

2023 Impact 100 Richmond Grant Finalist  
**Program: Dignity Grows**  
Organization: Jewish Community Federation of Richmond

Dignity Grows is an initiative of the Jewish Community Federation of Richmond (JCFR), addressing Period Poverty, nationally and locally. Period Poverty affects nearly 30% of menstruators in the U.S. and in the Richmond area. The initiative addresses this by providing support for women in need by distributing 225 comprehensive hygiene tote bags each month through our Distribution Partners without discriminating based on race, color, national origin, sex, disability, or age. The tote bags are designed to provide a month's supply of 6 comprehensive hygiene essentials and 2 packages of period necessities, benefiting the recipient and oftentimes family members. They receive this every month. The program allows women a sense of security and reassurance, allowing them to allocate their resources for other essentials like food and rent while keeping them in school and at work. By removing this barrier, Dignity Grows empowers women to pursue their ambitions, contributing to their personal growth and overall well-being. The bags have helped underserved elementary school girls, teens in foster care, victims of sexual violence and sex trafficking, Afghani immigrants, families living in financial insecurity, and others. There has been a surge in demand locally and we are currently unable to meet that demand. Almost 50% of those impacted by Period Poverty live ABOVE the poverty level and thus don't qualify for other assistance. As of July 2023, Dignity Grows has distributed 2025 tote bags impacting hundreds locally. The Impact 100 grant allows expansion to change the lives of an additional 225 menstruators PER MONTH. This allows us to DOUBLE our impact and add exposure to grow this program even further in years to come.