

Green Your Period

Gemma Alexander September 28, 2018



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Close to 20 billion pads, tampons, and applicators enter North American landfills every year. The mind-boggling generation of waste is just one in a series of serious environmental impacts created by feminine hygiene products. Is it possible to green your period?

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Disposables

For most Americans, disposable pads and tampons are the default. Pads contain cotton and plastics, primarily LDPE, which produces more greenhouse gases than other plastics when it degrades. Tampons are also made from cotton, with applicators made from either plastic or a nonrecyclable coated cardboard. Cotton is often unsustainably produced and both pads and tampons have been shown to release toxic chemicals used as fertilizer or in processing.

The environmental impact of pads and tampons can be reduced by buying organic pads and using non-applicator