

Period Product Resource List Tucson

Go with the Flow- Created in 2017 and focuses on getting products to school children and other menstruators in need. Go with the Flow has provided schools in Tucson and Phoenix and neighboring areas with over 16,000 period packs- small bags that contain tampons, sanitary napkins, and panty liners. Their work is mostly in Phoenix right now but do have community partners they distribute to in Tucson. Any menstruators in need can contact Go with the Flow to get connected to products.



Contact: Demetra Presley gowiththeflowaz@gmail.com

Diaper Bank of Southern Arizona and Arizona Alliance for Period Supplies-

The Arizona Alliance for Period Supplies/ Diaper Bank of Southern Arizona provides to partner agencies menstrual products making sure products get into the hands most in need. Those in need of emergency supplies can contact the Arizona Alliance for Period Supplies/ Diaper Bank of Southern Arizona to receive an emergency period pack. They also provide info sessions on sustainable period products for menstruators to learn more about what sustainable products are out there.



Contact: Diapers@diaperbank.org

Tucson Neighborhood Food Pantry- Food and hygiene product distribution hours are currently Thursdays and Saturdays from 9:30am-11:30am. Their website is tnfp.org.



Southern Arizona YWCA Project Period- The YWCA of Southern Arizona host Project period. Project Period is an ongoing drive to collect tampons, sanitary pads and reusable menstrual cups for distribution to women, girls, and transgender people in need.

Contact: Email info@ywcatuscon.org or call 520-884-7810 for more



Have what you need? If so, all the organizations above are always seeking donations.

Graphic created by Pima County District 5 Office of Supervisor Betty Villegas

