

saalt[®]

2025 Impact Report



60 million Nigerians lack access to clean drinking water. In 2025.

For seven years, Saalt has focused on providing long-lasting period care—donating over 150,000 products across 56 countries to date. Yet we've always known water access would be next in the goal of dignified care and sanitation. Why? Because like period care, lack of water disproportionately affects women and girls. They're the ones walking the kilometers each day to retrieve and transport water for the "3 Cs": cooking, cleaning, and caring for children. Access to water, like period care, is essential for women's progress.

That's why when our long-standing partner Flo Haven invited us to extend our period care work in Nigeria to include water access, the answer was immediate: yes!

In 2025, we funded our largest WASH (water, sanitation, and hygiene) project in Nigeria—a second borehole in the city of Alagbado to expand the success seen with our first borehole in Agege, each providing thousands of gallons of clean water daily to rural communities. Before these boreholes, women and girls walked several kilometers through adjacent communities to buy water.

Now they save time and money every day that they can instead invest in themselves, their families, and their futures.

Water = women's progress.

2025 also brought support to the most marginalized:

4,000 pairs of Saalt Wear for LA fire victims, including plus-sized options often impossible to find in crisis situations

500 cups to incarcerated women in Madagascar who had been cutting up their clothing to create makeshift pads
Nearly 500 cups for impoverished widows in Kenya

2,010 scholarships for girls who can't afford schooling in Togo and Nepal

Thank you, Saalt Community, for creating lasting change in water and period care access for the women and girls who need it most.

With gratitude,



Cherie Hoeger | CEO & Impact Director

Contents

1

Letter from our CEO

4

2025 Impact Overview

5

Our Ethos
Our Method
Our Impact Pillars

7

Saalt's Global
Partnerships

9

Menstrual Health

2025 LA Fires Relief

Flo Haven

Nyanam

Dreams of the Tropical
Youth Uganda

Her International & Creating
Possibilities Nepal

YDCA Liberia

HUMANCULTURE

27

Education &
Empowerment

Giving Joy

TWIN-Me Foundation

Style Her Empowered

35

Sustainability

RePurpose Global

Product Sustainability

Cover photograph by HUMANCULTURE. Photography contributed by Flo Haven, Nyanam Dreams of the Tropical Youth Uganda, Her International & Creating Possibilities Nepal, YDCA Liberia, HUMANCULTURE, Giving Joy, TWIN-Me Foundation, Style Her Empowered, and RePurpose Global. Designed by Maria Beer and Bea Nava. Written by Cherie Hoeger and Elizabeth Keeler.



Here's What We Accomplished Together in 2025:



27,528

Saalt Products Donated



168,863

Periods Served



361,800

Days of School Funded



81,552

Pounds of Cleanup Funded



8,307,287

Waste Diverted



2,055,111

Plastic Water Bottles Repurposed



Our Ethos

At Saalt, we believe that people empowered and equipped to live their best lives can change the world.

Saalt commits 1% of our revenue to donate period care to areas with the most need and help fund initiatives in education, empowerment, and environmental sustainability.

Our Method

Empower and equip.

These are ambitious words that encapsulate a holistic strategy to improve menstrual health on a greater level than just donating products. We do this by training in-country staff to ensure menstrual health and hygiene education and mentorship are offered with every product donation, both to those receiving our products and their communities.



Our Impact Pillars

Through our impact pillars, we seek to use our funds in the most mindful way, to create lasting change.



MENSTRUAL HEALTH

Everyone has the right to a safe and dignified period. We empower individuals with knowledge and long-term solutions to improve their menstrual health, which increases gender equality and starts conversations that bring awareness and break down social stigmas.



EDUCATION & EMPOWERMENT

Access to period care keeps girls in school, breaking the cycle of poverty for generations. Women empowered by education lift their families and invest back into their local economy, bringing change to entire communities. To help enable this transformational change, we equip individuals with safe and reliable period care, fund girls' educational scholarships, and support workforce development for women.



SUSTAINABILITY

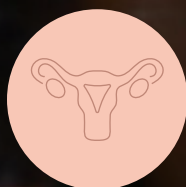
Every consumer who chooses reusables saves thousands of single-use period products from our landfills and oceans. We provide consumers with sustainable solutions to decrease waste through product design that is healthy for both body and planet, and by repurposing post-consumer plastic into our reusable products, and funding direct cleanup efforts.







