

The young ladies and women of Roatan in the Bay Islands of Honduras, face a great challenge in terms of feminine hygiene and sanitation. Like many other countries, the COVID-19 pandemic forced the island into quarantine, which means over 90 percent of the population have been unemployed since they rely directly on tourism as a source of income.

For many this meant cutting back on expenses and prioritizing essentials such as food, water, rent and electricity; some extremely difficult decisions to make. Yet, a woman's menstrual cycle does not stop for pandemics and with little, to no money, many women have had to resort to alternatives for pads which are often not safe or hygienic.

In the beginning of the pandemic, many organizations and individuals stepped up and provided aid with food bags; some of which included a single pack of single-use sanitary pads. However, although extremely generous, this was not sustainable and most of these donors have exhausted their funds. We need a safe, sustainable long-term solution to this issue and one option is reusable sanitary pads.

The pads will be distributed to young girls in the various communities around the island. We will organize virtual education on sanitary pad care, conduct surveys and disseminate any additional needed information to address proper care and handling of pads using minimum water and soap. This project will be on-going and is envisioned to address not only the girls of Roatan but also the municipality of Santos Guardiola, Guanaja and Utila.

The budget to purchase the kits from the International Days for Girls program is \$10,000 which will provide kits to approximately 1,000 young ladies and women. The timeline for this project is immediate and it is anticipated that this Phase of the project be completed within this Rotary year.

Our goal is to eventually create a new enterprise for women by helping them develop the skills to turn this venture into an opportunity to establish the program to supply women throughout the Bay Islands and potentially to other parts of Honduras and Central America.