

Healthier Gifts & Rewards: Alternatives to Wine & Chocolate

Gifts and rewards don't always need to involve chocolate and wine. **Small changes** such as switching to non-food alternatives can make a **big difference**.



61

PERCENT

Employers who give their workers gift cards as a Christmas gift. ¹

Alternatives to wine and chocolate

Whether it is as a thank you gift, a sign of appreciation, a small reward for hard work or an incentive, there are alternatives.

And with more and more workplaces adopting healthy eating policies and implementing health and wellbeing programs, the gift of chocolate or wine sends a mixed and confusing message to workers.

Consistency of messages in the workplace is the key. The provision of non-food gifts or rewards is another way to promote health and wellbeing in your workplace as well as supporting your workers to make healthy choices.

Healthy cookbook



- Heart Foundation Cookbooks - <http://heartfoundationshop.com/shop>
- Australian Institute of Sport Cookbooks - <http://shopausport.gov.au>

Coffee fiend



- take away coffee cup (reusable)
- an espresso or latte cup with beans.

Avid readers



- magazine subscription
- a tangible memento - coffee table book - travel, food, destination/location, gardening, sport or photography.

Alternative to flowers



- an edible plant - herbs (basil, rosemary, chives) or fruit seedling
- drought-tolerant succulents.

Tea drinkers



- teapot or iced tea jug with tea leaves
- tea cup with tea bags.

Lotterywest scratchies



- for those who have perhaps run out of time or for the person who is hard to buy for!

Get active



- ball sports equipment - football, tennis balls, soccer ball, basketball
- swimming things - goggles, towel, bag
- gym it - gym pass, sweat towel, drink bottle.

Charity donation



- Give on behalf of someone to a worthy cause.

Healthy cooking appliances



- Kitchen gadgets:
- egg poacher
 - popcorn machine
 - avocado or mango slicer
 - pizza stone.

For the green thumbs



- gardening gloves
- useful tools - spade, trowel
- seedlings or bulbs.

BBQ bits



Everyone loves a barbie!

- heart foundation bbq and grill cookbook
- marinades and sauces
- barbeque tongs and an apron.

Winter warmer



Get ready for a night in!

- a DVD with some plain popcorn kernels

A hearty mobile lunch:

- soup thermos and accompanying cookbook.

Foodies



Purchase pre-packaged hampers or make your own:

- asian - fill a bamboo steamer basket with rice or noodles, sauces, herbs, spices and eating utensils - eg chopsticks
- mediterranean - fill a basket with antipasto ingredients, pasta, tomato based pasta sauce and fresh vegetables
- soup - fill a saucepan with dried lentils/beans, fresh vegetable 'soup pack', a ladle and soup recipe book.

Pamper pack



A little self indulgence goes a long way:

- beauty voucher
- beauty products - eg body lotion or hand cream.

Out on the town



- movie or event tickets
- other - aquarium, bowling, zoo.

Gift cards



Let them choose their own gift:

- department store vouchers
- music store vouchers.

Greenie within us



Something small but with the environment in mind

- good quality metal drink bottle
- reusable shopping bag.

Summer sunshine



For the beach:

- sunscreen, beach towel, sun shade, beach umbrella.

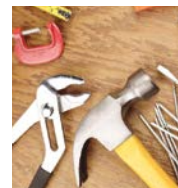
The thrill seeker



Give the gift of an 'experience'

- Adventure sports
- Driving or flying experiences
- Water sports.

Handy hardware



A practical gift is always very useful

- Hardware voucher

The spice merchant



These nifty kitchen utensils will assist any home cook

- Pepper grinder
- Herb mill, Mortar and pestle

A way with words



A gift is not always necessary. Some well thought out prose can go a long way

- Handwritten card
- A limerick, poem or rhyme

Get personal



There are many businesses that can personalise products quickly and easily

- Mugs, drink bottles, coasters
- Calendars, notepads, luggage tags, magnets

Active spectator



With so many summer and winter sporting events on offer, game admission is a great way to celebrate or acknowledge a contribution.

For more information:

☎: (08) 9264 4999

☎: (08) 9264 4981

✉: hchf@education.wa.edu.au

🌐: www.healthierworkplacewa.com.au

