



POST ABORTION CARE KIT

A PROJECT OF
THE
REPRODUCTIVE
JUSTICE TASK
FORCE

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A BIT OF BACKGROUND

Thank you for participating in this UUFANJ statewide effort. The Post Abortion Care Kit Project is a way for congregations to gather and take action in support of reproductive justice.

Reproductive justice, a concept put forth by coalitions of women of color, promotes the right of all people to have children, not to have children, and to raise their children in safe and healthy environments. People also have a right to health and self-determination regarding their bodies and sexuality, free from oppression and shame. The foundation for UUFANJ's support for reproductive justice is rooted in the Unitarian Universalist principle that affirms and promotes the inherent worth and dignity of every person. We value life and the consciences of all people, and we are called to protect and affirm the lives of individuals when it comes to their reproductive choices.

This project is modeled on one developed by the NCJW Essex Section, and we would like to thank our partners there for sharing both their model and their support.

Post abortion care kits are a way to demonstrate care and support for patients receiving abortion care. They are also a tangible way we can support our abortion clinics and providers by helping them create a sense of comfort for their patients.

The care kits consist of comfort items, and do not contain anything that could be considered "medical care" like OTC medications, etc.

The completed kits will be distributed to Metropolitan Medical Associates in Englewood, Pilgrim Medical Center in Montclair & Cherry Hill Women's Center in Cherry Hill. These clinics all provide excellent care, both medication and procedural abortions, and treat patients who are covered by Medicaid (not always the case for independent providers).

They also partner with the NJ Abortion Access Fund, and have been fully vetted by them as well. If your congregation is considering supporting another abortion provider here in NJ please reach out to Carol & Jami before proceeding.

In addition to providing much needed support to people receiving care here in NJ, we also hope to raise awareness regarding abortion access issues here in NJ. While we have robust legal protections for abortion care here in NJ, many people (young people, those that are uninsured/underinsured/undocumented, living in rural areas) struggle to obtain the care they need.

We must do better to ensure that reproductive freedom is available to everyone in NJ. We would love to see our congregations mobilize in support and reach out to their legislators to lift up this issue. Every Post-Abortion Care Kit event should also include education about abortion access here in NJ and a Call to Action (postcard writing, local outreach, etc).

SAMPLE FLYER/AD

TEMPLATE

(Name of your Congregation) and your LOGO

Join us for (name of your event)

WHEN: (Date)

WHERE: (Location)

WHY: We are supporting people receiving abortion care here in NJ. We are supporting the (name of organization) and providing clients with after abortion care kits

WHAT'S OUR GOAL? (how many kits)! Is this a one-time thing? We hope to do this on a regular basis to support as many clinics as possible.

HOW CAN I HELP?

- Donate Supplies
- Come Help Us Pack Kits on (Date)
- Help deliver kits to our Providers

Here's how to Donate Supplies:

- Buy items on the Amazon Wish List using our QR code
- Have the items shipped to your congregation.
- In this way, all items will be shipped to the same location.
- Please share with the organizers what you've ordered so they can keep track.

SAMPLE FLYER/AD

TEMPLATE

LIST OF ITEMS TO DONATE USING THE QR CODE:

- Snacks: packages of hard candy where each piece is individually wrapped. Note: please do not include food items like granola bars, etc as patients may not be permitted to eat following medical orders)
- Maxi pads (heavy duty overnight)
- Lip balm
- Individually wrapped Tea Bags (Mint and ginger are particularly soothing)
- Hair Scrunchies
- Fuzzy Socks
- Tote bags
- Individual Tissue pack
- Perineal Lavette Irrigation Bottle for post partum care.
- Note cards: Please donate blank note cards. We will be writing notes of encouragement and support at the event.

***ALL DONATIONS MUST BE RECEIVED BY (pick a date that gives you adequate time to fill in items you may need and to set up for packing day)

Any Questions? Contact (name) at (phone and/or email)
Thanks for your support!



PACKING TIPS



Set up different stations so volunteers can move from table to table to assemble the kits by placing the items neatly in the reusable tote bags.

Tip: Large plastic trash bags are useful for packing up the completed kits.

Another station is dedicated to folks who would like to hand write notes of support to be included in the tote bags.

Finally an action station is for folks to write postcards to our legislative leadership in support of access to abortion care here in NJ.

Depending on the number of kits and the number of volunteers the event should take 1-2 hours.

