

Galentine's Day Guide

A fun and impactful way to celebrate Galentine's Day!

Women experience unique challenges when faced with housing insecurity, income equality, and health disparities. Among these challenges are products tailored to women of color and period poverty: the lack of access to menstrual products, education, hygiene facilities, waste management, or a combination of these. (Medical News Today)

As Galentine's Day approaches, gather your household, your friends, and/or your co-workers, and participate in HandsOn Twin Cities' Menstrual Hygiene Drive by collecting the items listed or creating a Menstrual Hygiene Kit using this guide.

On February 10, drop off the items and stay to learn more about our nonprofit partner recipients, take some fun photos with your pals, and enjoy all that our partners at The Market at Malcolm Yards have to offer!

For more information, visit www.handsontwincities.org.

Donation Drop Off:
February 10, 11am-1:30 pm
The Market at Malcolm Yards
501 30th Ave SE,
Minneapolis, MN 55414



HandsOn
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Donation List

These hygiene items are frequently requested by nonprofits supporting women. Feel free to purchase these items and drop them off at HandsOn Twin Cities' Galentine's Day event taking place at The Market at Malcolm Yard on February 10, 11am-1:30pm.

All donated items must be new, unopened, and no less than 3oz (liquids).

Shampoo

Consider products for textured, natural hair, as this is an extremely high-need item. Target has a section in their stores that you can browse. Recommended brands: Carol's Daughter ([Black Vanilla Collection](#)) and Shea Moisture ([Jamaican black castor oil](#))

Conditioner

Consider products for textured, natural hair, as this is an extremely high-need item. Target has a section in their stores that you can browse. Recommended brands: Carol's Daughter ([Black Vanilla Collection](#)) and Shea Moisture ([Jamaican black castor oil](#))

Pads

Tampons

Menstrual Cups

Period Underwear

Body wash

Dove brand preferred

Soap Bar

Washcloth

Lotion

Deodorant

Toothbrush

Toothpaste

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Menstrual Hygiene Kit

Step 1

Purchase the indicated items and quantity. You are welcome to make more than one Menstrual Hygiene Kit! We recommend the travel size of the liquids as they are easier to transport. Many stores will have a travel section in their beauty or pharmacy section. You can also click the links below to order online from Target.

- 1 [Gallon size zipper bag](#)
- 1 [Card](#) (greeting card, blank unruled index card, blank craft card, etc.)
- 1 [Deodorant](#)
- 1 [Lotion](#)
- 1 [Soap or Body Wash](#). **We recommend Dove brand or Shea Moisture African Black Bar Soap*
- 20 Menstrual Pads **OR** 10 Menstrual Pads and 10 Tampons.
Pads are often preferred over tampons as they are more widely accessed by people who menstruate.

Step 2

Write a note to the recipient on the card. Messages should be encouraging and non-religious. Feel free to sign with your first name or as "a friend."

- You are kind. You are smart. You are beautiful.
- I hope you have a fabulous day, and know that you are loved!
- "I know that to give the best of me, I have to take care of myself and listen to my body." - Beyonce

Step 3

Place all of these items into a gallon zipper storage baggie.

Step 4

Drop off your completed kits and any additional donations on Saturday, February 10, between 11 am - 1:30 pm at The Market at Malcolm Yards, 501 30th Ave SE, Minneapolis, MN 55414.

- xoxo, *HandsOn Twin Cities*