PERIOD DIGNITY IN THE WORKPLACE.

PERIOD DIGNITY by GRACE & GREEN

Conventional period products are made of 90% plastic.

11,000

THE AVERAGE MENSTRUATING PERSON USES OVER 11,000 DISPOSABLE PADS AND TAMPONS OVER A LIFETIME

3,876

THAT IS EQUIVALENT TO THE PLASTIC WASTE IN 3876 PLASTIC BAGS

MANY MAINSTREAM PRODUCTS ALSO CONTAIN TOXIC CHEMICALS, BLEACHES AND CHLORINES.

WE KNEW THE PERIOD PRODUCT INDUSTRY NEEDED TO DO BETTER FOR PEOPLE AND PLANETARY HEALTH.

About us.

We craft zero-waste reusables and organic period products for your body and the planet, as well as fight for access, inclusivity, and education, breaking barriers to essential care—because dignity should never come at a price.

As the highest-scoring B Corp globally in organic period care, with a score of 146.5, we're committed to social and environmental responsibility.

Proudly female-founded, we're part of the Buy Women Built movement, driving meaningful impact for people and the planet.

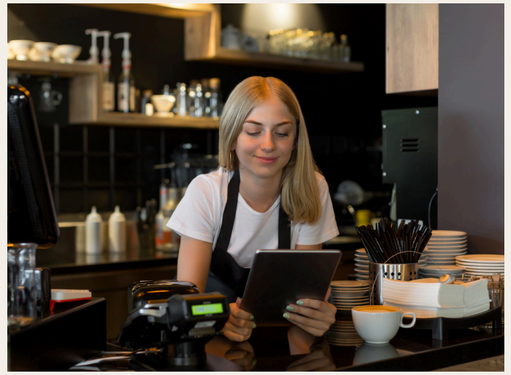
Certified B Corporation

BUY WOMEN BUILT

2024 Health & Wellbeing AWARDS SILVER

85% of UK working women feel stress or anxiety managing their period at work*

ONLY 3% OF EMPLOYEES FELT THEIR WORKPLACE WAS DOING ENOUGH TO SUPPORT THEIR NEEDS. FREE PERIOD PRODUCTS, FLEXIBLE WORKING AND ADDITIONAL BREAKS WERE THE TOP THREE ACTIONS THOSE SURVEYED FELT EMPLOYERS SHOULD TAKE TO HELP THEM MANAGE THEIR PERIODS.



Why provide free access to period care at work?

ENSURES ACCESS TO SAFE AND SUSTAINABLE PRODUCTS

75% of menstruating people are caught out by their period at least once a year, often while at work. Lack of access can force people to resort to using unsafe alternatives to manage their period.

CREATES AN INCLUSIVE WORK ENVIRONMENT

>2/3 of those with periods experience a negative impact at work due to menstuation symptoms. Making products freely available and accessible to all can be essential part of creating an inclusive and comfortable environment for everyone.

PROMOTES SUSTAINABILITY IN THE WORKPLACE

Many may not know the impact of traditional period products on the environment. Small sustainable switches can make a big difference.

PERIOD DIGNITY SCHEME

Period Dignity by Grace & Green supports businesses, educational institutions, and the public sector across the UK by providing:

- Sustainable period products
- Educational resources to promote inclusivity and awareness

Why Join the Scheme?
Membership demonstrates your commitment to fostering a progressive and inclusive culture, offering:

- Free period products to your employees
- Workshops and resources to educate and engage
- Staff discounts for personal period products

Benefits of joining.

- Organisational discounts on all our organic period care lines
- Up to 30% discount on our online store for your staff and students, including period care, self care and unisex products
- A minimum of 2% of revenue donated to tackle period poverty and climate change
- Gender-neutral, inclusive branding, to support all who bleed
- Virtual or in-person workplace talks, training sessions or "Lunch & Learn" workshops
- Recognition as a Period Dignity organisation through logo for your communications
- Free access to the world's-first NHS-backed Menstrual Cycle Support Course

Training and education.

Our breadth of educational options means members can benefit from options such as lunchtime sessions or solo online learning, through to formal policy support.

QUARTERLY LUNCH & LEARNS

We offer Lunch & Learn sessions, covering sustainability and menstrual health. These take place virtually and can also be accessed post-event.

Every new Period Dignity organisation can access a free, virtual lunch and learn session to cover menstrual health and menopause basics.

FREE ONLINE LEARNING

We are founding sponsors of the ground-breaking NHS-approved Menstrual Cycle Support Course.

Our members benefit from free access to the course, designed to improve period literacy.

BITE-SIZED DOWNLOADS

We have created downloadable resources specifically for sharing with students which cover menstrual cycle basics such as hormones, common menstrual conditions, and sustainable periods.