Each kit includes:

- 1 Reusable Tote bag
- 5 Maxi pads in a reusable organza bag
- 3 Packets of Tea: regular, mint and ginger
- 1 Lip balm
- 4 Pieces of hard candy (ginger and peppermint)
- 1 Hair Scrunchie (wrapped around the fuzzy socks)
- 1-pair of Fuzzy Socks
- 1-pack tissues
- 1-Perineal Lavette Irrigation Bottle
- 1 Notecard with a Printed Message of Support in both English and Spanish, and hand-written signature from the volunteer. This should also include a note in both English & Spanish to ask your healthcare provider if you can eat the candy.



NOTE: Security is important. When advertising the event it is best to use internal communications.

NOTECARD MESSAGES



Notes for Post- Abortion Patients:

Thank you for writing validation statements for the patients. Please choose a statement from the seven below and write the statement in English and Spanish. You will write inside the notecards on the blank side and sign your first name only.

The top side of the notecard should also include the following:

Please ask your healthcare provider if you can eat the candy.
Por favor pregúntale a tu proveedor de servicios médicos si puedes comer estas cosas.

YOU ARE A GOOD PERSON.
ERES UNA BUENA PERSONA.

WE HONOR YOUR DECISION.
HONRAMOS TU DECISIÓN

YOU ARE POWERFUL,
BEAUTIFUL AND BRAVE.
ERES PODEROSO,
HERMOSE Y VALIENTE.

YOU ARE TRUSTED, YOU ARE POWERFUL AND YOU ARE LOVED.
ERES DIGNO DE CONFIANZA,
EMPODERADO Y AMADO.

YOU ARE LOVED. YOUR BEST IS ENOUGH.
ERES MUY QUERIDO. TUS MEJORES ESFUERZOS SON MÁS QUE SUFICIENTES.

YOU ARE WORTHY JUST AS YOU ARE.
ERES VALIOSO TAL COMO ERES.

THE MOST COURAGEOUS ACT IS TO DECIDE FOR YOURSELF.
EL ACTO MÁS VALIENTE ES TOMAR DECISIONES POR TI MISMO.

****WE ASKED OUR PROVIDER PARTNERS WHAT THEY WOULD LIKE US TO SAY ON THE CARDS OF SUPPORT****

POST ABORTION CARE KIT PRODUCT LINKS

**ALWAYS MAXI, SIZE 5, EXTRA HEAVY WITH FLEXI-WINGS, PRICES VARY
2 PACK- 27 COUNT PER PACK**

LINK: https://www.amazon.com/always-overnight-flexi-wings-unscented-27-count/dp/B071HRZ431/?ref=SR_1_4?crid=2R2IT6JDHW9DU&keywords=always+maxi+feminine+pads+with++wings+for+women,+size+5&qid=1662935811&sprefix=always+maxi%2Bfeminine+pads+win,aps,89&sr=8-4&th=1

PEPPERMINT HARD CANDY, \$12.99 BULK PACK 2 LBS

LINK: https://www.amazon.com/dp/B095T12C5N/?coliid=i1ABPXC284KHA&colid=6T5E5G92IEYN&ref%20f_=LV_OV_LIG_DP_IT&th=1

GINGER HARD CANDY, \$13.99 BULK PACK 2 LBS

LINK: https://www.amazon.com/ginger-nausea-pounds-individually-wrapped/dp/BOCHWMZP1R/ref=%20PD_LPO_SCCL_1/147-9526029-6337349?pd_rd_w=HC2HA&content-id=AMZN1.SYM.1AD2066F-97D2%20-4731-9356-36B3EDF1AE04&pf_rd_p=1AD2066F-97D2-4731-9356-36B3EDF1AE04&pf_rd_r=RJMB%204Z7J74CCSB3KXHFD&pd_rd_wg=UJZMJ&pd_rd_r=64AADB7-6455-4847-B96B-7DC51BA5B6AA%20&pd_rd_i=BOCHWMZP1R&psc=1

ESLITE FACIAL TISSUES, \$17.99 36 COUNT (10 TISSUES PER PACK)

LINK: https://www.amazon.com/eslite-3-PLY-pocket-facial-tissues/dp/B017G060MS/ref=SR_1_23_SSPA?crid=33OX2S7965SVV&keywords=tissue+packs+bulk&qid=1671558084&sprefix=tissue+packs+bulk%2Ccaps%2C147&sr=8-23-spans&psc=1&spla=ZW5JCNLWDGKUXVHBGLMAWVYPUEZT

