

Greetings, friend!

Roughly 50% of people* experience menstruation at some point in their lives, but information on it is not widespread, nor is it easily accessible.

This pamphlet is a beginner's guide to eco-friendly and sustainable menstrual products.

*Gender neutral language is used here because not everyone who menstruates is a woman and not all women menstruate.

CLOTH PADS



- Long-lasting
- Price varies
- Easy to D.I.Y.
- No insertion

Cloth pads work in essentially the same way as disposable pads, but they can be washed and reused. There are many online guides for making cheap, long-lasting cloth pads.

MENSTRUAL CUPS



- Long-lasting
- Expensive
- Can't D.I.Y.
- Worn inside

Menstrual cups are made of medical grade silicone and form a tight seal to your body to catch blood, instead of absorbing it. They are often \$30 or more, but one cup will last for several years with proper care.

SEA SPONGES



- Deteriorates over time
- Price varies
- Worn inside

Sea sponges work in the same way as disposable tampons, but are natural and eco-friendly. They are not bleached white like commercial tampons.

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MENSTRUATION IS *NOT DIRTY!*

- Many people are wary of reusable menstrual products because of “hygiene” concerns
- Menstrual blood is as sterile as the rest of the blood in your body
- Companies add bleach and fragrance to pads and tampons to make them seem “cleaner” but these products do nothing for sanitation

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SUSTAINABILITY

There are commercial options available for all the products mentioned here, but don’t feel like you have to rely on big business for menstrual care.

People (especially **poor people of color**) have been using these sustainable alternatives for centuries.

Don’t let capitalism whitewash the movement for sustainability!

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SUSTAINABLE ALTERNATIVES

for PADS &
TAMPONS

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