

For Adults and Children ages 9+

DAYS FOR GIRLS – Preparing Personal Sanitary Items for Girls Worldwide

◇ Kathy Francos, Captain

Days for Girls (DfG) has provided sustainable sanitary supplies to more than 1.7 million girls around the world who would otherwise have to miss a week of school and/or work. The DfG Kits include liners, pads, soap, panties, and a washcloth... all expertly packed in a fashionable, hand-sewn drawstring bag.

Visit DfG's website daysforgirls.org to learn more about the organization and the DfG Kits as well as to watch some inspiring videos about their impact.

We will watch a how-to video to learn how to fold washcloths and underwear so that they will fit properly into the DfG Kit. We will also be cutting and preparing ribbon for the drawstring bags.

How Can I Support the DfG Project?

- Join us in the ballroom to prep items for the kits.
- Buy supplies and bring them with you to Temple. (See supply list below.)
- Support the program financially.
Send a check preferably before Mitzvah Day to the Reform Temple of Forest Hills, PO Box 750649, Forest Hills, NY 11375 Attn: MD23. Please make the check payable to "RTFH Mitzvah Day" and write "Days for Girls" in the check's memo line.

DAYS FOR GIRLS Supply List

Feel free to purchase items in any/all categories.

Washcloths, 12 x 12

[Simpli-Magic 79148 Cotton Washcloths, 50 pack, multicolor](#) \$29.99

Underwear, Size 12,14, or 16

[Fruit of the Loom Girls' Breathable Underwear, 6 pack, bikini](#) \$10.99

Soap

[Bergman Kelly Hotel Soap Bars, .5 oz., 100 pack, white tea](#) \$20.99

Any questions, please contact Kathy Francos at kalafrancos@yahoo.com