



Period Poverty 101

What is period poverty?

Period poverty is defined as the lack of access to menstrual products, menstrual health education, hygiene facilities, waste management, or a combination of any of these. **The term can also be used to describe the economic vulnerability faced by people with periods due to the cost of menstrual products.** Not having access to menstrual products, knowledge, and spaces may lead to missed opportunities, including time off school and work, and can negatively affect the mental health of those with periods.

How does period poverty affect Canadians?

- In Canada, one-in-six people who menstruate have personally experienced period poverty. For households with an income of less than \$40,000, this number jumps to one-in-four.
 - o 25% Canadians who menstruate have had to choose between menstrual products and other essential items, including food and rent.
 - o 19% of those who menstruate in Canada expect they will be unable to afford menstrual products within the next year.
- In 2019, it was estimated the average menstruator will spend up to \$6,000 in their lifetime on menstrual products. This has likely increased significantly since.
 - o Those in rural and Indigenous communities may be forced to pay double the price for the same products found in larger cities.
 - o These communities face the economic struggle and also may be impacted by transportation or logistical barriers.
- People who are BIPOC, living with disabilities, are immigrants or refugees, 2SLGBTQ+, living on income assistance, or experiencing homelessness are disproportionately impacted by period poverty.

Period products are not a privilege or a luxury. Period products are an essential human right.

ABOUT FEED NOVA SCOTIA

Feed Nova Scotia is one of 10 provincial food associations in Canada, representing 139 member organizations across the province. Since 1984, Feed Nova Scotia has been focused on providing high quality, nutritious food to the member organizations, while focusing on creating change at the systemic level. This includes collaboration through grants and community partnerships that focus on food distribution efficiency, community farming education, and advocacy projects.