



# Easy Gift Ideas



## Health-Promoting Stress-Relieving

### Light Food Gifts (Purchased)

- \* fruit basket
- \* popcorn tin
- \* gourmet coffees or teas
- \* hearty yeast breads or rolls
- \* fancy pastas
- \* gourmet LF party crackers
- \* fancy relishes & sauces
- \* gourmet vinegars
- \* herbs (w/calico & ribbon)

### Homemade Food Gifts

- \* LF muffins (mixes available)
- \* LF quickbreads
- \* home-canned soups or sauces(w/calico & ribbon)
- \* herb mixes (in decorated container)
- \* home mixes (muffins, pancakes) in pretty container
- \* Food Package (example):  
Line basket with pretty cloth napkin; fill with muffins; add all-fruit spread & cocoa mix.
- \* homemade fruit basket

### Other Easy Homemade Gifts

- \* inspirational quotes, attractively framed
- \* your special recipes placed in a photo album
- \* framed photos

### Exercise Gifts

- \* health club membership
- \* pedometer
- \* exercise clothing
- \* exercise accessories
- \* exercise DVD
- \* exercise equipment

### Stress Reduction Gifts

- \* aromatherapy candles, lotions, etc.
- \* simmering potpourri
- \* scented massage oil & incense
- \* book on stress management
- \* scented soaps
- \* relaxation CD (nature sounds, relaxing music)

### Gift Certificates

- \* sporting goods store
- \* health club membership
- \* exercise classes
- \* stores with healthy foods
- \* restaurant w/healthy foods
- \* a massage
- \* places with aromatherapy products
- \* catalogs with health items

### More Ideas

- \* mail orders for fruit, tea, or other items above
- \* herb-scented rice neck roll (heats in microwave)
- \* invitation to holiday meal, muffins & hot spiced cider or tea, or to an open-house
- \* subscription to a health-related newsletter
- \* homemade coupons for help with chores, a home-cooked meal, time with you, a massage, etc. (be creative!)
- \* cookbook w/healthy recipes

LF = low fat



(502) 574-6663

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