



### **DONOR PHOTO SUBMISSION INSTRUCTIONS**

*Your photos say a lot about who you are.*

*Recipients sometimes base their decisions mainly on how you look. When they see similarities with your features and develop a good feeling about you, they can easily say, "She's the one!"*

*Submitting good pictures help you get matched better and quicker.*

*Think of it like going to a match-maker...*

A. All donors must submit the following photos:

1. baby
2. toddler
3. half body
4. full body
5. clear head shot (avoid angled/side-view shots)

B. We will only accept electronic photo submissions. Do not mail or fax printed copies. You may send the photos using the following methods.

1. Email to [donors@nhfc.com](mailto:donors@nhfc.com) with the subject "Donor Pictures- (your name)"
2. Mail a CD and label it with your name

C. All files should be in JPEG format. No size limitations.

D. Acceptable pictures should:

1. Not have a blurry/messy/distracting background.
2. Not show your face in an unflattering angle.
3. Not be taken too far away that your face cannot be seen.
4. Not have a hat, scarf, or sunglasses covering your face.
5. Not be taken in a bar with an alcoholic drink shown.
6. Be modest. No provocative/ sexy poses or clothing. No bikini pictures and costumes!
7. Be taken in natural lighting
8. Show you alone. Not with a bunch of friends, family, etc.
9. Show you with natural expressions (no goofy pics)
10. Show your natural beauty. Please no heavy make-up or dark eye-shadow/thick eyeliner and false lashes.