

# REUSABLE MENSTRUAL PRODUCTS

Reusable menstrual products not only reduce the waste generation, but can also be more comfortable and provide health benefits. They allow women to save money on disposable products, while single-use products cannot be recycled and contribute to the pollution. We work with **clinics, doctors** and **the public**, so that more women know of and have access to reusable menstrual products. Here's the list of our activities on the topic since 2019.

## 2019

### ENVIRONMENSTRUAL WEEK CAMPAIGN

We joined the EnvironMenstrual Week, a worldwide awareness campaign. As a part of the campaign, we:

- held a live discussion with i.love.my.cycle, a manufacturer of reusable sanitary products; we talked about different products and how to wash and use them;
- organized an informal Green/Red Drinks meeting with women to talk about and share our experiences with menstruation and use of disposable menstrual products;
- translated into Ukrainian a report on the environmental & economic costs of single-use menstrual products, baby nappies & wet wipe by ReZero, Zero Waste Europe, ReLoop and Break Free From Plastic;
- involved manufacturers and retailers into cooperating, organizing joint sales and giveaways;
- wrote an [ARTICLE](#) for Zero Waste Europe on the campaign in Ukraine.

## 2020

### ENVIRONMENSTRUAL WEEK CAMPAIGN

We joined the EnvironMenstrual Week, a worldwide awareness campaign, on our social media pages. Also we:

- translated into Ukrainian the [STUDY](#) on Menstrual cup use, leakage, acceptability, safety, and availability: a systematic review and meta-analysis from the Lancet;
- recorded two videos comparing disposable and reusable products;
- designed and printed stickers for public restrooms offering women to try reusable menstrual products.

We created 2 special projects with national media:

- gave a commentary to the Wonderzine magazine on the composition of disposable pads and the way they affect the environment;
- wrote an article Code Red for the Kunsht magazine.

We added a section on our website containing information on reusable pads, menstrual cups, disks and underwear.

We organized a webinar with a gynecologist and a manufacturer of reusable menstrual products.

## 2021

### PODCAST SERIES "HOME"

Together with The Ukrainians we recorded a podcast on the topic "Diapers, pads and contraceptives: what's the alternative?"

### COOPERATION WITH DOCTORS

We started working on cooperation with clinics and doctors on promoting reusable products:

- purchased a **demo kit** containing various products to show to doctors, so that they can tell their clients about these products;
- we design informational materials for clinics.

### ENVIRONMENSTRUAL WEEK CAMPAIGN

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## 2022

### SUPPORTING WOMEN

We launched a project for IDPs, volunteers, soldiers, doctors, and other women whose lives were affected by the war. We received reusable menstrual products from foreign partners and **distributed** them **free of charge** during this year.

We also promoted reusable menstrual products:

- organized a **webinar** with a gynecologist and a menstrual cup manufacturer from South Africa;
- organized a **lecture** with a gynecologist at the St. Paraskeva Clinic;
- organized **lectures** for women in a modular camp for IDPs and other locations.

### SUPPORTING LOCAL MANUFACTURERS

Together with the Lviv City Council Entrepreneurship Support Center, we held a **round table for manufacturers** of reusable hygiene products and representatives of the authorities to start a dialogue on the creation of a local market for textile products. We discussed the assortment, prospects, foreign experience, and methods of supporting manufacturers.

### ENVIRONMENSTRUAL WEEK CAMPAIGN

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## 2023+ plans and dreams

### FURTHER PROMOTION OF REUSABLE MENSTRUAL PRODUCTS

We keep working with this topic so that more women can find out about reusable menstrual products and have access to such products. We are planning to:

- invite more partners to help us provide local women with reusable menstrual products;
- facilitate changes in product range of local stores and supermarkets that will include reusable menstrual products;
- create a study course for schoolgirls on reusable menstrual products and how to use them.