

BLOOD DRIVE

Boy Scouts of America: Prairielands Council

Tuesday, April 24th

3:00 pm – 5:30 pm

Bloodmobile

3301 Farber Dr., Champaign



All presenting donors receive a
"Give A Pint, Get A Pint" mug!

Schedule your appointment by contacting Sharon Kirk at
Sharon.kirk@scouting.org or (217) 531-0218.

Walk-ins are also welcome!

*Please eat before donating and bring Photo ID.
Last Date to Donate Elsewhere: 2/27/2018*



COMMUNITY BLOOD
SERVICES OF ILLINOIS

A division of Mississippi Valley Regional Blood Center

WILL YOU
GIVE?

www.bloodservices.org

PREPARING FOR YOUR DONATION

○ Eat foods with higher iron content:

- Berries: raspberries and strawberries
- Spinach and/or dark leafy greens
- Watermelon
- Oatmeal
- Peas
- Beans
- Orange juice
- Dark chocolate
- Poultry
- Lean Pork or Beef
- Dried fruit such as raisins and apricots
- Whole grain, iron-fortified breads and cereals
- Seafood including: sardines, tuna, oysters, clams, shrimp, scallops

Your physician can help you determine if an iron supplement is right for you.

○ Drink fluids including water and juice!

○ Get a good night's rest and eat a good meal before donating!

If you have any questions or concerns, contact Donor Support at (800) 747-5401 or see www.bloodcenter.org.



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SERVICES OF ILLINOIS**

It's about life.