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## Nurses Week 2024: Freebies, Deals and Discounts

By [Julie Adams](#) | May 03, 2024

Want to make a nurse feel appreciated? Shower them with thanks ... and free stuff! For National Nurses Week, May 6-12, nurses across the country receive a bonanza of free treats, deals and discounts as a way to say thank you. To help you easily find your favorite goodies, we've compiled a list of freebies to enjoy for Nurses Week 2024.

Vivian Health is excited to honor these devoted professionals during this year's celebration, and we want to help one nurse pay off \$5,000 of their student loan debt or other expenses. Our goal is to bring awareness to the financial burden many nurses carry from becoming a nurse and serving their community.

Enter the contest for The Vivian Nurses Week Leadership Award by May 12. Just head over to our **2024 National Nurses Week Event** and tell us your story. Please read the **Full Contest Official Rules** for all the details.



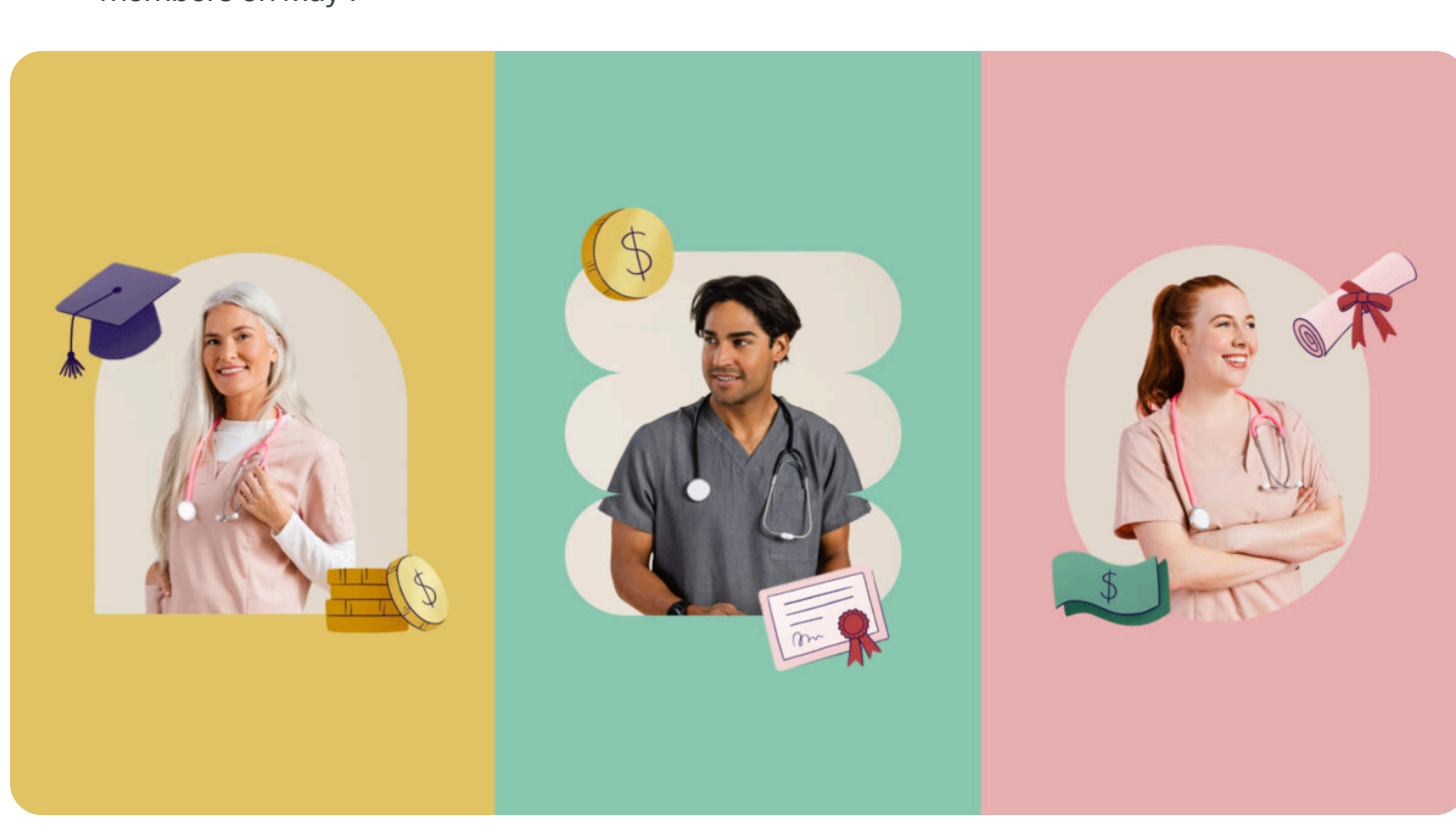
Don't forget that nurses and other healthcare workers can take advantage of discounts and deals all year round, too. Check out our **Top Discounts and Savings for Healthcare Professionals in 2024** to shop offers from a wide variety of retailers every day.

