

# Healthy Holiday Gift Ideas

Here are some gift ideas that promote a healthy and active lifestyle all year round!

- ✓ Buy your kids child-sized aprons and cooking utensils like spatulas, vegetable peelers and whisks and start teaching them to cook. Include a coupon for an hour of cooking time with you.
- ✓ Cook and deliver healthy ready-to-eat meals to busy family and friends or to elderly family members who may have trouble making their own healthy meals.
- ✓ Compile your family's favourite recipes and give them out as a family cookbook.
- ✓ Buy crock-pots, rice cookers or steamers. They can help people prepare food in an easy and healthy way.
- ✓ Connect kids with nature. Buy them indoor herb gardens, vegetable seeds or gardening tools. They will enjoy learning where their food comes from and eating the healthy foods they grow.



- ✓ Look for active toys such as hula-hoops, skipping ropes, a bowling set, a sled or a pair of skates that will get everyone moving.
  - ✓ Plan a winter family adventure. Take everyone snowshoeing, tobogganing, cross-country or downhill skiing.
  - ✓ Wrap up some mitts, toques, long underwear or scarves. Everyone needs to be warm and fashionable when getting active outside.
  - ✓ Give gift coupons for local sports lessons or fitness classes such as dance, soccer, karate, swimming or yoga
- ✓ On a tight budget? Give the gift of your time. Create homemade coupons that can be used to spend time together as a family. Make up a coupon that can be used for a family meal together or for outdoor fun like tobogganing or building a snowman together.