



Become a Locavore Today and Feel the Joy in Giving by Giving Back



Fretting over the upcoming holiday giving season and not sure where to start? Instead of spending on mass-produced items, buy something unique and support your community at the same time by shopping local this year.

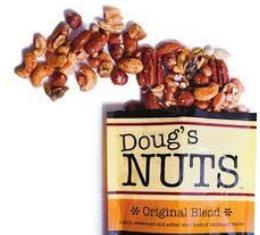
We are fortunate to live in a bountiful region rich with creative individuals and families who keep our community thriving through their small businesses. From the local cheese and wine shops to the unique boutiques and artists, you can find just about anything within a short distance from your home.

Some of the most memorable gifts I have ever received were food items. One year, a friend gave me a delicious locally produced olive oil and vinegar set. I liked it so much that I now use the company's products exclusively. Another year, my girlfriend gave me a huge leg of lamb she bought from a nearby rancher. I have to admit, I was a bit overwhelmed at first but it ended up being a delicious and quite useful gift for a festive dinner party.



For the chefs on your holiday list, think about gifting specialty foods, unique seasonings and sauces. We have some wonderful local olive oils, vinegars, spices, nuts, and other specialty foods to offer. Personalize the gift by wrapping it up on a platter, in a bowl or a spice box made by a local artist with the details of the art item. Head to local craft fairs and farmer's markets where you can meet the artist and purchase unique scarves, hats, jewelry, soaps, and other specialty items.

Locally grown or produced nuts or apples are also a big hit. Take an expedition to Apple Hill, a winery or craft brewery for some tasting and chatting with the purveyor and pick up some for yourself and your friends. If you don't have time to spend shopping around, give a gift card for a local restaurant, a cooking class, or for health and wellness. We offer gift certificates for our weight loss programs, nutrition consults, and food products.



Giving need not be expensive. It is less about the gift and more about the gesture. It could be time spent together over a shared meal at a local family-owned restaurant, inviting someone to attend a local theatre show with you, or treating you and your Bestie to a pedicure together.

Become a Locavore today and let's give these hard working people our support this December and throughout the year as well. And as we celebrate with friends and family this holiday season, remember to take a few minutes for some reflection and gratitude for the community we live in and our health because we are truly blessed.

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