

# Better for you and the planet. Period.

HERTS Sustainable Periods



## Making periods better!

Reusable period products...



Feel great



Save waste



Reduce plastic



Cost less

This guide offers details on the many benefits of switching to reusable alternatives, which items are available and how you use them (hint, they are super easy!).

Save even more if you live in Hertfordshire by applying for our

**15% discount**  
(see back page)

## Training in schools

Creating healthy classroom discussions can help challenge the stigma around periods.

All schools in Hertfordshire can apply for a free demo kit and receive training in reusable period products so pupils can see and feel the different products.

If you know a school who may be interested please ask them to contact us at [periods@hertfordshire.gov.uk](mailto:periods@hertfordshire.gov.uk)



In partnership with

**Wen.**

# Reusable period products are...



## Better for society

- ✗ Around 50% of the population have periods, but few people talk about them or the products we use and the associated issues!
- ✓ By introducing proper period education, we can start to remove the stigma around periods and help support young people, especially in sports and activities where reusable period products may be more convenient.

## Better for our health

- ✗ Many disposable period products can contain chemical fragrances which can interfere with the pH balance in the vagina, leading to potential irritation.
- ✓ Reusable period products are non-drying and contain no nasty chemicals which may cause your skin to react.

## Better for our bank balance

- ✗ Each period can cost on average £10; that's £130 a year and £4800 over a lifetime. In comparison, the average menstrual cup costs £23, and can last up to 10 years!
- ✓ Many reusable period product brands donate a reusable period product for every item purchased to help tackle period poverty.

## Better for the environment

- ✗ Disposable period products can contain up to 90% fossil-fuel based plastic. Most tampons contain plastic (not just the applicator but the absorbent part too). Around 4.6 million are flushed down the toilet every single day, which means that 10% of sewage related debris on beaches is composed of period pads, liners/backing strips, tampons, and applicators. Switching to reusables means much less waste.
- ✓ Reusable products have significantly lower environmental impacts than single-use products – the reusable cup can have less than 1% of the impacts of the single-use options over a year. A few reusable products can replace 1000s of single use disposable products. This reduces waste, avoids plastic and saves the energy and water needed to make disposable period products.

**More information about the environmental impact of periods:**

[www.wen.org.uk/wp-content/uploads/Environmenstrual-Factsheet-2021.pdf](http://www.wen.org.uk/wp-content/uploads/Environmenstrual-Factsheet-2021.pdf)



# What are your options?

## Period Pants

Simply a pair of pants with an absorbent inner panel. They come in all shapes, styles, sizes and absorbencies. At the end of the day just rinse, pop into your washing machine and then hang out to dry. Easy. Comfy. Convenient.



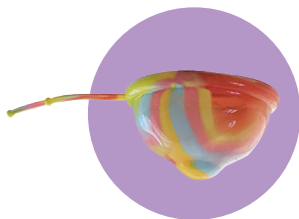
## Pads

A shaped pad with wings that popper around your pants similar to a disposable period pad. Pads can be washed in the same way as period pants, and there are lots of shapes and absorbencies to suit your needs on each day of your cycle.

## Menstrual Cups

A soft silicone cup which is used internally as an alternative to a tampon – but this catches the blood rather than absorbs it. Fold to insert, then it opens up to create a seal within the vaginal canal.

After 6-12 hours, depending on your flow, empty and rinse before reinserting. At the end of your period, give it a sterilising wash and you're all set for next time. Great for sports. Invisible.



## Menstrual Discs

A disc sits higher up in the vaginal canal, just below the cervix and is flatter in shape than a cup. Use and wash in the same way as a menstrual cup.

## Reusable tampon applicators

If you are not quite ready to make the switch to reusables but want to move away from disposable tampon applicators, reusable applicators are available to wash and reuse. Opt for organic cotton and plastic free tampons.



For more info  
on each product, visit

[hertfordshire.gov.uk/sustainableperiods](https://www.hertfordshire.gov.uk/sustainableperiods)

Please ensure you check and follow care and use instructions which come with each product as they may vary between suppliers.

We're working to reduce period poverty in Herts.  
To find out more and apply for support, please  
visit [Hertfordshire.gov.uk/sustainableperiods](https://www.hertfordshire.gov.uk/sustainableperiods)  
for details.



## Apply for your discount

We've teamed up with some great suppliers to offer 15% off a range of reusable period products. If you live in Hertfordshire, apply for the discount using the link or QR code.

Anyone in Hertfordshire can apply, so please use it for yourself and share it with family and friends.

### More information online

For more information about switching to reusable period products, and the HERTS WasteAware discount scheme visit: [www.hertfordshire.gov.uk/sustainableperiods](https://www.hertfordshire.gov.uk/sustainableperiods)

# Don't flush...



Packaging



Pads



Tampons



Put  
them in  
the bin!

Download our toilet door poster & share  
with a business near you



## Who are we?

The Hertfordshire Waste Partnership are raising awareness of the options available for reusable period products. We want to reduce waste, reduce single use plastics, and aim to change attitudes to periods across Hertfordshire.



[Hertfordshire.gov.uk/sustainableperiods](https://www.hertfordshire.gov.uk/sustainableperiods)  
#HertsSustainablePeriods @HertsWasteAware