Check back May 6-12 as we add updates and details on offers, plus new National Nurses Week discounts and freebies as they're announced.

### Verified Offers Now Available for Nurses Week 2024

#### Free Food for Nurses Week 2024

- Chick-Fil-A: Offer varies by franchise participation; check local store for details
- Chipotle: Healthcare professionals can enter to win a free burrito e-card from May 6-10
- Cinnabon: In partnership with the **Daisy Foundation**, nurses are invited to enjoy a free cinnamon roll during Nurses Week at participating bakeries
- Dickey's Barbecue: Get a free Big Yellow Cup with an in-store purchase of \$10+ May 6-12
- Dunkin': Nurses receive a free iced or hot coffee on May 6
- Honeygrow: Nominate a nursing unit to win one of five \$250 catering gift cards through May 8
- Insomnia Cookies: Enter by May 13 to win a \$250 cookie catering package for you and your team
- Lion's Choice: Healthcare workers can request the restaurant's "Heroes Discount" at checkout to save 20% May 6-12
- McAlister's Deli: Stop by for a free Big Sweet Tea, Unsweet Tea, ½ Sweet & ½ Unsweet Tea, or ½ Lemonade & ½ Sweet/Unsweet Tea (flavor shots excluded) May 6-12
- Outback Steakhouse: Receive 10% off your entire check with their **Heroes Discount**
- Scooter's Coffee: Enjoy any drink free on May 3, with a free Healthcare Heroes sticker while supplies last.
- **Sonny's BBQ**: Get a free Pork Big Deal May 6-7
- Subway: Treat your coworkers with buy one, get one free footlong subs using code FLBOGO online or in the app through May 13.
- Texas de Brazil: Receive a 15% **Heroes Discount** on dine-in dinner and lunch prices
- Yogurtland: Free online delivery with a \$15 purchase using code FREEDELIVERY by May 14
- Zaxby's: Buy one, get one free boneless wings meal offer in the Zaxby's app for Zax Rewardz members on May 7



#### Retail and Online Offers for Nurses Week 2024

- **AllHeart Scrubs**: Up to 40% off sitewide plus free shipping during Nurses Week
- **All Seasons Uniforms**: Shop a selection of apparel discounted for Nurses Week
- BAYADA Home Health Care: Visit [nursesweek.com](#) through May 12 to enter for a chance to win one of 25 specially curated gift packages valued at \$300
- Cherokee Uniforms: Save up to 20% off select styles during Nurses Week
- Costco: Nurses who join as new members are eligible for up to a \$40 Costco Shop Card via the **Costco ID.me** verification
- Dickies: Save 20% on all scrubs when you shop online during Nurses Week
- Elite Learning: Enter to win a Marc Jacobs tote bag by May 13 and access a free CE webinar on May 17. Nurses can also get 15% off CE Passport membership with code NURSESMONTH through May 31.
- **Jaanuu Scrubs**: 30% off sitewide during Nurses Week
- **Koi Happiness Scrubs**: 20% discount sitewide through May 12
- Nursedeals.com: Check to see if you can snag some misprints and **Unclaimed Freebies**
- **Nurse Mates**: Get 25% off full-priced items with code NURSE25 through May 12
- NursingCE.com: Check out a variety of **free CEU courses** available to healthcare professionals
- **Pulse Uniform**: Save up to 60% on a selection of discounted apparel
- Sam's Club: Nurses can become a member for just \$20 after savings
- Uniform Advantage: Shop their Proud to Be A Nurse event for up to 50% off select apparel through May 15
- Whataburger T-Shirt: Purchase a limited edition **WhataNurse Tee** while supplies last
- Wink Scrubs: Enjoy 25% off all Carhartt and Zoe + Chloe scrubs through Nurses Week

#### MLB Game Offers for Nurses Week 2024

Tickets are on sale now for these Major League Baseball teams that recognize nurses with an Appreciation Night. Many teams offer nurses special discounts, theme tickets and merchandise. Check with your local team for more information.