CHAP-LIP LIP BALM, \$19.99 24 COUNT

LINK: https://www.amazon.com/dp/B07CB6BHFJ/?coliid=i3SDJNRTS7BERZ&colid=6T5E5G92IEYN&ref%20psc=1&ref_=LV_OV_LIG_DP_IT

PUKKA ORGANIC TEA BAGS, 3 MINT HERBAL TEA, \$21.11 60 COUNT

LINK: https://www.amazon.com/dp/B07MHKRNR/?coliid=i2BGPL9JGV827&colid=6T5E5G92IEYN&ref_=LV_OV_LIG_DP_IT&th=1

**PUKKA ORGANIC TEA BAGS, LEMON, GINGER AND MANUKA HONEY
HERBAL TEA, \$15.87 60 COUNT**

LINK: https://www.amazon.com/dp/B07ML6JMJC/?coliid=i14O27N8KWPT11&colid=6T5E5G92IEYN&ref_=LV_OV_LIG_DP_IT&th=1

PLUSH SLIPPER SOCKS, \$17.99 6 COUNT

LINK: https://www.amazon.com/dp/B08QTVS2M/?coliid=i2LBHV0X32RC9&colid=6T5E5G92IEYN&ref_=LV_OV_LIG_DP_IT&th=1

HAIR SCRUNCHIES, \$15.99 80 COUNT

LINK: https://www.amazon.com/dp/B0814T48DX/?coliid=i33TVF9LW53WWE&colid=6T5E5G92IEYN&psc=1&ref_=LV_OV_LIG_DP_IT

ORGANZA BAGS \$6.99 70 COUNT

LINK: https://www.amazon.com/dp/B08K33TMB9/?coliid=i1M8BQO74S5J8P&colid=6T5E5G92IEYN&ref_=LV_OV_LIG_DP_IT&th=1

ORGANZA BAGS- \$7.98 6X9 50 COUNT

https://www.amazon.com/dp/B00R7A52AO/?coliid=i14UXET7N7CT2Z&colid=6T5E5G92IEYN&ref_=LV_OV_LIG_DP_IT&th=1

CICIGO LARGE REUSABLE BAGS, \$7.29 6 COUNT

LINK: https://www.amazon.com/dp/B09MFRQFFJ/?coliid=i3TYXOQWJ4U7G3&colid=6T5E5G92IEYN&psc=1&ref_=LV_OV_LIG_DP_IT

PERINEAL LAVETTE BOTTLES, \$8.49 5 COUNT

LINK: https://www.amazon.com/dp/B0BBFD27TQ?_encoding=utf8&psc=1&ref_=CM_SW_R_CP_UD_DP_HZRN1KMQMZCPGD5HT

AFTER ABORTION CARE KIT COST BREAKDOWN (APPROXIMATE)

1 – TOTE BAG (ONE)

Amazon: \$6.99, 6 = \$1.17 each

2 – ALWAYS MAXIPADS (FIVE)

Amazon: \$18.25, 40 (5/pp) – \$0.46/unit = \$2.30 for 5

3 – Peppermint or Ginger TEA BAGS (THREE)

Amazon: \$36.99, 120 bags of tea = \$0.31 each/\$0.93 for 3

4 – PERSONAL ITEM: Socks (ONE)

Amazon: \$13.99, 6 = \$2.33 each

5 – PERSONAL ITEM: Hair Scrunchie (ONE)

Amazon: \$16.99, 80 = \$0.21

6 – KLEENEX (ONE)

1.99/ 8 = \$0.25 each

7- CANDY (TWO-THREE)

Amazon: 11.75, 5 lb bag = \$ 0.05 each (approx.) = \$0.15

8 – Lip Balm (ONE)

Amazon: \$19.99 for 24 = \$0.83

9 – Organza Bags (ONE FOR PADS/ ONE FOR OTHER SUPPLIES)

Amazon: \$15.98, 100 bags = \$0.16/bag = \$0.32

10-Perineal Lavette Irrigation Bottle (One)

Amazon: \$1.70

11 – NOTECARD WITH MESSAGE (ONE)

\$10.19/kit (without tax) 50 kits=\$510. 100 kits = \$1020 (without tax)

THANK YOU SO MUCH FOR YOUR SUPPORT !

JOIN US! IF YOU'RE INTERESTED IN LEARNING MORE ABOUT
THE REPRODUCTIVE JUSTICE TASK FORCE AND THE WORK WE
DO, PLEASE REACH OUT.

Please let us know if you have
any questions, suggestions or
feedback.

Contact Information:

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&

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UUFANJ Reproductive Justice Task Force