

## Support Arizona Youth with Essential Hygiene Kits

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A 7th grader hides in the bathroom and uses a paper towel as a makeshift toothbrush. A high schooler is teased for unpleasant body odor. An ER nurse treats another teen for infection related to prolonged use of menstrual products: the teen says "it was the only one I had, I wanted to make it last."

These are very real situations and experiences for youth, with 1 in 5 girls missing school due to lacking menstrual products (UM School of Public Health) and 34% of low-income families reporting challenges affording essentials like soap, deodorant, and toothpaste (Feeding America).

**This annual session allows you to transform the lives of Arizona youth struggling to meet their hygiene needs.** We are assembling hygiene kits tailored for young individuals

who may lack regular access to essential items like menstruation products, oral health care supplies, and body cleanliness tools. These kits are crucial and will be distributed to Extension offices, schools, and libraries. They will help prevent unsafe practices, such as using toilet paper or reusing products, promote health and well-being, ensure education is uninterrupted, reduce social anxieties, and boost teens' confidence in managing their hygiene. Make your trip to Arizona even more meaningful by participating in this impactful service project.

**Order Products Online:** Purchase items from [our Amazon Wishlist](#) and have them shipped directly to our offices in Arizona.

**Bring Items with You:** Order products to be shipped to your home and bring them with you to the annual session.

**Assemble Hygiene Packs:** Throughout the week of the annual session, join us in the Exhibit Hall to help assemble the hygiene packs.



**Link to Amazon Wishlist:** <https://tinyurl.com/azserviceproject>

For any questions, please contact Rhegan Derfus at [rhegan@arizona.edu](mailto:rhegan@arizona.edu).