



# NEWSLETTER

## Give the Gift of Health

Gift giving is an important part of the holiday season for many people. Show you care about friends and family by giving creative gifts that encourage good health.

1. **Steamer Insert.** Steaming cooks vegetables quickly, while preserving vitamins and minerals. Choose from metal or silicone varieties.
2. **Whole Grain Gift Basket.** Line a basket with a colorful napkin, then add exotic rices, steel-cut oats, whole grain pasta, quinoa or other grains.
3. **Herb Garden.** It's easy to add flavor while cutting salt, with a window-sill herb garden. Bundle a variety of herb seeds with a set of small colorful pots.
4. **Fancy Olive Oils.** Cooking shops offer gorgeous bottles of oil, with sprigs of herbs artfully arranged inside. It's a heart-healthy work of art!
5. **Nuts.** We all love nuts because they're delicious. Our bodies love them because they're full of healthy oils, fiber, and antioxidants. Give an assortment of different nuts, in an attractive re-usable container.
6. **Sports Fun.** Studies show that having an exercise buddy makes us more likely to be active. Give your time (the best gift of all!) by pledging to walk, bike, ski, or otherwise enjoy exercise with someone you care about.
7. **Teapot and Tea.** Pair a pretty earthenware teapot with an assortment of black, green, and/or herbal teas. A warm cup of tea is soothing and full of antioxidants.
8. **Lunch Bag.** Today's high-tech totes include freezable bags (to keep food cold longer), stainless stackers, and padded designer sacks. Packing a lunch with healthy leftovers to take to work or school can save money and calories.



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