK YOU TO OUR...

99 DONORS, 200 VOLUNTEERS WITH OVER 1200 TOTAL  
VOLUNTEER HOURS, AS WELL AS OUR BOARD OF  
DIRECTORS, PARTNERS & COLLABORATORS

AGWEST | ALLIANCE FOR PERIOD SUPPLIES  
ALPHA LIT EASTERN IDAHO | AUNT FLOW | BLUE  
CROSS OF IDAHO | BLUE CROSS OF IDAHO  
FOUNDATION | BLOOMING STUDIOS | BURLAP  
FLOWER | CAUSE A SCENE PHOTO BOOTH  
COLLECTIVE PURPOSE PHILANTHROPY | EIRMC  
FALLS PRINTING | JANA HILL WEDDING & EVENTS  
IDAHO AMERICA PAGEANTS | MOUNTAIN VIEW  
HOSPITAL | PERIOD | PERIOD LAW | ROMAINE'S  
MATTRESS KING | SOUTH FORK LODGE  
SPEEDY CPS | SW BOISE DAYS FOR GIRLS  
TETON VILLAGE TRAIL RIDES  
WILDFIRE ENTERTAINMENT



IDAHO  
PERIOD  
PROJECT

## CONTACT US

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