STAFF DISCOUNTS

Staff will be able to access discounts on personal deliveries of Grace & Green period products and Yoku self-care items.

BESPOKE DISPLAY

Grace & Green vending machines can be co-branded free-of-charge with your company logo. Ideal for busy washrooms, these vending solutions allow employees to access products discreetly and easily, at no cost.

PROMOTIONAL MATERIALS

We provide posters and digital assets that can be used on site and online to promote your commitment to period dignity and share the discount codes available.

Promotional support.

Gender inclusivity.

INCLUSIVE PERIOD CARE BY DESIGN

At Grace & Green, we are committed to designing period care that is unapologetically inclusive, using:

- Gender-neutral language to foster inclusivity.
- Thoughtful packaging free from stereotypical imagery or colours.

Fostering Representation:
Unlike other brands, we aim to represent the full spectrum of those who menstruate, embracing:

- Diverse ages and genders.
- Authentic experiences that reflect the realities of menstruation.

Driving Change Through Dialogue:
Inclusive care begins with inclusive dialogue, which we promote through training and education for all genders to help break taboos and create lasting change.

Our clients.

"We have enjoyed working with Grace & Green since day one. Their team has been so attentive, personable and enthusiastic. "

THE BRITISH HEART FOUNDATION

We work with over 500 organisations to deliver Period Dignity, including:

ESTĒE LAUDER COMPANIES

The University of Nottingham

LLOYDS BANKING GROUP

STELLA McCARTNEY

sse

UNIVERSITY OF CAMBRIDGE

Vitality

wework

CANCER RESEARCH UK

sky

Specsavers

RSPCA

National Trust

The co-operative bank

Royal College of Obstetricians & Gynaecologists

Red Bull

Formula 1

ATG ENTERTAINMENT

Our clients.

"It has been a brilliant experience working with Grace & Green so far. We have started providing free period care to our visitors as a trial but based on our experience so far, we will be continuing and hopefully expanding our offer. The branding looks fab, the products are great and we are giving something back to our visitors which isn't negatively impacting the planet."

National Trust

The most sustainable period brand.

We are the highest scoring B Corp within organic period care in the world. The higher the score, the more positive impact the company is having on people and the planet.

ORGANIC

100% certified organic bamboo and cotton so you can be confident what is in our products.

NO SYNTHETIC FIBRES

Free from chlorine bleaches, pesticides and other synthetic materials.

NON-TOXIC

Hypoallergenic and toxin free for vaginal health and peace of mind.

CARBON NEUTRAL

Our products are certified carbon neutral.

BIODEGRADABLE

Our products don't hang around, we use biodegradable materials.

B CORP CERTIFIED

Our B Corp score of 146.5 makes us the global leader in disposable period care.

ISO CERTIFIED

We also hold ISO9001 and ISO 14001 which demonstrate the robustness of our structures surrounding quality and environmental management.

Better for health.

NO SYNTHETIC FIBRES

Free from chlorine bleaches, pesticides and other synthetic materials.

HYPOALLERGENIC

Super soft organic bamboo and cotton for breathable comfort.

Royal College of Obstetricians & Gynaecologists

ENDORSED BY

The Royal College of Obstetricians and Gynaecologists

ORGANIC

100% certified organic bamboo and cotton so you can be confident what is in our products.

NON-TOXIC

Toxin free for vaginal health and peace of mind.

NHS

NHS PARTNERS

Partnered with NHS Trusts across the UK

For all.

Period.

WE DONATED £97,000 WORTH OF PERIOD PRODUCTS TO CHARITABLE CAUSES IN 2023 ALONE.

We work in partnership with not-for-profits to donate our products to local and global initiatives, bringing dignity to the people who need it the most. We donated £97,000 worth of period products to charitable causes in 2023. We partner with local and national charities, including Ealing, Salford and Cardiff Foodbanks and Emmaus Homelessness Charity, amongst others.

Our national charity partner for 2024/25 is Women's Aid. Together, we are providing free access to period care in all of their safe houses, refuge centers, and therapy spaces.

women's aid
until women & children are safe

the trussell trust
Stop UK Hunger

emmaus
working together to end homelessness

Go Award Winners 2024/5

We are proud to announce that Grace & Green has won the Social Value Award at this year's GO Awards Wales. This honour highlights our unwavering commitment to tackling period poverty and ensuring everyone has access to the essential products they need.

In collaboration with Bridgend County Borough Council and Pembrokeshire County Council, we launched a home delivery initiative that:

- Delivers organic, biodegradable period products directly to people's homes.
- Provides an accessible, dignified solution to period poverty.
- Has surpassed expectations, with 6,000+ boxes delivered in 2023-24 within a 7 day delivery timeframe

PERIOD DIGNITY by GRACE & GREEN

Certified B Corporation

perioddignity.com
hello@perioddignity.com