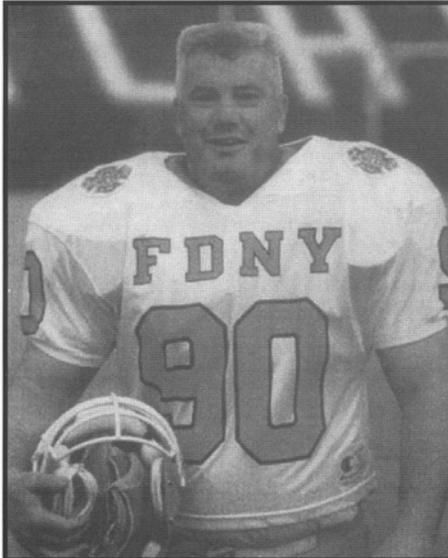


Bravest Football League

BLOOD DRIVE



Danny Suhr Bowl
FDNY vs. BKLYN MARINERS
4/10 1pm Kingsbay Field

BLOOD DRIVE
Saturday, April 10, 2010
11:00 AM - 5:00 PM
2670 Coyle Street

Donate blood now.
People can't live without it.
Please bring ID with photo or signature.

Eligibility Criteria: ***Be in general good health***
Minimum weight: 110 lbs
Between 16-76 years of age

(16 year olds require parental consent forms available at www.nybloodcenter.org

For more information, please contact

NYBC at 1-800-933-2566.

 Brooklyn/Statens Island Blood Services



IRON RICH FOODS LIST

MEAT:

Liver, Beef, Lamb, Veal, Pork

SEAFOOD:

Cod, Sardines, Tuna, Clams, Oysters, Shrimp

POULTRY:

Chicken, Eggs

NUTS & BEANS:

Soybeans, Dried Beans, Hazelnuts, Almonds, Lentils, Peanuts

VEGETABLES:

Broccoli, Spinach, Asparagus, Turnips, Parsley, Watercress, Brussels Sprouts, Cabbage, Green Peppers

FRUITS:

Dates, Prunes, Citrus Fruits, Lemons, Grapefruits, Tangerines

BREADS & CEREALS:

Whole Grain Breads and Cereals, Farina, Cream of Wheat, Shredded Wheat

GRAINS:

Wild Rice, Corn Meal, Oats, Wheat Bran, Rye, Popcorn, Barley, Wheat Germ

Milk and Dairy Products are poor sources of **IRON**