



MA'I MOVEMENT HAWAII

HOW TO: MA'I CARE KITS

Period poverty is the limited or inadequate access to menstrual products or menstrual health education as a result of financial constraints, negative socio-cultural stigmas associated with menstruation, or inadequate access to period-friendly sanitation facilities and running water.

At Ma'i Movement Hawaii, we believe it is our kuleana, or responsibility, that all individuals of menstruation age have the right to access period products, safe and hygienic places to use them, and the right to manage their bodies without shame or stigma.

Join us in our mission to end period poverty by donating period products or making Ma'i Care Kits for those in need! Every donation, big or small, contributes to our collective effort to ensure that everyone has access to the menstrual products they need. Mahalo nui loa!

1 GATHER SUPPLIES

Host a donation drive or purchase products from our Amazon Order List (<https://bit.ly/ordermai>) to make a Ma'i Care Kit:



To make a Ma'i Care Kit, you need:

- 1 Resealable Zip Bag (Gallon or 9"x12")
- 4" x 5" Labels (4 labels per sheet)
- Ma'i Care Kit Label ([Download file](#))
- 12 Day or Regular Pads
- 5 Night Pads
- 5 Tampons
- 5 Individually wrapped pantyliners
- 5 Individually wrapped fem wipes or wet wipes

2 ASSEMBLE KITS

Get a hui together to count and organize the period products. If you're making Ma'i Care Kits, we encourage you to add a personal touch, like notes or stickers. Please do not add food or medicine.

Fill in the Donation Form when you're ready to drop off the kits or products, ([Download file](#))

3 DROP OFF

Contact Leigh Mamuad at leigh@maimovement.org when you're ready to drop off the donations. Please include the donation form with the products.