

# Share The Health This Holiday Season With DIY Apple Gift Baskets

(NAPSA)—Looking for an inspired, affordable holiday gift this season? The key ingredient may already be in your kitchen: Apples, a perfect centerpiece for a custom, create-your-own gift basket.

Apples are affordable, delicious, universally loved and always available—and presenting them in beautiful baskets that you've complemented with other personalized gifts makes for a truly creative and healthy holiday gift. Giving apples also shows you care about your friends' and family's well-being, and adding extra items shows you took the time to make something just for them.

Looking for inspiration for your DIY apple gift basket? Here are four ideas:

• **For Kids.** Fill a bright basket with colorful apples, crunchy crackers and other fun surprises such as books or small toys. Customize a basket for each kid in your life!

• **For Fitness Fanatics.** Give your workout buddy a head start on his or her New Year's resolutions with a basket full of post-workout snacks such as apples and walnuts, gym accessories and a clean eating cookbook.

• **For Sweet Teeth.** Have a sweetie who loves sweets? Satisfy



Consider these five simple steps for a do-it-yourself (DIY) apple gift basket:

**1. Find an artful basket**—either one you already have or a simple, inexpensive basket from a craft store, closest big-box retailer, or even your grocery store.

**2. Fill with healthy, wholesome apples**—red, green and yellow—the more colors, the merrier.

**3. Personalize with foods or trinkets your giftee will enjoy**—nothing fancy; simple stocking stuffers will do.

**4. Consider a theme for the basket**—Is the recipient a music aficionado? Bird watcher? Golf addict? Match the theme to the person—like our suggestions, pictured.

**5. Accent with ribbons, stuffing and personalized labels**—so they know this was created by you just for them.

his or her cravings with a basket of apples paired with yummy caramel, chocolate sauce and honey (homemade or store-bought).

• **For Friends, Family and Co-workers.** Whether you're playing secret Santa or looking for a last-minute gift, prepare a basket for a perfect night in: A beautiful assortment of apples (with a handy slicer), savory cheese, delicious wine and a fun wine stopper as a keepsake.

Have a DIY apple gift basket idea of your own? Share it on Pinterest and other social media. After all, what's better than sharing ideas for the gift of health?

## Learn More

For apple health information and delicious recipes for any season, see [www.USApple.org](http://www.USApple.org) and @USApples on Pinterest.