

# MAKING SANITARY PADS FROM BANANA FIBERS

## Counselling Card

### 1 Harvest the Banana Fiber

Cut 1 to 1.5 meter long pieces of banana fiber from garden early in morning or late in evening when it is soft. (If it is picked when it is too dry it rips apart during preparation.)



Waterproof inside layer of 2 banana fiber pieces



Waterproof outside layer (called the "intestine layer") of 2 banana fiber pieces

### 2 Clean the Fiber

Wipe the banana fiber with a damp cloth to remove dirt.

### 3 Straighten the Fiber

Hold fiber with one hand and with your other hand gently, but firmly, pull your palm along length of fiber from one end of fiber to the other.

Straightening the fiber



### 4 Peel the Fiber

Carefully peel off waterproof layer from surface of fiber (the "intestine layer") that will lie against the skin.



Peeling the inside layer of the fiber

### NOTE: CRACKED FIBERS

If banana fiber cracks near middle, it cannot be used. If it cracks near edge, tear off the cracked edge (as long as remaining uncracked width is sufficient for user.)



Cracked banana fiber

crack

## 6 FIBER READY TO USE:

The banana fiber is ready for use once the waterproof layer (the “intestine layer”) that will lie against the skin is completely peeled off.



Banana fiber with inside (intestine layer) completely peeled

## 7 Use the Banana Fiber

To use banana fiber, attach fiber to belt (made from leather, cloth or string) in front of belly button, then bring fiber down between legs and attach it to belt above buttocks. Banana fiber can be attached to belt by either rolling fiber around belt (see picture on left, below) or by tearing the ends of the fiber and tying the torn bits to belt (see picture on right, below). Change banana fiber as needed.



Banana fiber wound around belt



Banana fiber ends torn and tied to belt

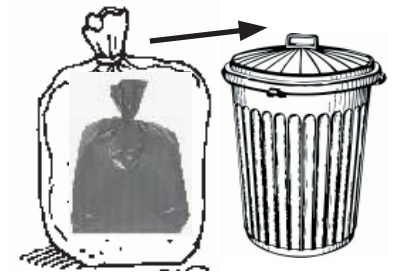
## 8 Disposal of the Used Banana Fibers

Get rid of used banana fibers by:

In URBAN areas:



1) Burning used fibers (preferred method)

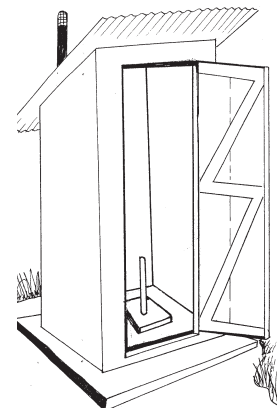


2) Putting used fibers in a bag and tying a knot in opening of bag. Put bag with used fiber in a second bag and tie it too. Put it in trash.

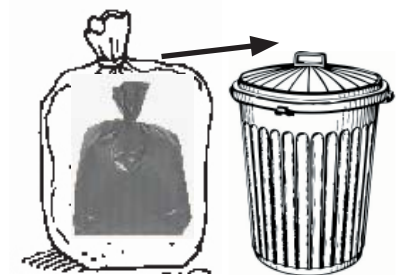
In RURAL areas:



1) Burning used fibers (preferred method)



2) Putting the used fibers in the latrine.



3) Putting used fibers in a bag and tying a knot in opening of bag. Put bag with used fiber in a second bag and tie it too. Put it in trash.