

Instructions for Making The Kwek Society's Moon Time Bags

What you need:

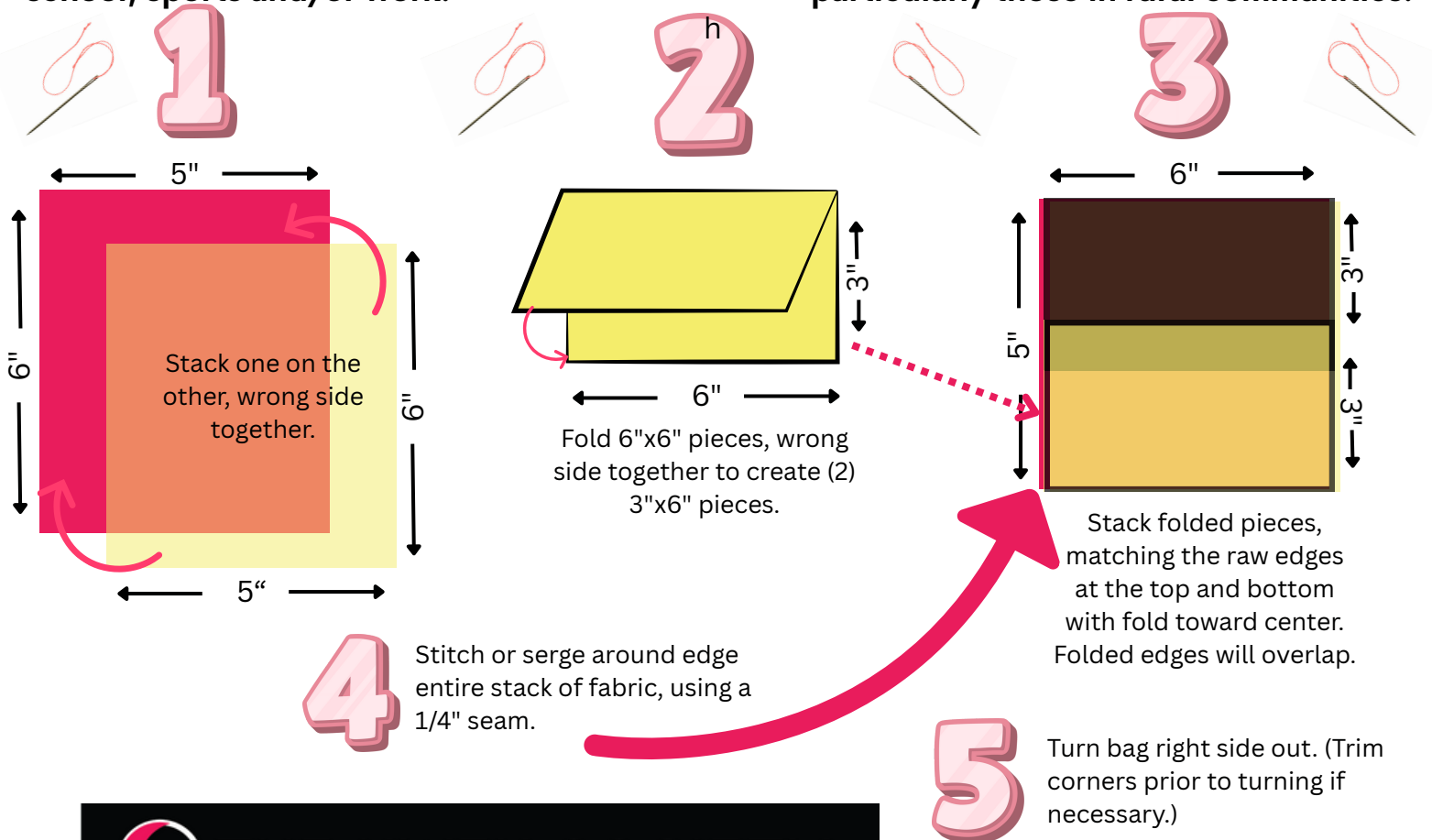
- two (2) 6 x 6-inch fabric pieces
- two (2) 5 x 6-inch fabric pieces

What to do next:

1. Stack or pin the two (2) 5 X 6-inch fabric pieces on top of each other, wrong side (by this we mean the less finished side) together.
2. Fold each 6 X 6-inch piece in half, wrong side together, creating two folded (2) 6 X 3-inch pieces.
3. Match the raw edges of one folded piece to one edge of the 5 X 6 stacked fabrics, match the second folded piece to the opposite edge of the 5 X 6 stacked fabrics. The folded edges will overlap in the middle.
4. Sew or serge all four (4) sides of the stacked fabric, using a 1/4" seam.
5. Optional: trim corners a small amount.
6. Turn bags right side out.
7. Stuff with 3 pads and 2 liners and mail to us! We also accept unstuffed bags, of course.
8. Our mailing address is on the back of this sheet. (We gladly accept product donations too.)

Nearly 1 in 4 students in the US struggles to afford period supplies, leading to missed school, sports and/or work.

These stats are likely higher for US Indigenous students as a group, particularly those in rural communities.





THE KWEK SOCIETY
END PERIOD POVERTY

What Happens Next

- The Kwek Society adds a card to each bag we receive.
The card quotes a portion of Indigenous poet Joy Harjo's poem, *Remember* ("Remember the sky that you were born under. Know each of the star's stories. Remember the moon. Know who she is."). The poem celebrates life and the connectedness of all earth's inhabitants; our card communicates that moon times (periods) should be celebrated, too! The card also contains a QR code that sends students to the education portions of our website, <https://kweksociety.org/learn/>.
- When school starts, we distribute the bags and bulk products (pads, liners, tampons, underwear), and puberty education books – when requested -- to schools and organizations serving US Indigenous students and their peers.
- We ask our school and organization contacts to share the bags with students as a reusable gift from community members – to let them know they are part of our community and we are excited to celebrate moon times together. Our partners can request additional bags and products throughout the school year.



About Us:



Our **mission** is to end period poverty in Indigenous communities in the United States while celebrating individual dignity, agency, and success.

We support schools and organizations across the US.

- We help students in elementary, middle, and high schools, and support college students as well.
- Do you know of a school with a substantial US Indigenous population at risk for period poverty that needs our help? Contact us!

The Kwek Society is a 501(c)(3) non-profit (EIN 82-4379803). You can find out more about us, and read our financial disclosures at: <https://www.guidestar.org/profile/82-4369803>

What else can you do:

- Host a product drive.
- Donate funds.
- Continue to sew, sew, sew.
- Spread the word about our work, period poverty, and the need across the US. Share our socials.
- Do what you can! More at kweksociety.org/support/.

Contact Us:

Email: thekweksociety@gmail.com

Facebook Messenger:
@KwekSociety

Learn More About Us:

Website:
kweksociety.org

Facebook:
@KwekSociety

Instagram:
@TheKwekSociety

Mail Bags To:

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Igwien/heartfelt thanks from The Kwek Society