

Influencing the Next Generation of Lifesavers!

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BLOOD TRAIL MIX ACTIVITY

A simple, engaging snack where each ingredient represents a blood component!

Why it Works:

Interactive: Students build their own snack mix while learning.

Memorable: The snack bag goes home as a takeaway.

Educational: Clearly shows how one donation = up to 3 lives saved.

Scalable: Affordable, consumable, easy to package, cost effective, versatile; fits classrooms, blood drives, tabling and community events.

Recruitment Note: Opportunity to add QR code for upcoming blood drive, or LFL information to the snack label.



BLOOD TRAIL MIX
**DONATE BLOOD, BE A
HERO, SAVE 3 LIVES!**

Plasma = popcorn
Red Cells = cranberries
Platelets = marshmallows

BE A LEADER FOR LIFE
DONATE AT OUR UPCOMING BLOOD DRIVE:



Materials & Cost Breakdown

Supplies:

- Popcorn
- Mini Marshmallows
- Cranberries
- Bowls (x3)
- Scoops (x3)
- Sandwich/Pint zipper bags
- Stapler/double sided tape

Per group of 30-40 people:

Item	Quantity	Price	Total
Popcorn (6oz)	4	1.97	7.88
Marshmallows (10oz)	3	1.17	3.51
Cranberries (20oz)	1	5.98	5.98
Bowls (Dollar Tree)	3	2.00	6.00
Zipper bags (20ct)	2	1.50	3.00
Scoops (2pk)	2	2.00	4.00
Stapler/Tape	1	1.25	1.25
Total	--	--	31.62