



KHADIJA  
CARES  
FOUNDATION

2024

# Impact Report



**PREPARED BY:**  
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KHADIJA CARES  
FOUNDATION



# Protecting our most precious

For over 2 years, Khadija Cares Foundation has provided over 2500 sustainable menstrual products to women and girls across 8 regions in Ghana.





## Message from Founder

This year's Impact Report highlights our continued growth in Ghana's fight against period poverty. With the support of our volunteers, donors, and partners, we have helped countless girls access sustainable menstrual products, empowering them to stay in school and manage their periods with dignity.

Sadly, menstrual inequity persists—many girls still lack access to products, and stigma remains a barrier. While there's no quick fix, we all have a role to play—advocating for education, challenging stigma, and supporting sustainable solutions.

This year, we expanded our outreach, education, and partnerships to strengthen our impact. Looking ahead, we remain committed to creating a future where period poverty no longer holds our girls back.

*With gratitude,*

**Khadija**

**Founder, Khadija Cares Foundation**



## Who we are

Khadija Cares Foundation is a registered NGO in Ghana empowered to end period poverty in our communities, by donating sustainable menstrual products such as menstrual cups and reusable pads. Its also our mission to promote the use of these sustainable options to protect our environment.

## What we do

### Providing

We donate sustainable menstrual products such as menstrual cups to underserved communities, ensuring that no girl or woman has to miss out on opportunities due to period poverty.

### Educating

We conduct awareness sessions on menstrual health, breaking the stigma surrounding menstruation and equipping girls with essential knowledge about hygiene, sustainability, and reproductive health.

### Protecting

We advocate for acceptance of sustainable menstrual practices, encouraging the adoption of sustainable solutions and fostering a culture where menstrual health is recognized as a fundamental human right.



