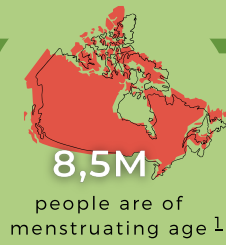


Personal hygiene products The cost of disposables

In Canada:



Plastics are an integral part of our lives, and **personal hygiene products** are no exception. The use of disposable products is **rooted** in our ways of doing things. But more **sustainable, ecological** options exist that are as **comfortable and hygienic!**

What do disposable personal hygiene products contain? ⁴

PLASTICS

In addition to being packaged in plastic, disposable hygiene products are composed of plastics such as **polyethylene, as well as polypropylene**. Both are made from **petroleum or natural gas**.



FRAGRANCES

Some products contain scents, which can **destabilize** the **fragile** equilibrium of your intimate area, and even **create irritation and infections**.



COTTON

Very few personal hygiene products contain organic cotton. Worldwide, cotton growing uses **pesticides** containing arsenic. These substances **reduce biodiversity** and **degrade soil quality**. ⁵



RAYON

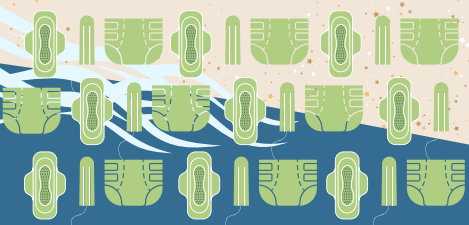
Rayon is an artificial material that acts as an absorbent. It is manufactured from **cellulose pulp from trees**. Although it is said to be biodegradable, it makes up a portion of **microplastics** found in the ocean.



In the last few years, **residues of 20 to 30 different chemicals**, ² including traces of **dioxins, furans** and **pesticides**, have been found in disposable personal hygiene products in the United States and France. While their presence may pose no health risk, it is **impossible to evaluate the cumulative effect of these substances**. ⁶ Knowing that disposable personal hygiene products sold in **Canada come mostly from the United States and Europe**, the situation is alarming.

Resource waste ²

Each year, in Canada, about **771 million hygiene protection articles are thrown away**. This represents about **3 kg of disposable products per capita, each year**.



In Montreal alone, it is estimated that each year, **1,422 tons of personal hygiene products** end up in landfill sites, and some go directly into our waterways. This is equal to the weight of **9 houses per year**.

Their composition means they **cannot be recycled or composted**. Also, they will take about **450 years to decompose completely**.

Solutions exist!

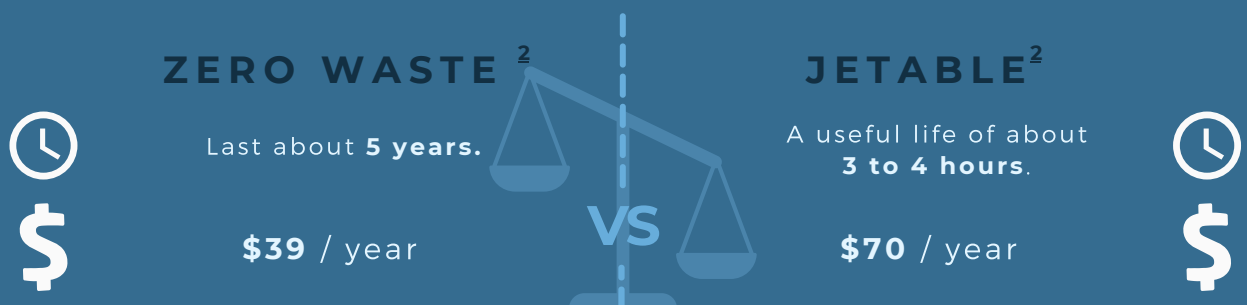
In the long term, the sustainable alternative represents **substantial savings** and will **reduce environmental impacts**, even if the upfront costs seem higher.

Thanks to funding from RECYC-QUÉBEC, and in partnership with municipalities who joined to the project, GRAME subsidizes **50% of the purchase price, up to \$100 per person**, of the following personal hygiene products:

- Menstrual cups
- Menstrual underwear
- Washable sanitary pads
- Incontinence protection underwear
- Reusable incontinence products



Why invest in sustainable products?



For more information: game.org/phpd

Sources : (1) Statistique Canada, 2021 (2) Mme L'Ovary, 2020 (3) Fondation d'aides aux personnes incontinentes (Canada), 2021 (4) Protégez-Vous, 2017 (5) RNCREQ, 2019 (6) Radio-Canada, 2018