2025 Project Highlights



Menstrual Health





Menstrual Health



2025 LA Fires Relief

Responding to the
Devastating Fires with
Menstrual Care Relief

In January 2025, Los Angeles was burning. Seventeen wildfires tore through the county with terrifying speed, fueled by drought conditions and the

notorious Santa Ana winds. Families had minutes to grab what they could before fleeing. Behind them, flames consumed everything—homes, businesses, memories, and futures. When the smoke cleared, the numbers were staggering: more than 18,000 homes and structures

United States (Los Angeles)



destroyed or damaged. Over 200,000 people were displaced, seeking shelter wherever they could find it.

In evacuation centers and emergency shelters across LA, a quieter crisis was unfolding. Displaced women were without access to the period products they needed—especially plus-sized women, for whom finding inclusive menstrual wear is already a challenge even under normal circumstances. In the chaos of disaster, this need became nearly impossible to meet.

Saalt didn't wait.

Within days, we mobilized with partners already on the ground—both long-standing allies and new collaborators united by urgency. Together, we distributed over 4,000 Saalt products, intentionally prioritizing Saalt Wear in extended sizes for those who are so often overlooked in crisis response.

It was a small gesture in the face of overwhelming loss, but in moments of grief and devastation, dignity matters. Every woman deserves to feel seen, supported, and cared for—especially when everything else has been taken away.

 **4,000+**
Saalt products donated



Menstrual Health

Flo Haven

Alagbado Borehole and
Menstrual Kits for
Communities Across Nigeria

Saalt has continued to develop a strong relationship with Flo Haven, a nonprofit that advocates for menstrual equity and provides menstrual health education for underprivileged girls in Nigeria.

This year, Saalt funded Flo Haven's borehole water project in the Alagbado community of Lagos, marking a significant milestone in Flo Haven's WASH and menstrual health work. The commissioning event brought together an estimated 150 women, girls, and community members, all gathered to celebrate access to something fundamental: clean water.





We met with Tara and her team monthly to review their thoughtful designs and community engagement initiatives, from reproductive health education to the intentional inclusion of men and boys in the community to break down gender norms and encourage shared responsibility for menstrual health and hygiene.

“This borehole now provides reliable access to clean water for the community, directly improving menstrual hygiene management for women and girls. With access to water, girls can safely manage their periods, reduce infection risks, and experience their menstrual cycles with dignity rather than discomfort or fear.”

—Tara Akindele, Founder of Flo Haven

At the beginning of 2025, Saalt supported Flo Haven’s Menstrual Health Outreach, providing sustainable menstrual health solutions for hundreds of residents.

“Over the first quarter alone, because of Saalt’s generosity, we’ve reached over 1,200 girls across eight underserved communities in Nigeria. Saalt’s donation of reusable menstrual cups and period-proof underwear, combined with your backing of our WASH infrastructure projects, has created ripple effects we’re only beginning to see.”

—Tara Akindele, Founder of Flo Haven



Menstrual Health



Reached over

1,200

girls across eight underserved
communities in Nigeria



Nigeria



“The Alagbado borehole represents far more than access to clean water, it is a restoration of dignity for women and girls who no longer have to navigate unsafe or undignified conditions during menstruation. Seeing this community gain reliable water access has reaffirmed our belief that sustainable, locally led solutions can transform health, education, and daily life. We are deeply grateful to Saalt for making this possible.”

—Tara Akindele, Founder of Flo Haven



Menstrual Health



482

pairs of Saalt Wear donated



Nyanam

Empowering Widows in Kenya

In Kenya, the country's 4-8 million widows comprise 8-15% of the population, yet they are often overlooked for political or social support. Nyanam, a local nonprofit in Kenya, amplifies the voices of widows—a critical mission as Kenyan women's social and economic rights are often tied to marriage. Widowed women and daughters of widows face challenges in accessing affordable, safe, and comfortable products to use during their period, which can lead to further self-isolation and impact educational outcomes.

Through our partnership with Nyanam, Saalt donated 482 pairs of Saalt Wear to help empower adolescent girls and young widows. According to Nyanam,

the Saalt Wear has helped young widows:

- Reduce their monthly expenses on disposable sanitary products
- Gain the confidence to attend school, participate in community activities, and pursue their goals without the worry of menstruation
- Embrace environmentally-friendly practices that benefit their community and the planet
- Experience greater comfort and security during their periods, allowing them to focus on their education and personal development

We are proud to stand alongside Nyanam as they break down barriers and create lasting change for widows across Kenya—one girl, one woman, and one community at a time.