## Our 2024 impact

1,653

beneficiaries

4,507

sustainable menstrual  
products donated

9

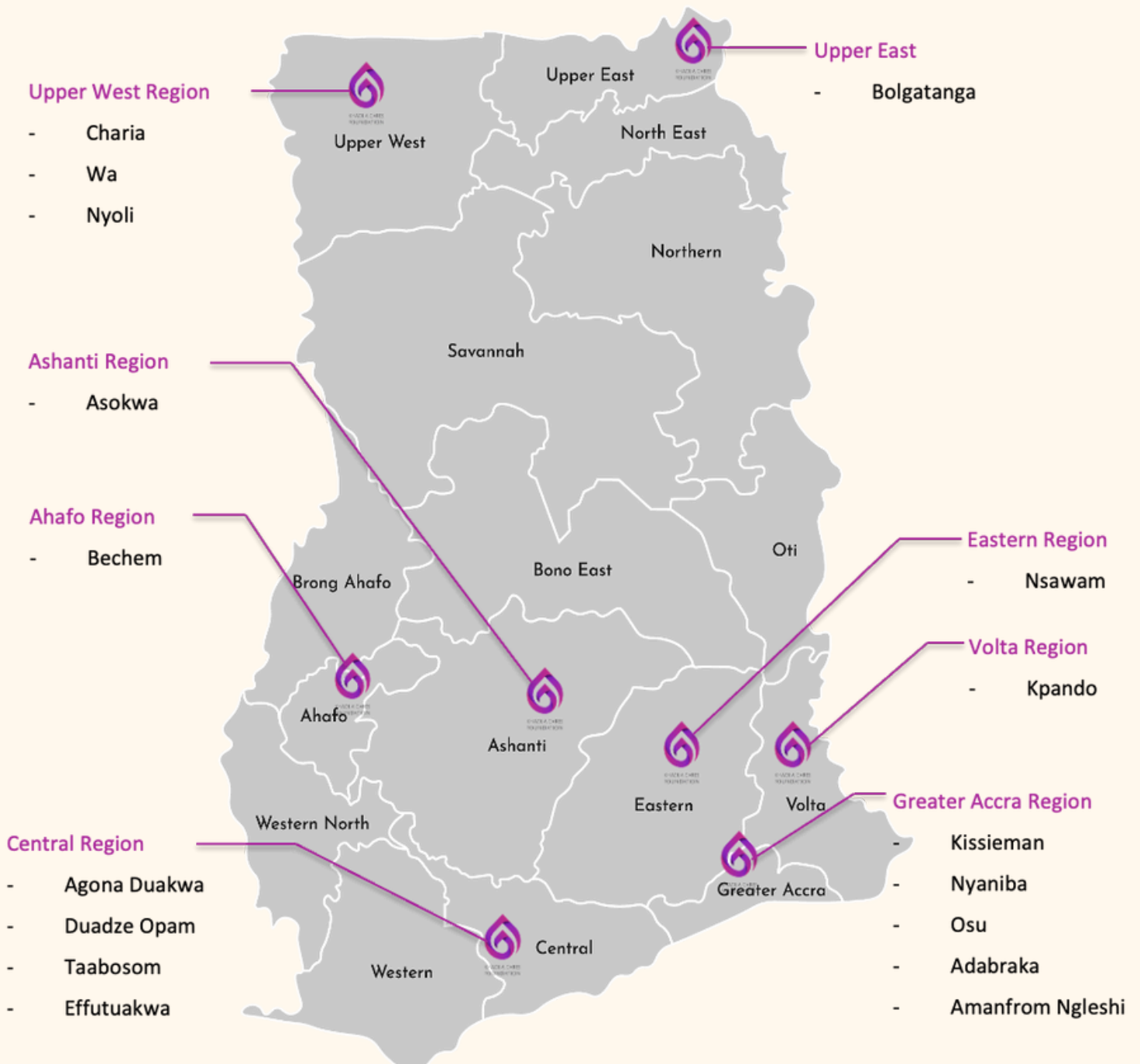
communities

“Empowering girls starts with ensuring effective menstrual hygiene—because dignity, health, and opportunity should never be compromised by a natural cycle.”

**KHADIJA,  
FOUNDER (KHADIJA CARES FOUNDATION)**



# Our Reach so far



# Donor Highlights

**In 2024, we raised \$37,063.**

**In 2023, we raised \$60,000.**

We believe partnerships are essential for achieving significant impact and lasting change in underserved communities. Our ethos emphasizes collaboration to maximize resources, expertise, and access.

Core Principles:

- **Leveraging Existing Expertise:** We value and utilize the expertise of organizations and individuals already working within these communities.
- **Shared Values and Objectives:** Successful partnerships are built on shared values of protecting women's dignity, promoting menstrual health, and safeguarding the environment.
- **Community-Centered Approach:** We prioritize community-driven initiatives and seek partnerships that empower local communities and involve them in decision-making.



**The Or Foundation**



# Donor opportunities

We extend unique opportunities for potential donors to actively engage in supporting our mission, each tailored to a specific scope of project implementation. We invite interested donors to consider the following categories:



## FRIEND

### **GHC30,000**

#### **Your donation helps:**

- Impact 60 girls with sustainable menstrual products lasting 10 years

#### **You'll receive:**

- Appreciation plaque
- Social media recognition
- Recognition in our quarterly newsletter.

## PARTNER

### **GHC60,000**

#### **Your donation helps:**

- Impact 150 girls with sustainable menstrual products lasting 10 years

#### **You'll receive:**

- All of "Friend" benefits
- Recognition on our website
- Showcase in donation drive

## ADVOCATE

### **GHC120,000+**

#### **Your donation helps:**

- Impact 300 girls with sustainable menstrual products lasting 10 years

#### **You'll receive:**

- All of "Advocate" benefits
- Branding on all marketing materials throughout the year i.e. tote bags, shirts, impact books, etc.

## OTHER CUSTOM AND UNIQUE DONOR OPPORTUNITIES INCLUDE:

- **Adopt a School / Community:** Provide menstrual cups and health education including workshops, and sustainable menstrual products to all the girls in a specific school or women in a community, ensuring that every student can attend classes and women can work confidently and without interruption.
- **Adopt a girl:** Beyond menstrual products and education, sponsor one girl in school up to tertiary education.
- **Corporate Partnership:** Engage your company in a long-term partnership with KCF, supporting multiple initiatives and making a substantial impact.
- **Subscription:** Individuals and corporates can subscribe a fixed or custom amount to donate to KCF through our website or a standing order from their bank. Subscription intervals can be weekly, monthly, quarterly or yearly.



## Impact (M&E Sessions)

We revisited five communities to follow up on the progress of our beneficiaries, assess how they were finding the sustainable products we donated to them, and provide any further assistance.



[Click here to watch full testimonials](#)



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**Thank you.**