



**City of Hamilton**  
**BOARD OF HEALTH ADDENDUM**

**Meeting #:** 19-005  
**Date:** May 13, 2019  
**Time:** 1:30 p.m.  
**Location:** Council Chambers, Hamilton City Hall  
71 Main Street West

Loren Kolar, Legislative Coordinator (905) 546-2424 ext. 2604

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**12. NOTICES OF MOTION**

\*12.1 Free Menstrual Products

# CITY OF HAMILTON NOTICE OF MOTION

Board of Health: May 13, 2019

**MOVED BY COUNCILLOR M. WILSON .....**

## **Free Menstrual Products**

WHEREAS, people who menstruate need adequate and appropriate access to menstrual products so that they can experience their full health potential, maintain dignity and participate fully in community;

WHEREAS, no internal programs to the City of Hamilton reported that they consistently budgeted for menstrual products;

WHEREAS, according to Plan Canada International study, one-third of Canadian women under the age of 25 struggled to afford menstrual products;

WHEREAS, the estimated annual cost of purchasing menstrual products ranges from \$76 to \$153;

WHEREAS, the inability to afford menstrual products is a health equity issue,

WHEREAS, the majority of individuals who menstruate have started their period unexpectedly in public without having the supplies they need, resulting in feelings of anxiety and embarrassment;

WHEREAS, all community agencies interviewed agreed there is a need for low or no cost menstrual products;

WHEREAS, menstruating is a natural bodily function, and access to menstrual products is as necessary as access to toilet paper;

WHEREAS, universal access to menstrual products contributes to the normalization of menstruation and enhanced access in a dignified way;

WHEREAS, other Canadian cities, including London and Sarnia are already piloting and/or assessing the feasibility of menstrual product access programs;

WHEREAS, recreation centres and libraries service a large populations, diverse in age and socioeconomic status;

WHEREAS, public-facing City of Hamilton facilities can be accessed by all members of the community at no cost; and

## THEREFORE, BE IT RESOLVED

That the City of Hamilton work towards providing free menstrual products (pads and tampons) in all public-facing municipally-run facilities in the following ways:

- (a) That staff report back to the Board of Health outlining options and costs for a pilot project that would offer menstrual products in select recreation centres and library locations;
- (b) That the evaluation of the pilot project also includes qualitative data from people using the products;
- (c) That the pilot results inform the feasibility of expanding the provision of free menstrual products in all public-facing municipal buildings;
- (d) That the Board of Health refer this report to Hamilton-Wentworth Catholic District School Board Liaison Committee and the Hamilton-Wentworth District School Board Liaison Committee to determine the feasibility of a targeted or universal approach to enhance access to no cost menstrual products within the school system;
- (e) That the Board of Health correspond with the Premier of Ontario and relevant Ministries to request an increase in social assistance rates to a level that reflects the true costs of basic needs, taking into consideration the added costs for people that menstruate; and,
- (f) That May 28th of each year be recognized as Menstrual Health Day.