



Giving Blood is Easy as Pie for Red Cross Blood Donors

Give thanks this Thanksgiving by giving blood and receive a free pie

ST. PAUL, Minn. (November 21, 2008) – Thanksgiving is traditionally a time for giving thanks with family and friends. In the spirit of the season, the Red Cross is thanking its Twin Cities-area blood donors by offering all those who come to give blood on Thanksgiving Day a complimentary pumpkin pie, courtesy of Kowalski's Market in St. Paul and Shoreview, Paul's Food Pride in St. James and Festival Foods in Eau Claire.

While the need for blood is ongoing, the supply isn't – especially around the holidays. Long holiday weekends pose an extra challenge when many donors are traveling to see family and friends. "Every two seconds someone in America will need blood," said Dr. David Mair, interim CEO of the local Red Cross Blood Services North Central Region. "That is why the American Red Cross needs healthy and eligible donors to donate regularly – especially during the holidays."

**Chippewa Valley
Blood Donation
Center**
3485 E. Hamilton Av.
Eau Claire, Wis.
7 a.m. – 1 p.m.

**North Suburban
Blood Donation
Center**
3490 Lexington Av. N.
Shoreview, Minn.
7 a.m. – 1 p.m.

**St. Paul Blood
Donation Center**
176 Robert St. S.
St. Paul, Minn.
7 a.m. – 1 p.m.

**St. James VFW
Hall**
4 South 7th St.
St. James, Minn.
8 a.m. – 1 p.m.

Recipients of blood products are not able to take a holiday from needing lifesaving blood. They are in constant need of a healthy supply. Please make the time to give blood this holiday season and change a life.

How to Donate Blood

Simply call 1-800-GIVE-LIFE (1-800-448-3543) or visit givebloodgivelife.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license, or two other forms of identification are required at check-in. Eligible donors must be at least 17-years-old, or 16-years-old with a signed Red Cross parental/guardian consent form where state permits, must weigh at least 110 pounds and be in general good health.

About the American Red Cross

Governed by volunteers and supported by giving individuals and communities, the American Red Cross is the single largest supplier of blood products to hospitals throughout the United States. While local hospital needs are always met first, the Red Cross also helps ensure no patient goes without blood no matter where or when they need it. In addition to providing nearly half of the nation's blood supply, the Red Cross provides relief to victims of disaster, trains millions in lifesaving skills, serves as a communication link between U.S. military members and their families, and assists victims of international disasters or conflicts.

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