



NOURISHERS CHARITY ORGANISATION

(Company Limited by Guarantee Without Share Capital)

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REUSABLE SANITARY PADS AND MENSTRUAL HEALTH EDUCATION FOR 300 GIRLS IN WAKISO DISTRICT, UGANDA

Project Document

Location

Kyengera Central, Wakiso District, Uganda

Contact Information

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Website: N/A



Date: June 2026

1. ORGANIZATION BACKGROUND

Nourishers Charity Organisation Limited is a registered non-profit organization based in Kyengera Central, Wakiso District, Uganda. Our mission is to empower vulnerable communities through education, health, nutrition, child protection, and sustainable development initiatives.

We work with schools, community leaders, and families to address challenges that hinder the well-being and future success of children and young people. Our programs focus on improving access to education, promoting health awareness, supporting vulnerable children, and creating opportunities for community development.

Our vision is a society where every child and young person has equal opportunities to thrive, regardless of their social or economic background.

2. PROBLEM STATEMENT

Menstrual health remains a significant challenge for many adolescent girls in Uganda. Due to poverty and limited access to affordable menstrual products, many girls miss school during their menstrual periods.

At St. Paul Secondary School and surrounding communities in Wakiso District, many girls face difficulties managing menstruation with dignity. The lack of menstrual health education also contributes to stigma, misinformation, and low self-esteem among adolescent girls.

Without intervention, these challenges can lead to increased absenteeism, poor academic performance, reduced confidence, and higher school dropout rates.

3. PROJECT DESCRIPTION

The project aims to support 300 vulnerable adolescent girls by providing reusable sanitary pad kits and comprehensive menstrual health education.

Project Goal: To improve menstrual health management and educational participation among 300 vulnerable girls in Wakiso District.

Specific Objectives:

1. Provide reusable sanitary pad kits to 300 girls.
2. Conduct menstrual health education sessions for beneficiaries.
3. Reduce school absenteeism associated with menstruation.
4. Improve girls' confidence, dignity, and participation in school activities.
5. Promote sustainable menstrual hygiene practices.

4. PROJECT ACTIVITIES AND IMPLEMENTATION PLAN

Activity 1: Beneficiary Identification

Activity 2: Production and Procurement of Reusable Pads

Activity 3: Menstrual Health Education Workshops

Activity 4: Distribution of Pad Kits

Activity 5: Monitoring and Evaluation

Expected Outputs:

- 300 girls receive reusable sanitary pad kits.
- 300 girls trained in menstrual health management.
- Increased awareness of menstrual hygiene practices.
- Reduced school absenteeism among beneficiaries.

5. BUDGET SUMMARY AND EXPECTED IMPACT

Estimated Budget:

Materials for reusable sanitary pads - \$800

Semi Automatic Sanitary Pad Making Machine - \$1580

Tailoring and production costs - \$980

Training materials and workshops - \$840

Transportation and logistics - \$600

Monitoring and evaluation - \$200

Administrative costs - \$200

Total Project Budget - \$5,200

Expected Outcomes:

- Improved menstrual hygiene management for 300 girls.
- Increased school attendance and academic participation.
- Reduced stigma associated with menstruation.
- Enhanced confidence and well-being among beneficiaries.
- Long-term improvement in educational opportunities for vulnerable girls.

Sustainability:

The project promotes sustainability through the use of reusable sanitary pads, reducing recurring costs for families.

Conclusion:

Investing in menstrual health is an investment in girls' education, dignity, and future success.

Prepared and Submitted By:

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Executive Director, Nourishers Charity Organisation

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Chairperson Board of Directors, Nourishers Charity Organisation

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12th/06/2026

