



*free monthly comprehensive hygiene and period products
for women, girls and any menstruator who needs them*

Dignity Grows empowers our neighbors in need by removing obstacles to better self-esteem and health through the security and comfort of having personal and menstrual hygiene essentials every month. Dignity Grows organizes, assembles and distributes free of charge, discreet, reusable Dignity Grows Totes, each filled with a full-month supply of comprehensive hygiene products and period necessities.

Dignity Grows Empowers Individuals To Experience Life Without Interruption

One in four American women cannot access or afford monthly menstrual supplies, creating barriers to education, employment and social and religious connections. Feeling shame, girls often stay home from school during their periods, impacting learning and social development. Women may miss work, often losing wages and further compounding the cycle of poverty. Menstruators who live in situations of transience, transition or intimate violence frequently experience increased vulnerability during their monthly periods.

Dignity Grows Addresses Unmet Needs

Government benefits do not cover menstrual hygiene necessities, which are taxed in many states. Period products are rarely donated to food pantries. Each Dignity Grows Tote contains a month supply of sanitary pads and pantyliners, toothpaste and a toothbrush, a bar of soap, deodorant, shampoo and handwipes, all packed in a discreet, reusable zipper-top bag. Dignity Grows Totes are distributed through partner non-profit agencies that identify the need among their unique populations.

Dignity Grows Builds Bridges Across Communities

Since its founding in 2019, Dignity Grows has distributed 1.5 million hygiene products and launched chapters in dozens of communities across the U.S. Each Dignity Grows Tote is made possible through donated time and funds, uniting volunteers of all genders and generations to support our neighbors in need. It's the little things that make a big difference.

volunteer - donate - advocate
www.dignitygrows.org  

dignitygrows

Chapters

Hartford, CT (*Founding Chapter*)
Greenwich, CT (*Inaugural Chapter*)
Atlanta, GA
Austin, TX
Baltimore, MD
Boca Raton, FL
Buffalo, NY
Chicago, IL
Cincinnati, OH
Denver, CO
Detroit, MI
Eastern CT
Greater Metrowest, NJ
Greater Stamford/New Canaan/Darien, CT
Lehigh Valley, PA
Long Beach, CA
Louisville, KY
Memphis, TN
Milwaukee, WI
New Haven, CT
Omaha, NE
Orlando, FL
Palm Beach County, FL
Philadelphia, PA
Phoenix, AZ
Portland, OR
Sacramento, CA
Salt Lake City, UT
St. Louis, MO
Upper Fairfield County, CT
Western Region, MA
Wilmington, DE

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