

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 (for Tampons or Pantliners)
- Gallon bags (for Maxi Pads)

Instructions:

Count out 20 tampons, maxi pads or pantliners. Place them in a sandwich or gallon-sized bag and zip it closed.

Tips for your project:

- Do not place tampons, maxi pads or pantliners in the same bag. Keep each type of feminine hygiene separate.
- While we prefer each bag to have a variety of absorbencies, if you only have one size, that's fine.
- 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.

