



FLOW FREEDOM IMPACT REPORT JUL '25- AUG '26

1,500+

Flow Freedom has **successfully serviced** over 1,500 students and adults, providing essential feminine products (pads, tampons, panty liners) to manage their menstrual cycles and and education that promote health and well-being.

We provide a subscription based program that allows students to receive products directly to their homes!



87,259

87,259 feminine products (pads, panty liners, tampons, and reusable pads) distributed

225

Reached **185 schools** in Philadelphia, 19 in Delco, 16 in Montco, 2 in Chester Co, 1 in Bucks, 1 in Allegheny, 1 in Berks,

898

Provided 898 grade school girls in Philadelphia with a 3 month supply of feminine products. 1,030 total requests from students in PA.

131

Additional Support provided to 131 girls in surrounding counties: Allegheny, Berks, Bucks, Chester, Delaware, Lehigh, Montgomery

7

7 funders supporting Flow Freedom. Allen Hilles Fund, J. Leon Lockard Trust, The Patricia Kind Family Foundation, Union Benevolence Association, The Ethel Sergeant Clark Smith Memorial Fund, Th Phila Activities Fund

Events

Event and educational workshops with Cassidy Elementary, Al-Aqsa Islamic Academy, Refuel for School, Small Things Grocery Distribution, plus several other pop up events and distributions

In-Kind Donations

AmeriHealth Caritas, Aunt Flow, Calvary REVIVE, Dude Wipes, Individual Donors, I Support the Girls, Medicinal Teas, Philadelphia Drifters, Philadelphia Insurance Companies, Women's Athletic Association, Days for Girls, Harvest Porch Pantry



Flow Freedom is committed to uplifting students' lives through access to essential hygiene products and education. Our mission with Flow Freedom emphasizes health, dignity, and empowerment, ensuring every student can thrive without barriers caused by menstruation.

**"PROVIDING
COMFORT,
DIGNITY, AND
CARE – ONE
CYCLE AT A
TIME."**

Flow Freedom

With the generous support of our community and donors we were able to provide menstrual products to grade school and college girls across 78 zip codes in New Jersey, Delaware, Ohio, Illinois, Florida, Georgia, Washington DC, Nigeria, and Mozambique.

Our hand delivered kits distributed at workshops and events include deodorant, feminine wipes, body wash, a period pouch, a journal, and dental hygiene products, ensuring comprehensive support for students. By addressing these fundamental needs, Flow Freedom fosters confidence and well-being, enabling students to focus on their education and future.