

# *Feminine Hygiene Kits*



If you were in church on July 29, you heard Barb Whitaker share her experiences as a nurse in Peru. I think each one of us was touched by the abject poverty there and the gratefulness of the people for everything the nurses did for them.

**There is a way we can help!** Barb shared with the congregation the plight of adolescent girls in that part of the world. They have no sanitary supplies for their menstrual cycles; thus they are unable to go to school during those days. **We can help.**

We are going to make 200 kits for Barb to take to Peru when she returns there next April. We plan to have a sew/work day on **Tuesday, November 6**. We will start at 10:00 a.m. Stay as long as you like. Come later in the day as you like or are able. The church will be open until 6:00 p.m. Here are the jobs that need to be done:

- sewing/serging
- turning/pressing
- tracing/cutting
- installing snaps
- cutting/installing ribbon

Hopefully you can spare some time on **November 6**. We will have additional monthly work days, probably on the first Tuesday of the month, until we reach our goal. If you can come and have any of the following, please bring it with you that day:

- sewing machine and usual sewing supplies
- serger
- scissors that will cut fabric
- cutting mat, ruler and rotary cutter

**You do not have to have sewing skills! Just bring a scissors and come. We will train you.**

**There is also a way you can help with supplies.** Here is what we need:

- cotton fabrics, laundered and pressed, preferably medium to dark tones. Look through your scraps. Anything bigger than 4" x 4 1/2" can be used.
- flannel, laundered and pressed, preferably dark yardage.
- wash cloths
- girls' underwear, sizes 10 – 14
- gallon zip-loc bags
- small bars of soap
- money to purchase waterproof lining, snaps, etc.