



## Healthy Living at Hannaford

### Wrap it up, stress-free

You can wrap up great holiday gifts the next time you shop for groceries with some simple (and healthy) gift basket ideas from Hannaford.

### Gift basket ideas-starters



#### Little taste of Italy

Use a colander for a basket and fill it with fun-shaped pasta, a jar of your favorite sauce, cheese shredder, wooden spoons, sauce ladle, fresh garlic bulbs, imported olive oil, Parmesan and Romano cheese. Prego!



#### Salad lovers

Fill a salad spinner with a bottle of your favorite dressing, a bag of spiced nuts, dried cranberries, gourmet croutons, a can of mandarin oranges and baby corn, and salad tongs. For those with a New Year goal of losing weight, add an exercise or yoga video.



#### Relaxing spa package

Fill a basket with a soothing bubble bath, a candle, loofah sponge, face mask, body scrub, body lotion, and eye pads. You can add fresh lemons, rosemary, tea and honey, too.



#### S'more warmth

Give the gift of a cozy night next to the fireplace. Fill a basket with fire logs, matches, newspaper, and fire starters. Don't forget the marshmallows, chocolate bar, and graham crackers; add a container of hot chocolate too. For a romantic flare include a bottle of wine.



### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy lifestyle changes you want.

You can also email a private message for free nutrition advice to our registered dietitian at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).



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### Simple handmade gifts

1. Looking for a gift for the gourmet chef or a friend who loves to cook? Try making your own assortment of spice samplers. Create different packets of exotic and gourmet spices and custom blend spices for a meat rub, marinade mix, salad dressing kit, or dip. Be sure to label each packet and include the spices used for a recipe to complement. Try one of the following:

#### Spanish Rub

Combine 6 tablespoons smoked paprika; 3 tablespoons each regular paprika, dried cilantro and coarse salt; 1 tablespoon dried lemon peel and 1½ teaspoons ground pepper. Great with pork chops, beef tenderloin or shrimp!

#### Tuscan Spice Rub

1 tablespoon coarsely ground fennel seeds, 6 tablespoons dried basil, 3 tablespoons garlic salt, 3 tablespoons coarse sea salt, 2 tablespoons rosemary, and 2 tablespoons dried oregano. Try it on chicken, salmon or lamb chops.

#### Indian Spice Rub

Combine 6 tablespoons curry powder; 3 tablespoons coarse sea salt; 4 teaspoons crushed red pepper; 1 tablespoon each ground cumin, ground coriander and dried mint; 2 teaspoons turmeric and 2 teaspoons ground ginger. Try it on chicken breast, tofu, or sautéed potatoes.

Note: Each rub makes about 1 cup. Analysis per teaspoon of rub: about 4 calories, 211 mg sodium

2. Make your own natural spa body scrub, a gift that offers some quiet relaxation from the stress of the holidays.

#### Winter Rosemary Salt Scrub

¾ cup sea salt  
¾ cup almond oil  
1 teaspoon vitamin E oil  
6 sprigs of dried rosemary

#### Directions

Buy fresh rosemary sprigs from the produce section, tie branches together with twine, and hang them upside down until dried. Combine all listed ingredients in a large bowl. Mix until combined and then pour into desired container.



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