- **Kansas City Royals**: Nurses Night, May 3
- **Chicago Cubs**: Healthcare Appreciation Day, May 6
- **Philadelphia Phillies**: Nurses Night, May 7
- **Colorado Rockies**: Healthcare Appreciation Series, May 7-12
- **Miami Marlins**: Nurse Appreciation Night, May 10
- **San Diego Padres**: Nurse Appreciation Weekend, May 11-12
- **Seattle Mariners**: Nurse Appreciation Night, May 14
- **Boston Red Sox**: Nurse Night, May 16
- **St. Louis Cardinals**: Nurses Night, May 21 and Nurses Day, May 22
- **Oakland A's**: Nurse Appreciation Night, May 22
- **Tampa Bay Rays**: Healthcare Appreciation Day, May 25
- **Texas Rangers**: Healthcare Heroes, August 2
- **San Francisco Giants**: Nurses Appreciation Night, August 13
- **Chicago White Sox**: Nurse Appreciation Night, September 9

#### Last Year's Deals and Freebies from Nurses Week 2023

Below are some 2023 food offers that we hope to see again for Nurses Week 2024. Check back soon for 2024 updates as they become available:

- Capriotti's Sandwich Shop: Enter your favorite nurse to win a FREE sub
- Caribou Coffee: Get 10% off your in-store order
- Firehouse Subs: Enjoy a free medium sub with the purchase of an additional medium or large sub, chips and drink
- Grimaldi's Pizzeria: Nurses get 15% off your entire bill this week at participating locations
- Metro Diner: Get 10% off your check
- MOD Pizza: Buy one, get one free on any MOD-size pizza or salad
- Potbelly: Stop in for a free cookie or regular-sized soft drink

Below are the 2023 retail and online shopping offers that we hope to see again for Nurses Week 2024. Check back soon for 2024 updates as they are updated:

- Careismatic Brands denim apparel: Enter the Mystery Scrub Giveaway to be one of 250 winners to receive a new set of scrubs sent once a month for the rest of the year
- Crocs: Nominate your favorite healthcare worker to receive a variety of free Crocs shoes, socks and Jibbitz charms for their facility
- FIGS Scrubs: 20% discount sitewide
- OrthoFeet: Save \$10 off Talya nursing shoes plus an extra 10% off with ID.me
- Sentinel U: You can nominate a nurse to win a one-year subscription for meal kit delivery
- Skechers: Skechers Plus members get 2x points on all Work & Safety shoes
- Vessi: All healthcare workers can enter to win one of 100 pairs of Everyday Classics shoes

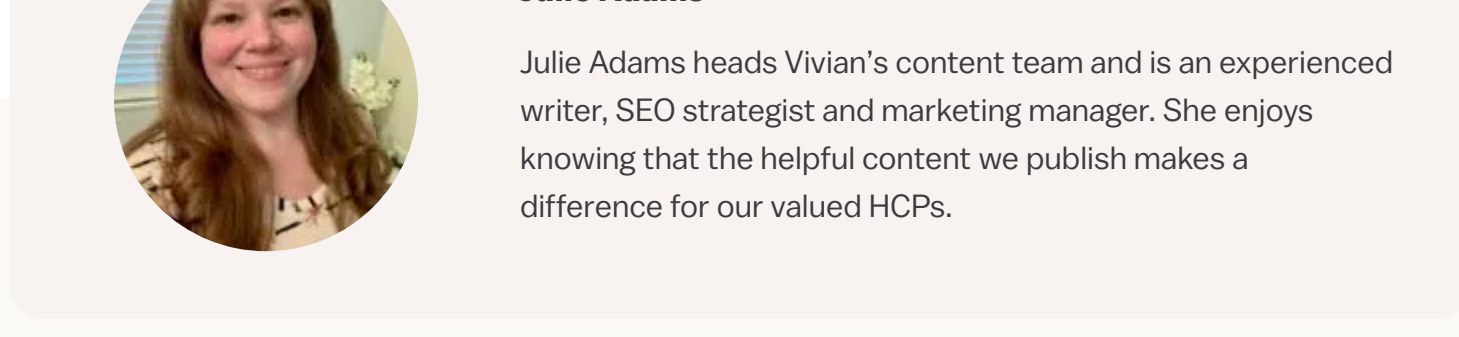
Most places will ask to see your employee ID card to get free offers in person, so be sure to have it handy. You may also need to be a loyalty program member or download an app to access certain offers. When redeeming online offers, many companies use the verification services ID.me or SheerID to validate credentials. These sites will ask you to upload your nursing license and/or proof of employment to validate your status and claim your nurse discounts.

