

Every minute of every day, someone needs blood



**Sign up to donate at the November 25th
Blood Drive:**

Venture Crew 75

Boy Scouts of America

**American Red Cross Blood Drive FRIDAY,
November 25, 2011 10:00 AM- 4:00 PM**

**Cranford United Methodist Church 201 Lincoln
Ave E**

For your convenience appointments
can be made by
going to www.redcrossblood.org
click on "Make a Blood donation"
enter sponsor code 15371

For more information contact Lou Ann Frediani at louannfrediani@verizon.net

**Questions about eligibility please call our donor health line at 1-
866-236-3276**

Iron BOOSTERS: Raisins, Ready to Eat Cereals, Beans, Spinach, Beef, Shrimp,
Tomatoes, Oysters, Broccoli, Rice, Peas, Potatoes, Watermelon
Iron BUSTERS: High Calcium Foods, Caffeinated Beverages, Chocolate, Some meds
like antacids or phosphate salts