Menstrual Health



Dreams of the Tropical Youth Uganda

Pass the Saalt Menstrual Health Management Program

Menstruation remains a taboo topic in Ugandan communities, especially in rural areas. Cultural stigmas and limited access to menstrual hygiene products and sanitation facilities contribute to school absenteeism among adolescent girls. Dreams of the Tropical Youth Uganda, an adolescent and youth-serving grassroots nonprofit organization dedicated to empowering disadvantaged young people,

partnered with Saalt to implement the Pass the Saalt Menstrual Health Management Program. The initiative reached 2,359 learners across 10 schools in Kyotera, Uganda. The program provided sexual and reproductive health education and distributed 500 Saalt cups alongside cup education. Participants—including boys, teachers, and parents—were equipped with knowledge to improve school attendance and foster a supportive environment for menstrual health management.



“One of the biggest game-changers has been Saalt’s support for private, girls-only toilet facilities. Thanks to Saalt’s funding, four schools now have safe, dignified spaces in their backyards where girls can manage their periods without fear or shame. These simple structures have already reduced sanitation-related illnesses and, most importantly, kept hundreds of girls from dropping out of school. For years to come, these toilets will protect their privacy, their health, and their dreams. Because of Saalt, hundreds of girls in Kyotera are managing their periods with dignity, showing up to class with confidence, and daring to imagine futures they once thought were out of reach.”

—Timothy Arnold, DROTY Director



Menstrual Health



500

Saalt Cups donated



Her International & Creating Possibilities Nepal

A 7-Year Partnership

On World Environment Day 2025, women gathered in Khajuri Village, Nepal for a menstrual cup orientation hosted by our long-time partners Her International and Creating Possibilities Nepal, supported by Saalt's donation of 500 cups. But this wasn't just an educational session—it was a celebration. Women who had been using Saalt cups for years stood up to share their stories, their voices carrying the weight of real, lived experience.

Bimala, an agricultural worker, was one of them.

For six years, her Saalt cup has been her companion in the fields—making the demanding

physical labor of agricultural work manageable and saving her precious time and hard-earned money. But perhaps most powerfully, Bimala didn't keep this transformation to herself. She told her friends. They listened. And now, they're using cups too.

This is how change spreads—not through mandates or marketing, but through one woman telling another: "This worked for me. It could work for you too."

Bimala's story is a testament to the ripple effect of reusable menstrual care and the vital work of Creating Possibilities Nepal in creating spaces where women's voices—and their wisdom—can be heard.



Menstrual Health



YDCA Liberia

Empowering Women
with Menstrual Cups: A
Healthier, Happier Future

When Saalt donates cups, we provide partners with educational materials to set women and girls up for sustainable success. But some partners take this mission even further, transforming

education into community transformation.

YDCA Liberia is one of them.

Distribution day is just the beginning. Alongside each box of Saalt cups, YDCA Liberia creates something equally powerful: safe spaces where periods can be discussed openly, without shame or silence. Their



trained team gathers women and girls together for friendly, honest conversations that break down stigma while building up understanding—offering easy-to-grasp lessons on menstrual health, cup use, and hygiene that meet people exactly where they are.

But YDCA doesn't distribute and disappear. Each woman and girl receives personal, one-on-one

support to ensure she feels truly confident. Then, a few weeks later, the team returns. They check in. They answer questions. They listen to feedback. They adjust.

As a result of these interventions, **300 women and girls** can now manage their period confidently, an initiative that has helped to ease financial burden and further helped to prevent waste.

How We Did It?

We knew that simply handing out cups wasn't enough. So, we took a more thoughtful approach: We started by holding open, friendly discussions with women and girls to break the stigma around periods. Our trained team offered easy-to-understand lessons on menstrual health, cup use, and hygiene. Each of the women and girls received personal support to ensure they felt confident using their new menstrual cup. We returned after a few weeks to check in, answer questions, and gather feedback.

As a result of these interventions, 300 women and girls can now manage their period confidently,



Menstrual Health



500

Saalt Cups donated

HUMANCULTURE

Sustainable Period Care for Imprisoned Women

With disposable products scarce and prohibitively expensive, incarcerated women

in Madagascar were cutting up the clothes on their backs to create makeshift, bulky “pads”—a desperate solution that stripped away both dignity and resources. But change was coming.



