

Join the Coastal Bend Blood Center's *Pint Size Hero Program*



The day before you donate:

- Drink plenty of water
- Increase sodium intake
- Get a good night's sleep

Before you donate blood:

- Eat a well-balanced meal
- Drink plenty of water
- Bring a picture ID

Be a hero. Donate for them.

The Pint Size Hero Program was created to raise awareness for the need of blood donors. The program encourages leadership skills, community involvement & will emphasize the importance of blood donations in the Coastal Bend. This program will recognize primary, elementary & middle school students throughout our community and will reward successful participants with awards at the end of the school year.

How to earn a Pint Size Hero Award:

- Students will need to recruit two+ individuals to donate on their behalf throughout the school year.
- Students who meet this requirement will receive a Pint Size Hero T-Shirt & an award at their school's end-of-year awards assembly.

Track Your Pint Size *Donations*

Donations must be made May 14, 2023 - May 11, 2024

DONOR NAME:

DONATION DATE:

Use the space below to make a list of individuals to recruit to donate blood on your behalf.

Frequently Asked Questions

Where can I donate for my pint size hero?

Donations can be made at any participating Coastal Bend Blood Center blood drive or at our main location.

How many donations does a student need to earn an award?

Students need 2 or more donations in their name in order to receive a T-Shirt & an award at their school's awards banquet.

Is this an annual program?

Yes! Students may begin recruiting on May 14, 2023. The deadline for donations will be May 11, 2024.

Can I donate towards the Red Cord & Pint Size Program at the same time?

Donors should donate towards one or the other. Donations cannot be combined.



Please Scan the QR Code
for donation credit within
5 days of donation!

Donors MUST scan Pint Size Hero QR Code for the student to receive credit!



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