For Adults and Children ages 9+

**DAYS FOR GIRLS – Preparing Personal Sanitary Items for Local Immigrant Women**

◇ 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. They are currently working locally to help immigrant women with sanitary supplies, including soap, washcloths, disposable pads, and wipes.

We will be folding washcloths and packing up supplies for their use.

**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, 71-11 112th Street, Forest Hills, NY 11375 Attn: MD24. Please make the check payable to “RTFH” and write “MD24—Days for Girls” in the check’s memo line.

**DAYS FOR GIRLS Supply List**

Feel free to purchase any or all of the following items:

**Washcloths, 12 x 12**

[Simpli-Magic 79148 Cotton Washcloths, 50 pack, multicolor](https://www.amazon.com/gp/product/B07NFNYZ3L/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1) $26.81

**Maxi Pads**

[Thick Maxi Pads with Flexi-Wings for Periods, 104 Count (4 packs of 26)](https://www.amazon.com/dp/B09B7P3FV6?_encoding=UTF8&psc=1&ref_=cm_sw_r_cp_ud_dp_PK9H7S7047F5CJA4CD72) $21.17

**Flushable Wipes**

[Flushable Adult Toilet Wipes, Fragrance Free, 336 Count (8 Packs of 42)](https://www.amazon.com/dp/B095KF1C4X?_encoding=UTF8&psc=1&ref_=cm_sw_r_cp_ud_dp_PK0Z8SW9GVVPYGV0E8Z8) $11.87

**Plastic Baggies**

[Sandwich Storage Bags, 300 Count](https://www.amazon.com/dp/B095PQ6SX7?ref_=cm_sw_r_cp_ud_dp_HK9XXMS6YGFSXX97YSE8) $7.54

Any questions, please contact Kathy Francos at [kalafrancos@yahoo.com](mailto:kalafrancos@yahoo.com)