





AAUW Annual Report: Sept 2022 – May 2023

**Name of Initiative:** Days for Girls

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**Project Goals:**

1. Make 75 menstrual care kits to be distributed by different groups Internationally and locally
2. Continue our monthly workshop sessions and have members do work at home.
3. Recruit at least 5 new members to join our group, with 2 being sewists.

**Mission:**

We make sustainable menstrual care kits for menstruators living in developing countries, refugee camps and in areas of need in the United States. Through our efforts we are providing menstruators the opportunity to attend school/ work, receive an education & reach their potential which has been denied to them due to a wide variety of social, economic, and cultural inequalities. Our program advances the equity of menstruators in education and in the workforce and leads to improving economic stability within their household and community which supports the overall mission of AAUW.

**Target Audience:**

Menstruators can miss an average of 5-7 days of school (or work) each month both locally and in developing countries because of the lack of menstrual care supplies. Our Program helps to supply menstruators with sustainable menstrual care kits which lasts for 3 -5 years. Our program offers volunteer opportunities for the members of the community to think globally and act local and engage in meaningful and constructive use of their time in trying to meet a global need.

**Participants:**

We continue to hold monthly work sessions at the Zion Episcopal Church in Wappingers Falls and some team members work from home making kit components, washing fabric, dying underwear. Twenty-six individuals have participated in our work sessions this year. 21 are AAUW members. 18 team members attend on a regular basis. 9 team members also work at home (making bags, transport bags, shields, serging liners, washing and ironing fabric, and dying underwear). Five new individuals have joined our group this past year. We have 32 volunteers on our email list (both AAUW volunteers and members of the community). We had one Days for Girls workshop with volunteers from ASG on May 8, 2023.

**Sustainability:**

We have a core group who attend workshops regularly, so they have gained skills to make sure we meet the gold standards of fabricating kit components at every step.

**Benchmarks:**

Our total numbers of kits distributed International and domestic is 482.

Since our last annual report, we provided 68 kits to international locations (Haiti, Bolivia and Cuba) and 90 Hybrid kits (1shield and 2 liners, 10 menstrual pads, 5 tampons and a diva cup) locally . We exceeded our goal with respect to Kits/ kit components donated and met our goals with respect to monthly meetings and recruiting new volunteers.

Our current inventory of sewn items is: 90 shields, 40 outer bags, 40 transport bags, and 483 liners, with an additional 324 liners curtesy of Saratoga Springs. Our inventory of fabric for items to be sewn is over 60 yards of cotton and cotton/poly and 32 yards of flannel and 40 spools of cotton thread.

**Community Partners**

Zion Episcopal Church in Wappingers Falls

The American Sewing Guild (ASG) – Sew-phisti-cuts Neighborhood Group of the Hudson Valley Chapter  
Hudson Valley OT

In- Kind Donors / Monetary Donations

AAUW Members

Hudson Valley NY Chapter - American Sewing Guild

Alumnae Pan Hellenic Society

Saratoga Springs Days for Girls Team

We would like to thank the board and members of AAUW Poughkeepsie NY for supporting our initiative and we look forward to a very productive 2023-2024.

Thank you for Giving menstruators 5-7 days of school.

