



[www.freeflownm.org](http://www.freeflownm.org)

Since 2020, Free Flow NM has been dedicated to combating period poverty and reducing stigma around menstruation through seven core programs focused on distribution and education in New Mexico. Our vision is for a period-poverty-free New Mexico, where no one is held back from their potential due to menstruation.

## Grant Report

# HSC Grant Partner Organizations

Program Impact Report

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Free Flow NM | Santa Fe, New Mexico

# General Distribution Program in Santa Fe

## About the Program

Each month, volunteers work together to build period kits filled with a one-month supply of menstrual materials. The kits are distributed by community organizations in Santa Fe.

By providing these kits, Free Flow NM ensures that individuals facing period poverty — including students, working adults, and people experiencing homelessness — have access to the products they need to participate fully in school, work, and daily life.

Each kit is assembled with care and dignity at the heart of every bag — because everyone deserves to manage their period without stress, shame, or financial strain.

**Grant Specific:** All kit distribution through this grant was directed to organizations within the City of Santa Fe, specifically serving individuals 18 years of age and older.

**\$5,000**

Grant Awarded

**1,334**

Community  
Members Served

**33,350**

Period Products  
Distributed

# HSC Partner Organizations – Kit Distribution

ORGANIZATION	KITS	ORGANIZATION	KITS
Casa Familia	75	Many Mothers	100
Chainbreaker Collective	25	New Mexico Treatment Services	50
Genoveva Chavez Community Center	50	NM Immigrant Law Center	25
Gerard's House	50	Santa Fe Community College Cupboard	125
La Familia – Alto	175	Santa Fe Recovery Women's Program Office	50
La Familia – Dental	175	Salvation Army	25
La Familia – Oro	175	Villa Therese Catholic Clinic	59
La Familia – HCH	175		
<b>TOTAL KITS DISTRIBUTED</b>		<b>1334</b>	

# Free Flow's Accomplishments — 2025

**22,035**

Community  
Members Served

**163**

Community  
Partners

**175+**

Incredible  
Volunteers

**13**

Active  
Period Pods™

**550,625**

Period Products  
Distributed

**10**

Presentations on  
Period Poverty

**3**

Period  
Cupboards

**327**

Reusable Products  
Provided

**18**

Counties &  
Pueblos Served

# Impact Quotes

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- "I picked up a FFNM period kit from La Farge Library Period Pod. I recently lost my job and have been unable to afford basic hygiene necessities. Thank you for providing this service to me." – J.M.
- "I just started receiving help from Adelante and received my first package from Free Flow NM! First, thank you so much! I had no idea you guys existed and I'm sure you are a blessing to many women, including myself." – E.
- "Thank you! I am a single mother and an assistant preschool teacher and I cannot afford period products." - Anon

# Successes — Past Year

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## ✓ Success #1

**Distribution Growth** Free Flow NM increased period kit distribution by 85% over the past year, reflecting both the growing need in our community and the strength of our expanding partner network.

## ✓ Success #2

**Volunteer Engagement** Volunteer participation grew by 70%, demonstrating deepening community investment in menstrual equity. Our volunteers are the heartbeat of Free Flow NM — and their dedication makes every kit possible.

# Challenges — Past Year

## ! Rising Demand

*Requests for period products have increased significantly as community members face compounding economic hardship and housing instability. The intersection of period poverty with broader financial insecurity means more people are turning to Free Flow NM as an essential resource.*

## ! Capacity to Meet Demand

*As distribution numbers grew, so did the operational demands on our small team — including coordinating more frequent bagging sessions, restocking Period Cupboards, and managing a larger volunteer base.*

## ! Transportation & Logistics

*As distribution volumes grew, personal vehicles were no longer sufficient to transport the increased loads of period kits and supplies to our community partners. Free Flow NM purchased a used small cargo van to meet this challenge.*

## ↑ How We Responded

*Free Flow NM took decisive action on multiple fronts. We hired an additional part-time team member to oversee volunteer bagging sessions and restock Period Cupboards, ensuring our operations could scale without sacrificing quality. We also purchased a used small cargo van — allowing us to reliably deliver kits across our service area and keep pace with the growing requests from our community partners.*

# Thank You

Free Flow NM | [freeflownm.com](http://freeflownm.com) | 505.695.1208

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*Creating a Period-Poverty-Free State*

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