



NO ONE SHOULD HAVE TO CHOOSE BETWEEN TAMPONS OR FOOD.

Period poverty is the inability to afford or access period products. It has a dramatic impact on a person's daily life and health.

But is there period poverty in Amsterdam?

YES. According to official statistics, 1 in 5 people in Amsterdam live at or below the poverty line. It is estimated that some **26,000** people in the Amsterdam area specifically experience period poverty.*

1. **Talk about period poverty** with others and spread the word about our winter campaign.
2. **Contribute** now to the campaign. 100% of tax-deductible donations go to buying needed products. We distribute **Dignity Kits** throughout Amsterdam: containing essential toiletries and period products.

So what can we do about it?

One EUR15 Dignity Kit lasts a person about 1 month. Imagine the difference you make helping someone for 6 months--or a year.

EUR40 stocks a Menstruation Station (a stocked cabinet from which people can take what they need) for a month. EUR500 for one year. Imagine your business giving back to the community in such a direct way.

scan to learn more

