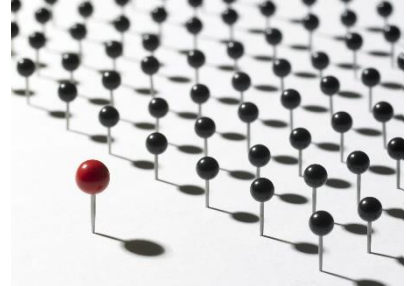


Virginia Assistance for Menstrual (Period) Care Supplies

This comprehensive resource list provides information on various programs and organizations that offer support for period care products in Virginia. Whether you are enrolled in Medicaid, have employer-based insurance, or need assistance through community programs, you will find valuable resources



Insurance Assistance

Virginia Medicaid Plans

Virginia Managed Medicaid Organizations (MCOs) offer extra benefits, including support for period care and over the counter supplies. Services vary by plan:

- [Aetna Better Health](#): Members qualify for \$20 per month to cover over the counter period care products.
- [Anthem HealthKeepers Plus](#): Call the member services phone number on your insurance card to discuss assistance for period care products.
- [Molina Healthcare](#): Call the member services number on your insurance to discuss assistance for period care products.
- [Sentara Community Plan](#): Members may order up to \$20 in feminine hygiene products each quarter, including tampons, sanitary pads, feminine wipes, and period panties.
- [United Healthcare Community Plan](#): Eligible members ages 11–49 can receive free period-absorbing underwear.

Employer Based Insurance

- **Health Savings Account and Flexible Spending Account support:** The CARES Act allows tax-advantaged accounts (HSAs, Archer MSAs, Health FSAs, and HRAs) to reimburse for "qualified medical expenses" including the cost of menstrual care products.

School Support

Virginia Public Schools: Virginia law requires that all public schools provide free period supplies in school bathrooms for grades 5 through 12. If supplies are unavailable, talk to the school nurse or guidance counselor for assistance.

Developed in collaboration with the VA Bleeding Disorders Program, the Virginia HTCs (VCU, UVA, CHKD, CNH), VA Hemophilia Foundation and the Hemophilia Association of the Capital Area).

Updated 6/12/24

Community Support Programs

Several community organizations offer period supplies at no charge. Call or check websites to confirm availability.

Central VA

Richmond Hygiene Pantry: A “Little Library” for period care products. Products are free and offered at several locations in the Richmond metro area: Contact: feedthestreetsrva@gmail.com

- MLK Community Gardens: 1000 Mosby Ct., Richmond, VA 23223
- Boys & Girls Club Southside: 2409 Bainbridge St. Richmond, VA 23225
- Tea Shop: 1628 Williamsburg Rd. Richmond, VA 23231
- Oakland Village Community Center: 1400 Old Bronze Rd. Henrico VA 23231
- 106 KTCHN & MRKT: 106 N. Sycamore St. Petersburg, VA 23803
- Church Hill hygiene pantry: Located behind Mount Olivet Church, 1223 North 25th St. Richmond, VA 23223
- Gilpin Court: Charles S. Gilpin Community Farm, 1420 Peter St. Richmond, VA 23220

Sylvia’s Sisters: A non-profit organization that provides period care supplies at 3 locations in the Richmond area. Call to confirm pick up dates and supply availability:

- **Health Brigade**: 1010 North Thompson Street, Richmond, VA23230 | **Contact** (804) 358-6343
- **Meadowbridge Community Market**: 3613 Meadowbridge Road, Richmond, VA 23222 | Sat 10am-4pm, Tues 3-8pm
- **YWCA**: 6 North 5th Street, Richmond, VA 23219 | **Contact** (804) 643-6761

VCU RAM Pantry: For VCU Students and Staff: Free period products, availability varies based on donations

- **Ram Pantry**: 930 W. Grace St., Richmond, VA 23284

Charlottesville/Western VA

UVAHealth: Free period products for UVAHealth employees, in select restrooms

Love INC: Assistance with period care products. Apply for services online or by phone. |(434) 977-7777

Harrisonburg Undercover Pantry: Distribution of tampons, pads/liners, and menstrual cups at no cost

P.A.D. Center: Program through Lynchburg Junior League to provide period supplies. To apply: and click on *Apply*

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Northern VA

The Free Period Pantry: Like a “Little Library” for period care products.
900 Maple Ave East Vienna, VA 22180 |

Lorton Community Action Center: Food pantry items including “hygiene kits”

Junior League of Northern VA: Working to establish period poverty resources throughout Northern VA | Call 703-442-4163

- **Springfield Family Resource Center:** 7224 Commerce St., Apt. T-4, Springfield, VA 22150 | 703-644-0000
- **Culmore Family Resource Center:** 3304B Culmore Court, Falls Church, VA 22041 | 703-379-5217
- **Women Giving Back:** 20 Export Dr., Sterling, VA 20164 | 703-554-9386

Mobile Hope: Emergency shelter in Leesburg, VA that occasionally has donations of period care supplies. | Call 703-771-1400

Hampton Roads / Tidewater

ODU Student Health: Women’s & Gender Equity Center: Free Menstruation Products (menstrual cups, tampons, pads, panty liners, and feminine wipes)

Williamsburg House of Mercy: Hygiene kits distributed through diaper bank for new families | 757-229-3700

Village Family Outreach: Hygiene kits distributed through the food pantry program

Products & Resources

Re-Usable Menstrual Products

Reusable products help reduce the cost of monthly period supplies by providing options that can be cleaned and re-used. There are a variety of options available in stores or online shopping.

- **Period Underwear-** Underwear designed to provide extra absorbency for bleeding.
- **Menstrual cups-** a reusable soft silicone cup inserted internally like a tampon that collects, rather than absorbs, your period. Please talk with your healthcare provider before using menstrual cups to confirm this is a good option for you.

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Additional Resources

[Hemophilia Treatment Center](#): Your HTC may have donations or supplies available and may be able to help link you with additional resources.

[GoodRx Resources List](#)

[Tips for Advocating at School](#)

[Advocacy and Information about Period Poverty](#)