

[Name of Federal Senator or Congressperson]

[Address]

[Date]

Dear [Insert Name]

Each day, women and girls all over the world, and even in the United States, stop short of achieving their full educational, economic and social potential because they lack access to the basic menstrual hygiene supplies that most women take for granted.

Many lower income women and girls miss days of school or work when they have their monthly cycles, which detracts from their ability to succeed in school and at work. Lack of reliable access to adequate amounts of feminine hygiene supplies also increases health risks, as women and girls are forced to improvise ways to control their flow using whatever potentially unsanitary material they may find in their environment, including used single-use tampons or pads, bedding, mattress stuffing and socks.

Congresswoman Grace Meng (D-NY6) has introduced a bill entitled “Menstrual Equity for All” (H.R. 1882) that would begin to address this problem by: increasing access to supplies in prisons, homeless shelters and schools; allowing individuals to use pretax dollars to purchase supplies; requiring Medicaid to cover the cost of supplies for recipients, and requiring certain large employers and the Federal Government to begin providing menstrual products in their restrooms.

For more information, please see the press release at: <https://meng.house.gov/media-center/press-releases/meng-unveils-bold-proposal-to-provide-menstrual-equity-to-all>, or the bill itself at: <https://www.congress.gov/bill/116th-congress/house-bill/1882>.

As a constituent, I urge you to support this bill.

[Optional: add why this is important to you.]

Sincerely,

[Your Name]

[Address]

[Email]

[Phone]