



Free for Menstrual Equity (Free4ME) FAQs

What is Free4ME?

- Free4ME began as a pilot project with **58** dispensers of organic menstrual products in **24** County-owned facilities in May 2021.
- The goal of the program is to promote menstrual equity and employee wellness by increasing access to menstrual products for users and employees of all County facilities.

Why does Free4ME exist?

- Nearly 2/3 of low-income people with periods in the U.S. report having been unable to afford menstrual products during the previous year, and frequently must decide between purchasing food or other necessities and menstrual products ([learn more](#)).
- This is referred to as **period poverty** and disproportionately impacts people experiencing homelessness, youth, transgender people and low-income individuals.

Where is Free4ME expanding to?

The County is installing free, organic menstrual product dispensers in:

- All leased and owned County facilities.
- All female restrooms, all gender-neutral restrooms, and one male restroom per building.
- Free4ME expansion is expected to be complete by May 2024.

Why are dispensers being installed in male restrooms?

- Installing dispensers in one male restroom per building aligns with practices from other jurisdictions as well as California requirements for public schools and universities.
- Period poverty is an equity issue, and the County of San Diego strives to support equity in all areas. Providing menstrual products in male restrooms increases their accessibility for all those who need them.

Is anyone else doing this?

- The City of San Diego is now part of the Free4ME program, providing free menstrual products in female, gender-neutral and male restrooms.
- Many other jurisdictions have similar menstrual equity programs, including the County of Santa Cruz, Los Angeles, and Santa Clara and the City of Los Angeles.

Where can I find current dispenser locations or more information?

- LiveWellSD.org/Free4ME: includes a map of all County and City of San Diego locations and links to additional resources and partners working to combat period poverty.