HUMANCULTURE, an organization dedicated to preserving the life and culture of African and Indigenous peoples while advancing global representation for remote societies, saw an opportunity to transform lives. Partnering with a local ambassador and translator, they began educating women on sustainable period solutions that could break this cycle of scarcity. They didn't stop there—HUMANCULTURE organized a comprehensive women's health outreach event for remote villages, providing testing for diabetes and HIV, along with other critical health services and education on menstrual cups.

This year, **Saalt donated 500 cups** to HUMANCULTURE for distribution across Africa. The first batch reached the women who needed them most: those behind prison walls in Madagascar.

The response? Overwhelmingly positive—not just from the

women themselves, but from the prison warden as well, signaling a shift in how menstrual health is recognized and prioritized. From makeshift solutions to sustainable dignity, these 500 cups represent more than period care—they represent freedom, health, and hope for women who have been overlooked for far too long.

“In some of the most remote places in the world, women have never had access to menstrual care. It’s remarkable that providing one tiny, lightweight, sustainable solution effectively and permanently transforms women’s lives by restoring hygiene, autonomy, mobility, and comfort.”

—Stephanie Zabriskie, Founder of HUMANCULTURE



Education & Empowerment





Giving Joy

Grants for Community Action
Worldwide

Thousands of proposals. Six bold visions. Infinite impact.

Giving Joy receives thousands of powerful proposals each

year from women determined to support their families and communities through bold, grassroots action. These aren't just ideas—they're lifelines, sparks of change in communities that need them most. After carefully reviewing



applications spanning migration, incarceration, neurodiversity, rural empowerment, sports equity, and sustainable food entrepreneurship, Giving Joy selected six inspiring grantees to receive one-time micro grants that turn their visions into reality.

Saalt proudly donated to Giving Joy to support their grant program. Meet two of the 2025 grant winners who are transforming their communities:

Kaya Gonzalez | Àureas MX

(Mexico): Along the U.S.-Mexico border, women in camps, shelters, and informal communities often lack access to accurate information about their own bodies. With the Giving Joy grant, Àureas MX is conducting menstrual health workshops in non-institutionalized settings, providing critical education

on menstrual cycles and reproductive rights to women navigating migration.

Laura Perdomo | Fundación Retorno a la Libertad

(Colombia): Behind prison walls in Cartagena, 30 incarcerated women are reclaiming their futures. This organization defends the rights of incarcerated women and their families, and the Giving Joy grant is funding a handicraft and entrepreneurship program that connects their work to ethical markets—supporting not just the women themselves, but over 80 family members, including children and caregivers.

These remarkable women are building stronger, more inclusive communities, one project at a time. We couldn't be more proud to support their journeys.



TWIN-Me Foundation

Spreading the Gift of
Period Education

In Cameroon, Christy Ijang isn't just breaking the silence—she's empowering women to break through.

Through her TWIN-Me Foundation, Christy is

empowering vulnerable women with what they've long been denied: education, health awareness, and economic opportunities. But her focus goes deeper than programs and initiatives. She's dismantling the shame and secrecy that have surrounded pregnancy and menstruation for generations,



replacing silence with knowledge, and isolation with support.

When we met Christy, we instantly knew she was a force. She's a passionate advocate and exceptional period educator who meets women and girls where they are and gives them the tools to transform their lives.

That's why Saalt provided both a donation of cups and an educational stipend to support her work—because Christy's impact extends far beyond product distribution. She's building something sustainable: a movement of women teaching women. Right now, she's training other women to become educators themselves, creating a ripple effect of shared empowerment and collective knowledge that will reach far beyond what any single person could accomplish alone.

When you empower one woman to educate others, you don't just multiply impact—you create lasting change that spreads organically, authentically, and powerfully through an entire community.

"I didn't know one product could bring such relief, until women in Cameroon looked at me in disbelief and said, 'So I don't have to buy pads every month?' That is the impact of the Saalt Cup."

—Christy Ijang

We are honored to support Christy's vision and to provide Saalt products to the women and girls whose lives she's transforming.



Style Her Empowered

Back to School Campaign

122 million girls are missing from classrooms around the world today, not because they don't want to learn, but because invisible barriers—poverty, lack of supplies, stigma around menstruation—stand between them and their education.

