



# Menstrual Dignity Program FAQ

June 2026

*This document provides answers to common questions regarding the menstrual dignity program and grants. For complete information related to requirements and recommendations, please review the [Menstrual Dignity Toolkit](#).*

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## **What costs are reimbursable under the Menstrual Dignity Grant Program?**

The Menstrual Dignity Act Statute ([ORS 326.545](#)) limits reimbursable costs only to menstrual pads, menstrual tampons, menstrual product dispensers, and installation costs, including staff time.

While it is good practice to provide other related supplies and services, such as menstrual underwear, menstrual cups, extra clothing, menstrual product disposal receptacles, and other hygiene items, the reimbursement program only extends to menstrual pads, menstrual tampons, menstrual product dispensers, and installation costs.

## **Students don't like the products we provide. How can we use our funds if students don't use them?**

Districts, schools, and ESDs can buy any menstrual products that are preferred by students. Any type of pads and tampons are fully reimbursable under this grant—there is no limitation on type, style, brand, etc. In fact, it is recommended in the [Menstrual Dignity Toolkit](#) to use student input to inform purchases.

## **What happens to unused funds?**

After funds are released each biennium, districts, ESDs, and charter schools have two years to use them. Funds can be spent from July 1, 2025 through June 30, 2027. If funds are unused after the two years, they will be liquidated back into the state school fund 90 days after the end of the biennium (August 15, 2027).

## **If we don't use all our funds, can we share them with other districts?**

Because the statute requires funds be distributed by enrollment (ADM), funds cannot be redistributed to another district (with different ADM). However, the grant does allow for districts to have agreements and reimburse within a consortium, so it would be possible to reach out to ESDs or to other districts and share funds. This would mean that the funds would be managed by the fiscal agent in the agreement and then distributed to the other members of the consortium.

## **What is required for reimbursement?**

1. Ensure that your district, school, or ESD has signed and returned the Menstrual Dignity Act Agreement.
2. Fill out the [2025-2027 reimbursement and participation form](#) on a rolling basis, no later than August 14, 2027.
3. Submit a matching claim on the Electronic Grant Management System (EGMS) no later than August 14, 2027.

### **What is required of ESDs and how should they use their grant funds?**

ESDs are required to stock menstrual products in bathrooms that students use during ESD-operated programs, including regional programs and services, outdoor school, migrant education programs, youth transition programs, and others.

In the case that an ESD or school does not control the bathroom a student may use, such as in a public library, training location, or community center, the statute stipulates that products should be provided in “alternate locations” that are not bathrooms. Alternate locations can include backpacks, bins, or any other container or location that can make menstrual products available to students.

ESDs may also support component districts with reimbursable supplies and coordination.

### **Do products need to be available in all elementary bathrooms?**

The statute and rules do not differentiate requirements between elementary and secondary. This is because for most students, menstruation begins between 10 and 12 years of age ([a new average of 11.9](#))—and it is not rare for menstruation to begin for students as early as 9 years old. Younger students may be the least prepared for understanding menstruation and are less likely to be carrying products with them or have them available at home. This makes them more vulnerable to missing school, adverse health consequences, and traumatic experiences associated with not having menstrual products available or maintaining menstrual hygiene.

### **Can products be provided in the nurses office or main office instead of in bathrooms?**

One important aspect of the Menstrual Dignity for Students Program is that the products are accessible to students without having to ask an adult, like in an office. Having products freely available for students decreases barriers for students to access self-care and the products that they need to be healthy and stay in school. [OAR-281-021-0590](#) describes how the products must be in all bathroom locations and [OAR 691-021-0587](#) defines a bathroom as a place that is “privately accessible to students”.

### **What are options for dispensers, especially for bathrooms where there are fewer menstruating students?**

Dispensers can be any container that holds products and makes menstrual products available to students. Schools can determine what makes the most sense, considering space and student need. For example, lower elementary bathrooms may use a small plastic bin, envelope affixed to a wall, or a basket on the counter instead of a metallic wall dispenser.

### **What do we do about product expiration?**

The FDA does not regulate expiration dates for menstrual products or pads, although they do recommend replacing tampons after 5 years. It is also recommended that pads be replaced after 5 years, when they may deteriorate in quality.