

# POSITIVE IMPACT REPORT

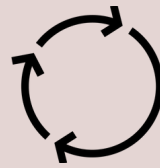
Thank you for choosing to partner with Grace & Green.  
We are proud to have you as a Period Dignity partner.  
From 1st April 2023 - 31st March 2024, you have:



**Offset 19,218kg of carbon  
through carbon saving projects.**

You are supporting a project that provides safer and more sustainable cookstoves in Kampala, Uganda. The improved cookstoves reduce CO<sub>2</sub>, decrease respiratory diseases, and save families time and money. These cookstoves replace open-wood fires, which are used by 90% of households in Uganda and require large amounts of firewood, making it the leading cause of deforestation in Uganda.

**Prevented over 350,000  
potentially plastic filled  
products from entering our  
seas and landfill.**



The average 'mainstream' period pad contains approx. four carrier bags' worth of plastic. Choosing Grace & Green equates to 9751 kg of plastic saved in pads and liners alone.



**As a Period Dignity Partner, you are helping create a more sustainable world.**

This is crucial as conventional period products contain up to 90% plastic, which takes over 500 years to decompose (2). In the UK alone, up to 2 billion period products are flushed down the toilet each year, blocking our sewers and creating overflow that escapes into our rivers and seas (3). This leads to period products being the 5th most common item to be found on European shores (4).



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Through our partnership you have supported 16,000 period cycles. <sup>(5)</sup>

## WHY IS SUPPORTING PERIODS SO IMPORTANT?

### For the health and wellbeing of your team.

Our partnership is crucial in doing this as research has revealed that over a quarter (27%) of employees report never feeling supported at work. Despite, 89% of menstruators experience anxiety and stress in the workplace due to their period. You are alleviating this stress and breaking this narrative <sup>(6)</sup>.

### Tackling period poverty.

Today, more than one in five menstruators in the UK are struggling to afford period products. One million more people have been put into period poverty in the past year as a result of the cost of living crisis <sup>(7)</sup>. Making products accessible in the workplace saves menstruators from using unsafe alternatives.



We donated over £700 worth of period products, thanks to our partnership with you.

We work in partnership with not-for-profits to donate our products to local and global initiatives, bringing dignity to the people who need it the most. Your expenditure with us contributed to our donations to Emmaus food banks in the North East, Salford, and Coventry.



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## REFERENCES

1

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City to Sea. 'Unflushables: it's time to talk toilets', available at <https://www.citytosea.org.uk/campaign/unflushables/>.

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European Parliament (2018). 'Plastic in the ocean: the facts, effects and new EU rules', available at <https://www.europarl.europa.eu/topics/en/article/20181005STO15110/plastic-in-the-ocean-the-facts-effects-and-new-eu-rules>.

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Absorbent hygiene product manufacturers association. 'Menstruation Facts and Figures', available at [https://www.ahpma.co.uk/menstruation\\_facts\\_and\\_figures/#:~:text=Product%20Usage,per%20year%20in%20the%20UK.](https://www.ahpma.co.uk/menstruation_facts_and_figures/#:~:text=Product%20Usage,per%20year%20in%20the%20UK.)

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Bloody Good Period (2021). 'Periods and menstrual wellbeing in the workplace', available at [https://www.bloodygoodperiod.com/\\_files/ugd/ae82b1\\_66bbbfefcf85424ab827ae7203b2c369.pdf](https://www.bloodygoodperiod.com/_files/ugd/ae82b1_66bbbfefcf85424ab827ae7203b2c369.pdf).

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Action Aid (2023). 'Cost of living: UK period poverty has risen from 12% to 21% in a year', available at [https://www.actionaid.org.uk/blog/2023/05/26/cost-living-uk-period-poverty-risen#footnote1\\_petfkc6](https://www.actionaid.org.uk/blog/2023/05/26/cost-living-uk-period-poverty-risen#footnote1_petfkc6).

\*websites were last accessed 29 May 2024



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