

## 5 Inexpensive Ways to Give the Gift of Eating Well

Kitchen gifts are always in style, especially for college students, young marrieds, and any of the foodies on your list. Brightly colored kitchen gifts are also fun for children and teens - as a way to get them into the cooking habit. All of these gift ideas can be done for under \$25 - and many cost much less!

### 1. Stocking stuffers - super helpful for \$5 to \$15

Small gadgets can make a big difference in someone's cooking abilities - for very little dough. A pair of strong kitchen shears (to trim skin off chicken, cut up fresh herbs, etc.) makes a very sharp gift. Some other fun ideas: adjustable measuring spoons, vegetable peeler, zester (for lemons, oranges, etc.), and bamboo or silicon spoons and spatulas.

### 2. Steamers - from bamboo to stainless

Talk about healthy and versatile, steamers are the original multipurpose kitchenware. They come in every variety - from simple metal and colorful silicon baskets to multi-level stainless steel and counter top electric types. Steamers cook veggies quickly and tender crisp, making them so much more appealing than overcooked and mushy!

### 3. Simple equipment - versatile and smart

The under \$25 options are nearly endless. You can personalize any of them by making a food item that uses the equipment and making the food and the recipe part of your gift. Consider these possibilities: non-slip mixing bowls with lids (plus a 3-bean salad recipe), a bread pan (with a fresh loaf and recipe), or a fully-loaded casserole dish.

### 4. Recipes and ingredients - with health in mind

Have a favorite recipe or maybe one that always gets compliments? Give it to friends for a holiday treat. Buy the ingredients and gift them in a reusable shopping bag with the recipe tied to the handle. Or make up a batch and gift the food with the recipe. It's a win-win, because, either way, you'll make a seriously delicious holiday impression!

### 5. Custom nutrition baskets - for every taste

Create a gift basket that matches foods to a theme. For example, use Montana-grown gourmet grains and beans in a basket with red lentils, black chickpeas, purple barley, spelt, and kamut, along with recipes for each. Need a source for unusual or heirloom products? Check out your local food coop or Timeless Seeds at [www.timelessfood.com/](http://www.timelessfood.com/).