



providing free menstrual and comprehensive hygiene products to neighbors in need in a manner that honors an individual's dignity

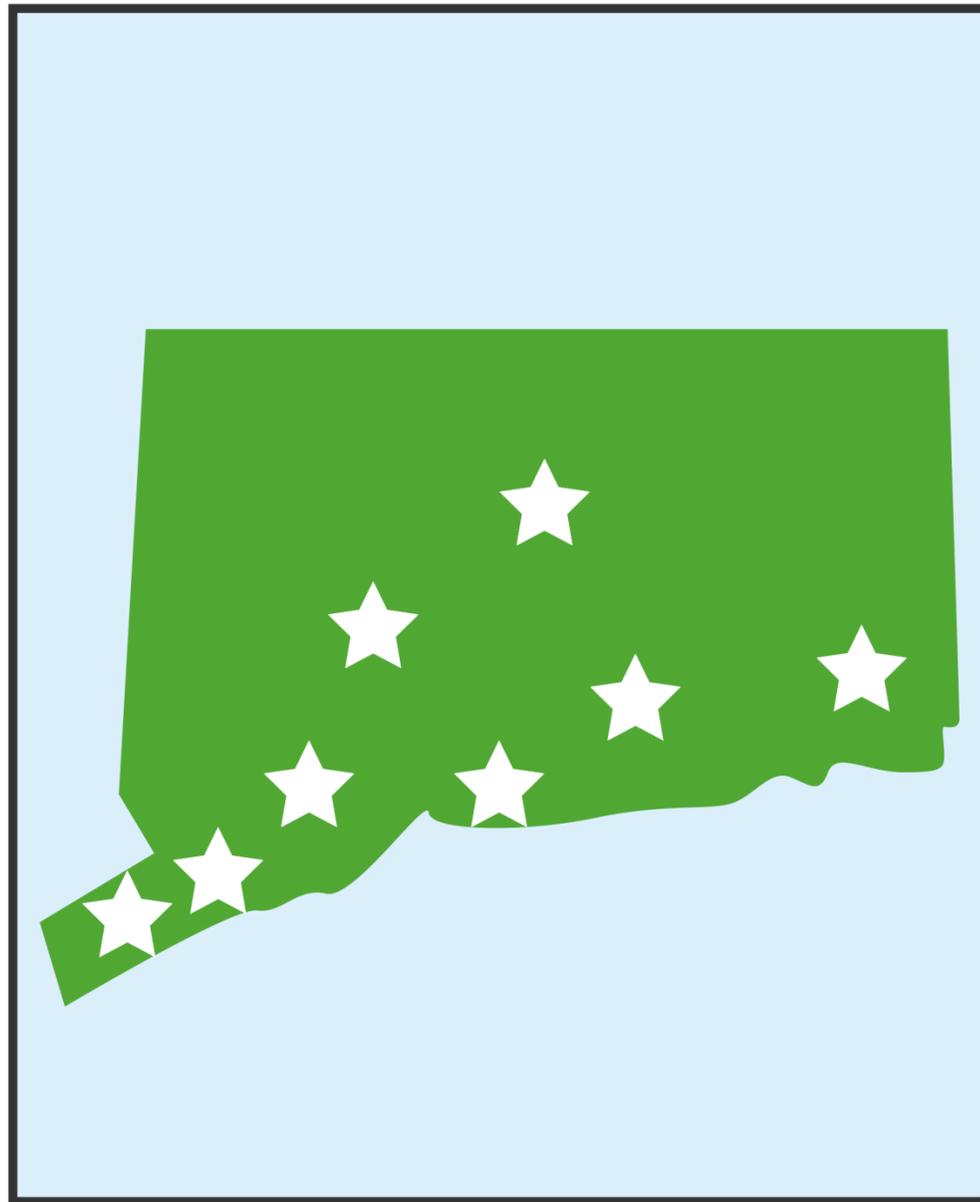


empowering women, girls and all menstruators by removing obstacles to better self-esteem and health through the security and comfort of having personal and menstrual hygiene essentials every month



PERIOD POVERTY / HYGIENE INEQUITY

- over 25% of women / girls cannot afford monthly period products
- over 33% of college students cannot access period products during their time on campus
- lack of access to menstrual hygiene necessities leads to missed school and work hours, compromising learning and wage-earning opportunities



founded in 2019 in Hartford

Dignity Grows evolved from a one-night project into a national movement addressing Period Poverty and hygiene inequity in its first 18 months.

50 chapters / affiliates nationwide

8 chapters / affiliates in CT

Chapters provide support for communities, serving nearly all of the state.

*over 22,000 hygiene totes
distributed throughout CT annually*

Dignity Grows is the only national organization supporting the needs of the whole person, pairing comprehensive hygiene essentials with menstrual necessities.

85% of fundraising is grassroots

Each Dignity Grows Tote – a reusable shoulder bag plus 8 full-size hygiene products – is made possible with a donation of only \$10.





