



April 2026

Dear Global Giving Community,

Across Latin America, more women and girls are accessing the knowledge and resources they need to manage menstruation with confidence and dignity.

Thanks to your support, 9,962 women and girls have been reached so far in 2026 with menstrual health education and Days for Girls Kits across Cuba, the Dominican Republic, Ecuador, Honduras, and Mexico.

This work is continuing to grow. In the months ahead, programming is planned to reach thousands more, 4,968 people in Venezuela, 2,484 in Honduras, 2484 in El Salvador, and 2,322 in Cuba, expanding access to both education and sustainable menstrual products across the region.



A key part of this progress is the leadership of local women who are driving change within their own communities.

In Ecuador, Andrea Espinoza leads the Days for Girls Social Enterprise, producing DfG Kits, delivering menstrual health education, and creating employment opportunities for women. Before joining Days for Girls, Andrea was already making washable pads on a small scale, driven by a desire to provide safer and more sustainable options for women and girls in her community.



With support and mentorship, that work has grown into a thriving enterprise that is now reaching thousands.

“Girls and women deserve to accept menstruation as a natural and healthy part of their bodies,” Andrea shared. “Ending myths and discrimination begins with education.”

DAYS FOR GIRLS



In 2026, Andrea and her team are producing thousands of DfG Kits for distribution in Loja Province, alongside delivering menstrual health education in partnership with local stakeholders. This work is helping to ensure that more women and girls not only have access to products, but also the knowledge to use them confidently.

“The training made me feel more confident in my body and was useful for better understanding the changes in the body.”

Across communities, women and girls are reporting increased confidence, improved understanding of their bodies, and greater ability to manage menstruation safely and comfortably.

Because of you, menstrual health is becoming more visible, more understood, and more supported across Latin America. Together, we are strengthening local leadership, expanding access, and creating lasting change for women and girls across the region.

Thank you for making this work possible.

With heartfelt gratitude,

The Days for Girls Team