

**FOR IMMEDIATE RELEASE**

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[Generic b-roll can be found here](#)

**YETI OR NOT, SAN DIEGO BLOOD BANK INVITES YOU TO MAKE A  
DIFFERENCE THIS DECEMBER**

*San Diego Blood Bank gifts donors with exclusive T-shirt*

**SAN DIEGO (December 1, 2025)** – San Diego Blood Bank is celebrating the giving season with a fun winter twist. Throughout the month of December, everyone who donates blood at any San Diego Blood Bank donor center or mobile blood drive will receive a limited-edition “*Yeti or Not, Make a Difference*” long-sleeved T-shirt — while supplies last.

Featuring a cheerful, snow-loving yeti proudly showing off its donation bandage, this exclusive shirt is more than cozy winter wear — it’s a badge of generosity. Each donation made helps ensure that local hospitals and patients have the blood they need through the holidays, a time when donations often dip, but demand remains constant.

To be eligible to donate blood, you must be at least 17 years old, weigh at least 110 pounds, and be in general good health. Appointments are available at [SanDiegoBloodBank.org](https://SanDiegoBloodBank.org). Walk-ins are welcome.

**About San Diego Blood Bank**

San Diego Blood Bank is a 501(c)(3) nonprofit organization also operating as Southern California Blood Bank, serving hospitals throughout Southern California. San Diego Blood Bank is dedicated to community health by providing a reliable supply of blood to patients in need. Our vision is to further ensure the health of our community by simultaneously delivering related health and wellness education and services and collaborating with various partners in medical research. San Diego Blood Bank currently operates ten fixed-site donation locations and ten bloodmobiles.

For 75 years, San Diego Blood Bank has grown alongside the city, evolving to meet the needs of a changing San Diego. It remains rooted in compassion and community leadership and the crucial work required to maintain a steady blood supply for our region. Since 1950, San Diego Blood Bank has collected more than 5.5 million pints of blood from volunteer blood donors and currently impacts as many as 150,000 patient lives each year. What differentiates San Diego Blood Bank from other blood banking organizations is simple — they are a community blood bank serving San Diego and the region specifically. For more information about San Diego Blood Bank, visit [SanDiegoBloodBank.org](https://SanDiegoBloodBank.org) or connect with us on [Facebook](#), [Instagram](#), [X](#), and [LinkedIn](#).