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6 healthy gift ideas for your workplace

Workplaces can often get cluttered with biscuits, chocolates and other sweeties. But we can tip the cultural norms by giving healthy gifts at work. The SCPN has a few ideas that will warm your colleagues' heart without impacting their health.



. NOVELTY GIFTS

A selection of personalised mugs, funny sunglasses, tea infusers, decorative gloves, a novelty hat and moustache pack.



4. GIFTS FOR COMMUTERS

Hand warmers for the bus user, hi-vis additions for the cyclist, gift cards and recommendations for useful Apps.



2. PAMPER HAMPER

Selections of mini bath oils, bath bombs, bubble baths, rubber ducks, tea lights.



5. FRUIT BASKET

Surprise your team with a tray of delicious fruit e.g. oranges, tangerines, kumquats and nuts.



3. DREAM AWAY LUXURY

A subscription to a travel magazine for the staff room.



6. LUXURY TEA OR COFFEE

Luxury coffee or tea bag selection (both traditional black teas and fruity and herbal teas) or water flavourings.



The Scottish Cancer Prevention network is focussed on moving evidence on cancer risk reduction into everyday life, practice and policy.

We are supported by the Scottish Cancer Foundation (SC028300).

Want to get involved? Visit our website for more information at www.cancerpreventionscotland.org.uk and sign up for our newsletter!

You can also find SCPN on Twitter and Instagram (@thescpn).