



Help Us Become a Plastic Free Letchworth

During her lifetime, the average woman will dispose of 11,000 single-use menstrual products and spend £5,000 buying them

What's more, the majority of these products contain plastic and therefore contribute to the environmental damage caused by single-use plastics.

However, there are alternatives that are easy to use and highly effective, helping you to reduce your impact on the environment and save money.



Reusable menstrual cup

- Made from medical grade silicone
- Can stay in place for up to 12 hours
- Lasts for several years



Cloth sanitary towels

- Work exactly like disposable towels
- Simply rinse and wash after use
- Lasts for several years

If you are not quite ready for re-useable menstrual products, you could switch to brands which offer plastic free disposable sanitary towels and tampons

To find out more online, type in the search term 'Plastic Free Periods'.

Transition Town Letchworth delivers community projects to support more sustainable lives

TransitionLetchworth.org

