Personal hygiene products
The cost of disposables

In Canada:

Plastics are an integral part of our lives, and personnel 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?

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.

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

Rayon
Rayon is an artificial material that acts as an absorbent. It is manufactured from cellulose pulp from trees. Although it is not biodegradable, it mixes up a portion of microplastics found in the ocean.

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

Resource waste
In the last few years, residues of 20 to 30 different chemicals, 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.

Knowing that disposable personal hygiene products sold in Canada come mostly from the United States and Europe, the situation is alarming.

Their composition means they cannot be recycled or composted. Also, they will take about 500 years to decompose completely.

Solutions exist!
In the long term, the sustainable alternatives represent 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 subsidized 50% of the purchase price, up to $100 per person of the following personal hygiene products:

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

Why invest in sustainable products?

Zero Waste
Last about 5 years.
$39 / year

Jetable
A useful life of about 3 to 4 hours.
$70 / year

For more information grame.org/phhp


Oui, j'accepte