



"Flo's Pantry" (Free Menstrual Product Pantry)

With the help of the AWHG Grant, I was able to start the community organization, Flo's Pantry. This offers free menstrual and incontinence products to folks in rural communities, a demographic who is more likely to experience period poverty. Flo's now has 3 locations in different rural cities in Oregon: Lebanon, Sweet Home, & Mill City. The organization has been very well received by community members and is being used by folks of all ages. I run the organization by myself (handle the money/products, social media, decision-making on new sites) but I have community partners in each city where the pantries are located. The AMHS grant money specifically went towards building the pantries and buying products for them. If folks are interested in seeing updates, they can follow Flo's on social media (Instagram: @flospantry & Facebook Page: Flo's Pantry) or send us an email flospantryoregon@gmail.com.

Ashley E. Rietmann, OMS-II

College of Osteopathic Medicine of the Pacific-Northwest

Western University of Health Sciences