SHE (Style Her Empowered) exists to tear down barriers and replace them with empowerment.

This past September, Saalt donated **\$10,000 to send 200 girls back to school** in Togo, West Africa. But this wasn't just tuition money. It was a complete transformation—everything these girls needed to not just attend school, but to thrive:

A Uniform that Grows—SHE's trademark design that expands as girls grow, lasting for years

A reusable menstrual health kit—so periods never become a reason to miss class

Full-tuition scholarship—removing financial barriers completely

School supplies—notebooks, pens, everything required to participate fully

Year-round support from SHE's local team—because showing up on the first day is just the beginning

As an early supporter of SHE, we've watched this organization grow and scale its impact. But what remains constant is the clarity of their mission and the completeness of their care. We're honored to continue this partnership—because every girl who walks through a school door doesn't just change her own future. She changes the future of her family, her community, her world.

Togo



\$10,000

donated to send 200 girls back to school

“Saalt is a shining example of a ‘purposeful partner’ because of their continued commitment to girls’ education, period positivity, sustainability, and creating opportunities for girls and women around the world to thrive.”

—The SHE Team



Sustainability





Sustainability



of plastic waste recovered,
supporting 77 waste workers



RePurpose Global

Defending Indonesian Oceans
with Ethical Plastic Recovery

The world's waste doesn't stay
where it's created.

Plastic generated in high-
consumption nations often
ends up in countries like

Indonesia—places that bear
the environmental burden of
consumption they didn't create.
These are the frontlines of
the global waste crisis, where
biodiverse ecosystems struggle
under the weight of someone
else's trash and informal waste
pickers work in dangerous



conditions for pennies, trying to stem an endless tide.

rePurpose Global, the world's leading plastic action platform, is changing this story—reducing waste, reviving lives, and restoring nature's balance.

In 2020, Saalt partnered with rePurpose Global to become the world's first Certified Plastic Negative period care brand. But what does “plastic negative” actually mean? It's not just a label—it's a commitment with teeth.

First, we calculate our annual plastic footprint: every piece of plastic generated across our entire supply chain. Then, we fund initiatives that remove twice as much plastic waste from the environment as we produce. The result? A negative overall footprint. We take out more than we put in.

In 2025, Saalt funded Project Laut Yang Tenang in West Java, Indonesia—a region whose stunning ocean reef ecosystems face constant threat from plastic pollution. Through this project, we've recovered 123,964 pounds of plastic waste while supporting 77 waste workers with new income and dignified job opportunities.

But the impact extends even further. In total, the project supports almost 200 workers who now receive fair payments and better working conditions—transforming what was once exploitative, dangerous work into sustainable livelihoods.

This is what accountability looks like: funding solutions in the places most affected by the problem, empowering the people doing the hardest work, and protecting the ecosystems that can't protect themselves.



Sustainability

Product Sustainability

From recycled water bottles
to beautiful rewearable
underwear

At Saalt, we honor our commitment to sustainable and ethical design practices, right down to the fabric.

The silky soft body fabric used in our Lace & Mesh Saalt Wear Collection is ethically constructed in Sri Lanka and sustainably made using ocean- and landfill-bound post-consumer recycled plastic water bottles. Although recycled polyester yarn is 25%

more expensive to purchase, as a B Corp that considers the environmental impact of every decision we make, we think the benefit to the planet is well worth the added cost. Not only is waste collected and prevented from entering our waterways and oceans, but the process of converting post-consumer water bottles into polyester actually uses less water and emits less CO2 than making virgin polyester, so it consumes fewer natural resources and reduces the environmental footprint to manufacture.



2,055,111

post-consumer recycled water
bottles repurposed in 2025



Each pair of Lace & Mesh Saalt Wear uses an average of three recycled water bottles, which in turn replaces hundreds of disposable products over its lifetime. Each consumer who wears Saalt Wear leans into the circular economy and repurposes waste by giving

it a second life and choosing to shop sustainably.

In 2025, Saalt repurposed 2,055,111 water bottles into Saalt Wear through our supply chain partners.

If you hold your Saalt Wear up to your ear, you can actually hear Mother Earth thanking you!



Thank you.



Printed on 100% recycled paper



saalt[®]



saaltgives.com
@saaltco
#passthesaalt