Remember to check out local shops, too. Many neighborhood restaurants and stores offer nurses discounts or freebies locally, which may not be widely publicized. Follow your favorites on social media to be in the know.

*Please note that some offers are redeemable in-store only and may vary by location. Check with each retailer for details. Vivian doesn't sponsor any of these offers or have relationships with the retailers listed.*

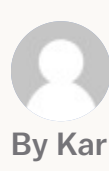
Stay updated on all of Vivian's **Nurses Week 2024 events**, resources and more happening May 6 - 12.

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**Julie Adams**  
Julie Adams heads Vivian's content team and is an experienced writer, SEO strategist and marketing manager. She enjoys knowing that the helpful content we publish makes a difference for our valued HCPs.

Comment (1)



By Kari Block

May 9, 2023 at 9:37 pm

Amazing..thank you sooooo much

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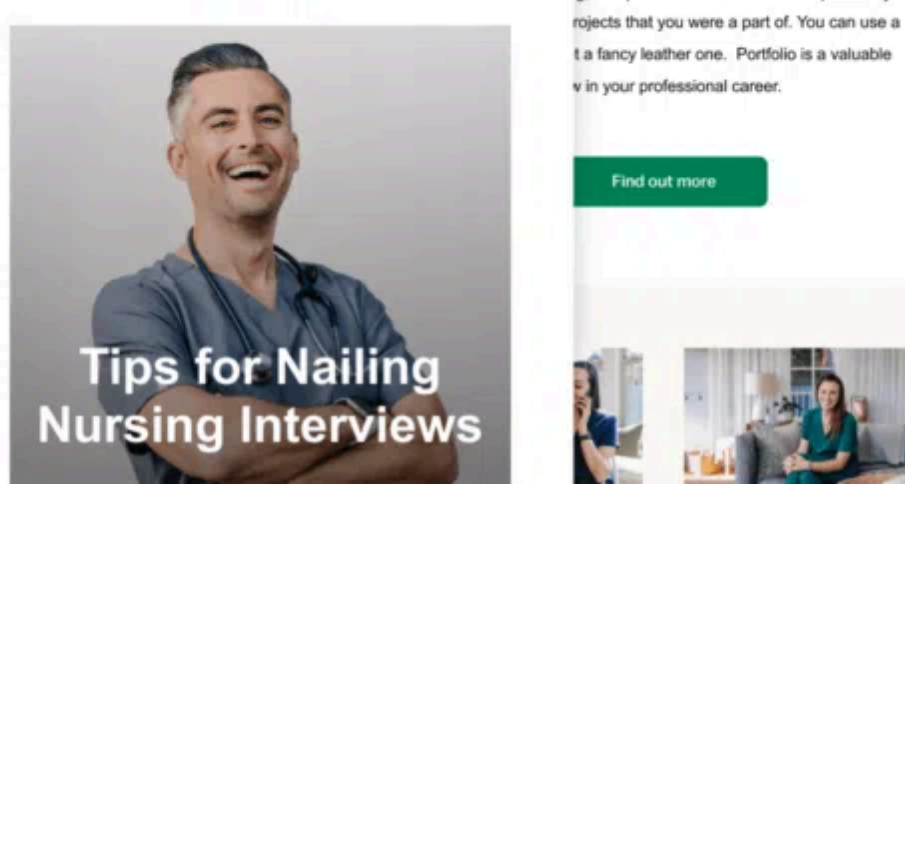
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