*each Dignity Grows Tote
contains a full month supply of:*

soap
shampoo
deodorant

pantyliners
maxi pads

toothbrush
toothpaste
hand-wipes

*enhanced hygiene resources for the
community*

All hygiene products are outside sourced and non-retail.

over 60 Distribution Partners

CT social service agencies distribute Dignity Grows Totes among their unique populations.

building bridges across communities

Dignity Grows strengthens the social service safety net of CT communities by connecting local service organizations and their resources.



CT DISTRIBUTION PARTNERS INCLUDE:

food banks
soup kitchens
public schools
public libraries
underserved women's clinics
homeless / family shelters
programs for at-risk youth
gay & lesbian health alliances

domestic violence shelters
immigration support programs
food pantries
summer camps for at-risk youth
chemotherapy support agencies
college campus health centers
disabilities rehabilitation centers
school supply resource programs

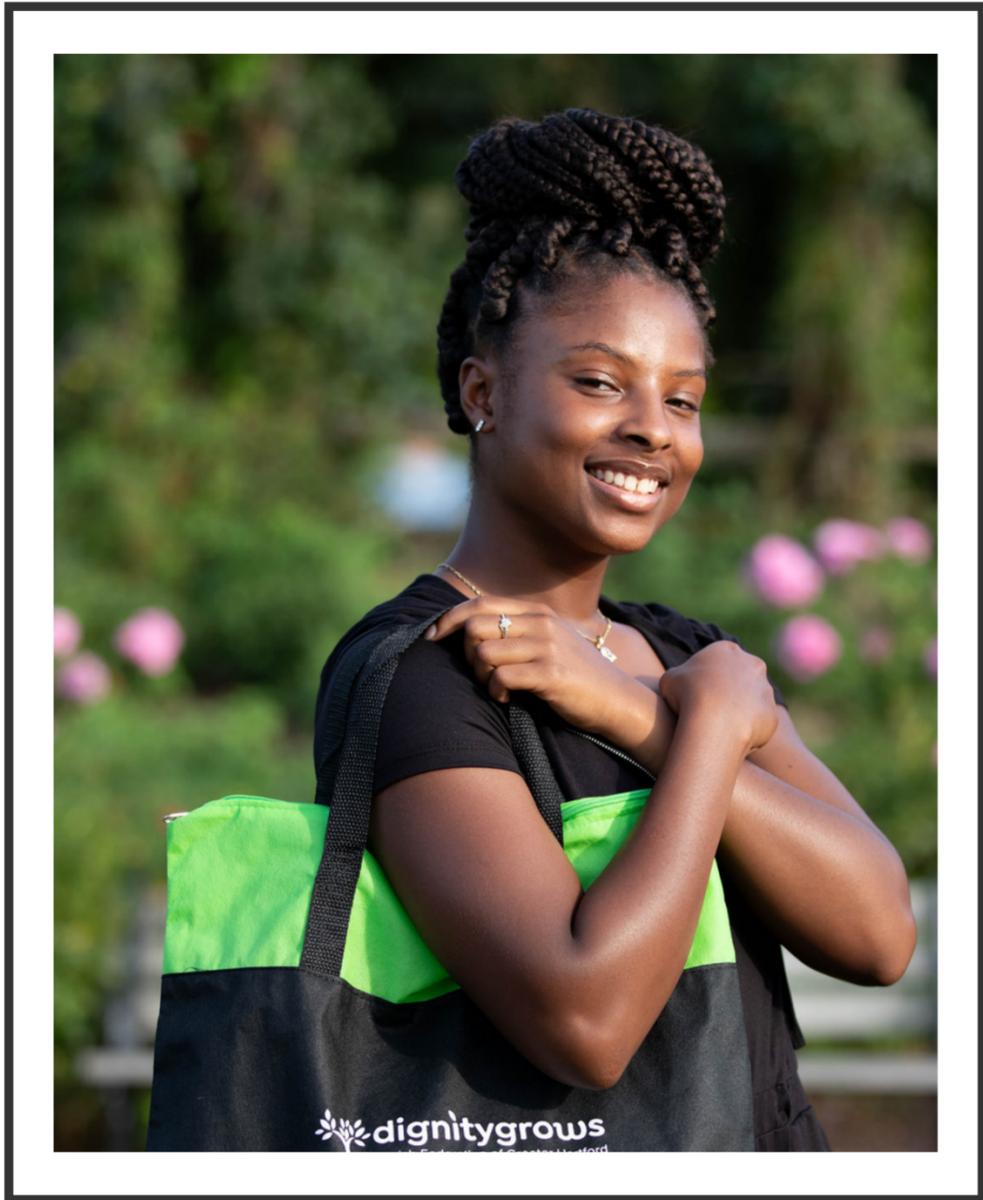


over 750 volunteers engaged

Dignity Grows is volunteer fueled and driven. CT residents of all generations, genders and backgrounds participate.

90% volunteer return rate

The work and mission of Dignity Grows resonates with volunteers and inspires the next generation of activists and advocates.



Dignity Grows is proud to provide access to hygiene necessities for Connecticut residents in a manner that empowers each individual to not just survive, but to thrive.



www.dignitygrows.org



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