

# MAKING SANITARY PADS USING OLD FABRIC, SPONGE, AND SOFT DRY BANANA SHEATH (BYAAYI) AS ABSORBENT.

PREPARED BY NANDYOSE IDAH ON BEHALF OF NANDY COUTURE  
AND TINAC TAILORS IN SUPPORT OF THE CAMPAIGN "MY BODY IS  
MINE," ON 15TH/JUNE/2020



It's usually favorable to use cotton fabric as it is soft on the skin.

Girls in Ndeje can't afford to purchase new fabric and it is sustainable to use old fabric and put it into use instead of disposing of it.



**Choose old fabric to use**



This is another material used to make pads. This acts as an absorbent and soaks in any liquid.



**sponge**



This is cut off from the banana stem which holds the fruit.

The part of the sheath towards the ground is the softest.



**Dried outer banana sheath**



By using a plain piece of paper, we cut out our pad pattern



**Drafting out the structure of our sanitary pad**



## Cutting pattern fabric

This involves measuring and cutting fabric using green and white patterns.



Here, we considered using both hand stitching and a sewing machines

The sponge which has been cut at a size to fit the fabric is attached to the fabric by sewing



**Sewing and tailoring the pads**



It is the last part closest to the ground, it is soft and can be checked by pressing with the fingers.



**Choosing the right kind of sheath**



Cutting the sheath at a reasonable size that fits into the sanitary pad.

The sheath and polythene is positioned in the middle of the sanitary pads, one above the other respectively



**Cutting the sheath and polythene**



Several drops of water are added on top of the sample sanitary pad to check on the absorption. Here is why it is also important to use cotton fabric because it can easily absorb liquids than other fabrics like silk.



**Checking on the absorption**



With the help of Nandyose Idah, some of the students at Tinac Tailors were able to make their first ever trials of sanitary pads as seen on the side which will be improved as time goes on.



**The sample sanitary product**

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## Sample pads



## Sample pads



Asking for help from one of the tailors at Tinac tailors to evaluate the trial pads sown by some of the students



**Evaluation and consultation**