



The Jewish Federations<sup>®</sup>  
OF NORTH AMERICA | National  
Women's  
Philanthropy

**Dignity Grows™** provides monthly personal and feminine products to women, girls and individuals assigned female at birth, who cannot afford them. Founded by the Jewish Federation of Greater Hartford's Women's Philanthropy, Dignity Grows™ embodies the Jewish values of *Tzedakah* (righteousness) and *Tikkun Olam* (repairing the world).

**Dignity Grows™** is an early-stage non-profit that empowers our neighbors in need by removing obstacles to better self-esteem and health through the security and comfort of having personal and feminine hygiene essentials each and every month. Working with Distribution Partners throughout the local community, Dignity Grows™ organizes, assembles and distributes free of charge, reusable, branded zipper-top Dignity Totes filled with a month's supply of personal and menstrual hygiene products. A program supported by the Jewish Federation of Greater Hartford and the Jewish Federation of North America's National Women's Philanthropy, Dignity Grows™ is committed to helping Jewish Federations and other agencies across the country create local Dignity Grows™ chapters.

### Addressing Unmet Needs

One in five American women cannot afford monthly menstrual supplies and toiletries. This inability creates barriers to education, employment and social and religious connections. Feeling shame, some girls stay home from school during their periods, impacting learning, while women miss work, often losing a few days' wages and further compounding the cycle of poverty. Government benefits such as SNAP and WIC do not cover these necessities and they are rarely donated to food pantries for distribution. When purchased, they are often subject to sales tax. Each Dignity Tote contains a month's supply of sanitary pads and tampons, toothpaste and a toothbrush, a bar of soap, deodorant and shampoo, all packed in discreet, branded reusable zipper-top totes. Reacting to the needs of our Distribution Partners, we have recently created Men's Totes with disposable razors and shaving cream.

**Dignity Grows™** fills these needs so individuals can attend school and work and participate in community life without interruption.

### History

**Dignity Grows™** was initially conceived as a hands-on way to engage local women and improve the lives of our neighbors in need. After learning of the barriers experienced due to lack of menstrual supplies and toiletries, Jewish Federation of Greater Hartford Women's Philanthropy convened to address the issue. The initial Distribution Partner was the local Kosher Food Pantry. As the initiative has grown, additional Distribution Partners have been added. We intend to expand strategically as the initiative continues to grow in scope.

## Current Distribution Partners

At-Risk Youth Academic and Athletic Programs and Centers  
At-Risk Youth Collaboratives  
Boys & Girls Clubs  
Cultural Centers  
Food Pantries  
Gay & Lesbian Health Collectives  
Homeless Shelters  
Mikvehs  
Public Libraries  
Public Schools  
Soup Kitchens  
Women's Health Clinics  
Women's Education and Legal Funds

## Successes

Since its inception in 2019, the Founding Chapter of Dignity Grows™ has distributed over 5,000 Dignity Totes to our Distribution Partners.

For as **little as just \$10** you can donate a Dignity Tote to a neighbor in need, allowing them to be more productive, while safeguarding one's dignity. After all, it's the **little things that make a big difference** in people's lives.

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