

December 2007 Board Perspective
by Tammy Walls

Healthy Choices – Healthy Gift Ideas

I'm a new member of the board, but I've been a Co-op owner and shopper for over 12 years, so I'm going to speak to you as a fellow shopper during this shopping season.

It's that time of year again. We're making our lists and checking them twice! Wondering what is that great gift idea for your family, friends, or co-workers? If healthy choices are your focus, giving a "Healthy Choice Gift" can be a fun idea. And, since it's winter and the holiday season, a healthy gift can offset the unhealthy choices which often tend to creep into our daily lives around this time of year.

Here are some gift ideas that you can try out.

Gift Baskets – Gift baskets made up items that soothe the mind, body, or soul is always a great idea. If you don't see one already pre-made, then making one can be easy. Try a "Feel better for You" gift basket. Pick up a few healing teas such as Traditional Medicine Throat Coat, Yogi Tea Cold Season, or herbal tea that the person you know may like. Add a packet of some zinc lozenges. Throw in a small bottle of Vitamin C. You get the idea.

For that "Winter Warm-Up" try a gift basket made with a Lavender Bath Soak, Soy Candle, loofah sponge, body lotion, and maybe a nice eye mask.

For that "Seasonal Chef" you can go wild putting together a yummy gift basket for the region or cuisine that fits the person you are making it for. For example, an Italian basket made up of pasta, pasta sauce, bruschetta makings, crackers, wine or sparkling cider. Add some chocolate, coffee, tea, and nuts to your arrangements.

Making your choices organic, local, and sustainable can be easier when purchasing them at the Co-Op. And remember the Co-Op supports items that are "Fair Trade" for other items such as clothes, hats, and gloves. You can also use the Organic Consumers Association's extensive online database to find local organic, green, and fair trade products and retailers near you. Their website is

www.organicconsumers.org/btc/BuyngGuide.cfm

Keep in mind when all else fails, and you are pressed for time to get that last minute gift, a Sacramento Natural Food Co-Op Gift Certificate is a great choice.

Where ever your holiday travels may take you, remember to take some time out for yourself too. Keeping the holiday season Healthy will help ensure a very Happy One for you and others.