

**Menstrual health is a matter of basic health. And human dignity. We are dedicated to educating people about the need for safe, readily available period products so that anyone can learn, create and thrive without distraction or limitation posed by a basic, bodily function.**

**We donate ample supplies of period products to food pantries, social services organizations, emergency outreach and community groups. We offer workshops for students that teach menstrual management and advocacy and provide education on best practices in schools and the workplace. We support efforts to de-stigmatize periods and make menstrual products as normalized and readily available as toilet paper.**

# 2,757,938

items donated  
since 2016



**“Honestly, this was  
godsent.”**

**“I am fresh out of a very  
abusive relationship, left  
with little to nothing, and  
this was life changing...”**

**“GHGP has made a  
profound impact on  
my life.”**

# 150+

partner agencies have  
received donations  
throughout  
Essex/Union counties,  
New Jersey, and  
surrounding area

