



# YOUNG WOMEN'S PROGRAM



Foodbank South Australia is a non-profit organisation established in South Australia in 2000, with a vision to achieve a South Australia without hunger. Foodbank SA sources food from the food industry and makes it available to welfare agencies and people in need.

Foodbank SA offers a variety of foods, either free of charge or at very low cost, to welfare and community support agencies, including schools. Foodbank SA has warehouses at Edwardstown, Berri, Mount Gambier and Whyalla.

Last financial year alone, Foodbank South Australia provided enough food for more than 6.5 million meals, providing food relief to more than 135,000 South Australians every month. More than one-third of these were children. Foodbank SA supplies food to more than 495 welfare agencies and community groups and supporting over 500 school programs across Adelaide's metropolitan, regional and remote areas of South Australia.

## YOUNG WOMEN'S PROGRAM

Foodbank SA runs a range of programs to assist school students experiencing food insecurity across metropolitan Adelaide as well as regional and remote areas of South Australia. Through consultation with schools, Foodbank SA has identified that students and families facing food insecurity also struggle to afford personal hygiene products including period products. Schools engaged in the Foodbank School Breakfast Program have highlighted that 'period poverty' - a lack of access to sanitary products can lead to young women missing school.

"The Young Women's Program allows students to access items as required for period care and we believe this improves student attendance (decrease in days away due to not being able to access items) but also supports students to feel confident when they are at school as result of having access to other items to support their personal hygiene." Jordan, Community Connections Coordinator, Elizabeth Vale School.

**FOODBANK  
DISTRIBUTE  
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YEAR TO THOSE  
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PERIOD POVERTY**

"Some students don't have access to personal hygiene support at home. This is especially difficult for girls with limited access to pads, cleansing aids etc. Often girls in these situations are too embarrassed to ask for support from teachers or other staff. To have packs we could donate to young girls, to try and lessen this embarrassment, would mean the world to them." Student Counsellor, Regional Primary School.

Foodbank SA has been running the Young Women's Program since 2018, distributing sanitary packs to young women in need via schools registered for the School Breakfast Program. Foodbank SA prepares small packs of essential period products for young women along with a few personal care products. Aiming to make life a little easier for young women in need so they can continue to attend school. Each pack contains approximately a weeks' worth of period products (pads) in a discreet toiletry bag along with, soap, deodorant hair ties and a small pack of tissues. Schools can order the packs to have on hand to provide to students needing support with period products. Pack numbers are limited so schools will need to assess their student needs and then discuss this with Foodbank SA.

## **CONTACT DETAILS**

### **FOR YOUNG WOMEN'S PROGRAM ENQUIRIES**

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