



Creating a Self-Care Pantry at School

2026 Contest and Guidance Sheet

MAKE AN IMPACT! CREATE A SELF-CARE PANTRY AT YOUR SCHOOL!

Regular access to essential necessities like deodorant, shampoo, toothbrushes, toothpaste, and menstrual supplies is a challenge for many of our youth in Windsor-Essex County.

In Canada, 1 in 4 menstruating individuals have had to choose between paying for period products or other basics such as food. Aside from the high cost for hygiene products, youth also feel that stigma around periods and hygiene remain. Many hide their period products while at school or work and have been socially shamed for having it. Youth also face a lack of education and information about available community resources.

By providing free hygiene products and education about community supports at school through a self-care pantry, students will have the support and ability to attend school regularly, decrease absenteeism, increase academic performance, and improve school inclusion.

If your school is interested in creating a self-care pantry, follow these steps for contest entry:

- ✓ Identify a School Lead
- ✓ Find a location for the pantry
- ✓ Contact your school health nurse to see if your school qualifies for a chance to win a Start-Up Package of self-care supplies/resources (valued at \$100)
- ✓ Set up your pantry and take a photo
- ✓ Upload the picture using the online form by November 13, 2026

Schools that start a self-care pantry by November 13, 2026 will be entered into a draw for a chance to win one of five \$50 PC Gift Cards to help re-stock their self-care supplies!

Does your school already have a Self-Care Pantry? Congratulations!

- Consider reviewing and building on your current program using the tips and guidance found on the next pages).

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has - Margaret Mead

Creating a Self-Care Pantry at School

2026 Contest and Guidance Sheet

Creating and Maintaining a School Self-Care Pantry

School-wide Ideas for Active and New Pantries.....	2
Tips for Running a School Hygiene Drive	3
Suggested Supplies for your Self-Care Pantry	4
Suggestions for Maintaining Supplies.....	4

School-wide Ideas for Active and New Pantries:

Schools with an Active Self-Care Pantry:

- **Review who is responsible for it:** Are students involved in the support, stocking, or distribution of the supplies? How can students get involved?
- **Set a schedule:** Review inventory regularly and note what is taken the most.
- **Survey students:** See who is accessing the supplies (gender, juniors/seniors) and what is taken or needed the most (e.g. do students request/need deodorant or menstrual products?)
- **Consider the location:** Is it accessible and in a private space for all genders throughout the school day?
- **Update additional supports:** Review and update pamphlets for local agencies such as the Youth Wellness Hub that have additional resources and supplies. Include the [Windsor-Essex Youth Services Card](#)
- **Promote it:** Use social media and announcements.
- **Plan for sustainability:** Think about ways to supply and re-stock the resources. Approach the school student council, administration/staff, or parent council for support with organization, supplying, or fundraising for new and continued supplies. Hold school fundraising events or contests such as Tampon Tuesday or contact local community organizations such as the Windsor United Way or Windsor Goodfellows.

Creating a NEW Self-Care Pantry:

- **Identify a school lead/champion:** Consider creating a [wellness committee](#) or a group of school staff champions and interested students who will be responsible for maintaining it.
- **Plan where it will be located:** Ensure it is accessible and in a private space for all genders throughout the school day.
- **Survey students to see what supplies are needed most:** For example - do students request/need deodorant or menstrual products?
- **Add additional supports:** Include pamphlets for youth community groups or agencies such as the Youth Wellness Hub that have additional resources and supplies.
- **Promote it:** Use social media and announcements.



Creating a Self-Care Pantry at School

2026 Contest and Guidance Sheet

- **Plan for sustainability:** Think about ways to supply and re-stock the resources. Approach the school student council, administration/staff, or parent council for support with organization, supplying, or fundraising for new and continued supplies. Hold school fundraising events or contests such as Tampon Tuesday or contact local community organizations such as the Windsor United Way or Windsor Goodfellows.
- **Need more help?** Contact your school health nurse at 519-258-2146 ext. 1555 or email chp@wechu.org.

Tips for Running a School Hygiene Drive

Schools can help make a change! Hosting a Hygiene Drive will not only help those in need at your school, but it will also help to normalize the need for such items. Talking openly about hygiene products and working together to end hygiene poverty will help decrease the stigma around such items. Running a Hygiene Drive will help bring the school community together and make a difference!

Select a Leader

- Choose a school group or club to run the Hygiene Drive

Set a Goal

- Choose a time period - how long will the drive last (eg: 1 week, 2 weeks etc)
- Identify what items are needed

Pick a Collection Area

- Choose a collection point that is easy to access, visible and in a high traffic area

Promote the Hygiene Drive

- Create messaging:
 - What the drive is for and why it matters
 - Where to donate
 - What items are needed
 - When to donate
- Use posters, social media and announcements to promote the Hygiene Drive
- Consider using encouraging stories or statistics about the need in your school

Engage and Motivate

- Share updates (eg: “So far, we have collected 100 deodorants and 50 boxes of tampons!”)
- Consider hosting small events during the Hygiene Drive (eg: have a “donation day” with a special table, photo op or classroom challenge)

Wrap up

- Gather all supplies and take a photo with the student group who ran the Hygiene Drive



Creating a Self-Care Pantry at School

2026 Contest and Guidance Sheet

- Share the final numbers and photo with the school community

Follow-Up and Plan Ahead

- Reflect on what worked and what didn't work
- Consider turning the Hygiene Drive into an annual or semi-annual event

(Adapted from <https://foodforlife.ca/run-a-food-drive-guide/>)

Suggested Supplies for your Self-Care Pantry

- ✓ Shampoo and conditioner
- ✓ Body wash and soap
- ✓ Deodorant
- ✓ Razors
- ✓ Nail clippers
- ✓ Toothbrush and toothpaste
- ✓ Dental floss
- ✓ Lotion
- ✓ Brushes and combs

Suggestions for Maintaining Supplies

Ask local agencies for support, such as:

- ✓ Religious organizations and groups (churches, mosque, temples, and associated church groups)
- ✓ Local unions such as teacher's union
- ✓ Associations such as the retired teacher's association
- ✓ Rotaries and/or foundations
- ✓ Cultural community centres such as the Caboto Club, Serbian Centre, Filipino Community Centre, Hindu Temple & Cultural Centre of Windsor, Polonia Centre, etc.
- ✓ Dentists, orthodontists, law firms, accounting agencies, restaurants, real estate agencies, stores, boutiques, hair salons, convenience stores, car dealerships, agencies that support OYAP such as tool and die shops, etc.