

**Community and Clinical Health Services  
Staff Report  
Board Meeting Date: March 26, 2026**

**DATE:** March 6, 2026

**TO:** District Board of Health

**FROM:** Christina Sheppard, APRN  
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**SUBJECT:** Acceptance of menstrual product donation from Swoon Bridal with an estimated \$2,000 value for product distribution in the community.

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**SUMMARY**

CCHS requests that the District Board of Health accept a donation of 160 tampon kits, 65 pad kits, and other menstrual product supplies from Swoon Bridal. The donation is valued at \$2,000 and will support community members who lack consistent access to menstrual health products.

**PREVIOUS ACTION**

None

**BACKGROUND**

Swoon Bridal, a local woman-owned boutique, selects community organizations each year to support through its Swoon Holiday Give initiative. This past holiday season, Swoon chose CCHS to help advance efforts to provide accessible menstrual health products to individuals in need. Brides participating in the Swoon Holiday Give received a discount on their gown when they purchased \$100–\$150 worth of supplies for menstrual product kits.

As part of its Holiday Give, Swoon Bridal donated:

- 160 tampon kits
- 65 pad kits
- Extra pads, tampons, hand sanitizer, and hygiene wipes

Period poverty - defined as limited or inconsistent access to menstrual hygiene products, safe restroom facilities, and menstrual health education - affects individuals nationwide and within Washoe County. Individuals experiencing homelessness, living in low-income households, or facing economic instability often struggle to obtain essential menstrual products.

Lack of access can result in:

- Missed school, work, or community engagement due to inability to manage menstruation safely.
- Use of unsafe substitutes, increasing risk for infections and other health complications.
- Emotional distress and stigma associated with inadequate menstrual hygiene resources.

Access to menstrual products is an important component of public health. Reliable supplies support personal hygiene, reduce infection risk, and allow individuals to participate fully in daily activities.

### **FISCAL IMPACT**

None

### **RECOMMENDATION**

CCHS recommends that the District Board of Health accept the donation of 160 tampon kits and 65 pad kits, valued at \$2,000, for distribution to individuals in need of menstrual health products.

### **POSSIBLE MOTION**

Acceptance of menstrual product donation from Swoon Bridal with an estimated \$2,000 value for product distribution in the community.

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