

Media Release

January 12, 2023
FOR IMMEDIATE RELEASE

Library launches Period Project pilot

ST. ALBERT — St. Albert Public Library is pleased to launch a new initiative for 2023 aimed at reducing the barriers St. Albertans face in accessing period products, with the support of the St. Albert Community Foundation. The Period Project pilot begins this week with free period products placed in four washrooms in the Downtown Library and in one washroom at Jensen Lakes Library.

“Public libraries are built on principles of free access, and the Period Project is one more way that we can work to remove barriers that many people face to full participation in their community,” says Public Services Manager Stephanie Foremsky. “Alberta government data shows that many Albertans struggle to access period products. Making these products available for free in the library is a direct way to address these problems and reduce stigma.”

According to data from the United Way and the Government of Alberta:

- More than 1 in 3 young people who menstruate didn't feel prepared for their first period.
- 1 in 7 have struggled to access the period products they need and 1 in 7 are worried about their ongoing ability to afford them.
- 83% of young people have tried to hide the fact they have their period from those around them. This can lead to poor health decisions.
- One-third of Canadian women and girls have had to regularly or occasionally sacrifice something else in their budget to afford period products.

Library staff connected with various community members and organizations throughout 2022 to determine the need in St. Albert. “Based on those conversations, the need is real,” Foremsky says. “Access to and information about period products is a gap, and with this grant, we have the opportunity to ensure that St. Albertans don't have to choose between period products and groceries.”

A number of other Alberta libraries have already launched similar programs and St. Albert Public Library is excited to join their ranks in working to reduce period poverty. A company called Citron installed the dispensers in St. Albert Public Library washrooms on January 12; they will replenish the period products every month. The cost is about \$2,500 for year one, with \$1,500 supplied by a St. Albert Community Foundation grant. The Library will evaluate the program after one year.

-30-

Media contact:

Stephanie Foremsky
Public Services Manager
St. Albert Public Library
780-459-1686 | sforemsky@sapl.ca