

Feminine Hygiene Kits

Thank you for helping us provide essential supplies to women and girls in need. The Bountiful Community Food Pantry distributes three common types of feminine hygiene - Tampons, Maxi Pads, & Pantliners.

Supplies Needed:

- Tampons, Maxi Pads or Pantliners
- Sandwich bags

Instructions:

- Count out 5 tampons, & 5 maxi pads.
- Place them in a sandwich bag and zip it closed.

Tips for your project:

- While we prefer each bag to have a variety of absorbencies, if you only have one size, that's fine.
- If you have pantliners, they can be included in addition to tampons & maxi pads.
- If pantliners are not individually wrapped, they may need quart sized bags. So if you're assembling kits as a large group, we recommend doing some test kits ahead of time to double-check your bag size.

