

SAVE THE DATE
THURSDAY, JULY 13, 2023



Preparing for Blood Donation



Drink extra water or other non-alcoholic drinks before and after donation. Avoid drinking tea, coffee, and caffeinated beverages.



Get 8 hours of sleep the night before
Eat a well balanced diet rich in IRON and high in Vitamin C.
Avoid fatty foods.



Foods rich in iron and vitamin C include red meat, fish, poultry, beans, iron fortified cereal, broccoli, spinach, prunes, citrus fruit.



To expedite your donation, start your rapid pass on the day of your appointment.
Download the app using this link.

<https://www.redcrossblood.org/blood-donor-app.html>



**American
Red Cross**

**"Service
for
Humanity"**

