

Dear [MP Name] (you can find your MP and their contact details at this site, <https://members.parliament.uk/members/commons>)

Scrapping the 'tampon tax' on reusable menstrual underwear

As my local MP, I'm writing to you regarding an important issue regarding women's menstrual choices, fairness, and the environment.

You may have seen the press coverage over the New Year of the Government's announcement that it has ['abolished' the tampon tax from 1 January this year](#). It's great news that so many menstrual products no longer attract VAT; it's right that, as an essential item, they should be exempt from tax. But the Government's announcement made one important omission. Period underwear, which is used by hundreds of thousands of women across the UK, does not benefit from this new zero rate of VAT. Instead, period underwear is classed as 'clothing' in the VAT system, which is specifically excluded from the legislation that abolished the tampon tax. This means that period underwear is still being taxed at 20% - the same rate as private jets, champagne, and other luxury items.

Period underwear has many benefits, including increased sustainability, comfort, and high levels of absorbency. It's a lifeline for those with disabilities, for those who struggle to visit the bathroom regularly, or for those who simply prefer a more comfortable form of menstrual protection. [\[If you're a user of the products, feel free to add a line saying what they mean to you\]](#).

Crucially, period underwear has huge environmental benefits. Conventional disposable menstrual products made of up to 90% plastic, along with their packaging, generate 200,000 tonnes of waste per year. When they're disposed of into landfill, our waterways, or incinerated, they cause toxic and hazardous impacts to our environment. The Women's Environmental Network estimate that it costs £88 million to unblock sewers blocked by disposable menstrual products together with grease, fats and oils.

I'm sure you'll agree that women deserve access to as wide a choice of menstrual products as possible – and that those products should be treated fairly and equally within the tax system. Periods are not a luxury and should not be taxed as such. But, as things stand, the Government is incentivising people to purchase less environmentally friendly forms of menstrual protection. It's also making it financially harder for those on lower incomes to afford sustainable menstrual underwear. This is both unjust and environmentally irresponsible.

The Chancellor is due to make his Budget statement on 3rd March, so there is an opportunity to remedy this unfair situation and get the 'tampon tax' scrapped on ALL menstrual products – including period underwear - once and for all. As your constituent, I would like you to raise this issue with the Treasury at the earliest opportunity. Please use your voice in Parliament to make a real difference on this crucial matter.

Kind regards,

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