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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Why Fruit Baskets Make A Good Gift

By "Bill B. Carmel"

If you are at a loss when it comes to the perfect gift for that hard-to-shop-for friend, family member, or neighbor, or are trying to find a suitable gift for a colleague or client, consider a fruit basket. Fruit baskets make excellent gifts, especially for those individuals who have everything. Instead of giving a monetary gift or gift card that lacks personality, consider choosing a fruit basket that includes the recipient's favorite fruits and healthy snacks. Since the contents are generally healthier fare than the typical junk foods that tempt the taste buds and expand the waist line, a fruit basket can be enjoyed guilt free!

Fruit baskets make great gifts for:

- College students: College students are notoriously poor eaters. Especially during stressful times surrounding midterms and final exams, college kids do not receive the proper nutrition—and proper nutrition will allow them to excel in their studies. Gift your college student with a fruit basket filled with fresh fruit and other healthy, nutritious snacks to show your love and support. Furthermore, since fruit baskets can be consumed, they will not take up precious space in dormitory rooms like other superfluous gifts.
- Campers: For those with younger children, consider sending a fruit basket to your favorite camper to ease homesickness while providing a healthy approach to snacks. Campers enjoy the thought of gifts while away from home, and fruit baskets are perfect for sharing the contents with bunk mates and newly made friends.
- Dieters: What better way to show your support of a dieter who has either just begun a newer, healthier lifestyle or is currently working his or her way to the goal line. Fruit baskets will relieve some of the sweet temptations that cause most dieters to stray while showing the individual that you support their decision to eat and live healthier.
- Business Associates: When it comes time to purchase gifts for those in the business world, the task can be quite daunting. Unwritten rules in the business world provide razor-thin guidelines for what gifts—and price ranges—are appropriate, so instead of trying to figure out who receives what, send a

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fruit basket instead. Perfect for new clients or old business relations, fruit baskets allow you to express a sentiment without having to worry about what to buy and how much to spend. Also, fruit baskets can be shared within the company easily, so everyone can enjoy the gift.

- Elderly friends, neighbors, or family members: Many elderly individuals find themselves faced with too much "stuff" in their lives. Especially if they are downsizing to a more comfortable home, these extras can quickly overwhelm their homes. Instead of purchasing gifts that will only add to the space problem or sit unused, consider sending a gift basket instead. Gift baskets are perfect ways to provide elderly friends, neighbors, or family members with healthy fare while giving a lovely gift.
- New Homeowners: If you have been recently invited to a housewarming party or know of a couple or family who has just moved into a new home, then consider giving a fruit basket. Especially when faced with meeting new neighbors, a fruit basket is an excellent gift that everyone will enjoy. Furthermore, a fruit basket will provide the family with a bit of healthy food while the cupboards are still being stocked.
- Anyone: Regardless who you gift, a fruit basket is the perfect idea. Allowing you to provide a gift that requires thought without knowing a great deal about the recipient, a fruit basket will save you a great deal of time, hassle, and worry about finding that perfect gift.

Bill Carmel specializes in Fruit Basket Designs

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What To Look For When Purchasing A Fruit Basket

By John Marcus

Fruit baskets are excellent gifts for all occasions. Whether you choose to purchase a fruit basket for a birthday, holiday, or any day, the receiver will surely enjoy the beautifully packaged basket of goodies. When looking for a fruit basket for a friend, family member, co-worker, or neighbor, consider the contents carefully, as well as the size and overall appearance.

The first thing to look for when purchasing a fruit basket is the fruit itself. What type of fruit does the basket contain? If you are buying a fruit basket for a specific party, keep their preferences in mind. Also, if anyone has an allergy to a specific type of fruit or food, these items should be avoided. Finally, if you are planning to ship the gift basket, consider how well the basket's contents will handle shipping. Keep in mind, more fragile fruits—especially berries—may not be the best choice, since they can possibly be crushed while the basket is in transit.

Secondly, consider the size of the basket. If you are sending a fruit basket to a large family, then send a large basket. However, if you are sending a basket to an individual, carefully consider the size and the amount of fruit the basket contains. Far too often, lovely fruit baskets are sent to individuals who simply cannot consume the contents of the basket before the fruit spoils. Instead, consider a mixture of fruit with nuts, candies, and other goodies that have a longer shelf life.

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Thirdly, look to the recipient to determine his or her tastes. College students are the perfect recipients for fruit baskets, since they are most likely tempted to stray from healthier foods and indulge in junk food. If fruits and other healthier fare is located within arms reach, your student is more likely to consume a better diet. Also, individuals who are just moving to an area or find themselves in a new home appreciate fruit baskets, since the contents can be used to fill the refrigerator or cupboard that was previously empty. The elderly also enjoy fruit baskets, since the gift can be consumed and enjoyed instead of another gift that will serve to clutter or sit in disuse.

Finally, look at the basket itself. Consider giving a fruit basket that uses a creative container that the recipient can use after the contents have been consumed. More and more these days, traditional baskets are being replaced with clever packaging ideas, like boxes, bags, pots, bowls, or any other lovely container that can be reused with ease. Also, keep in mind the space constraints of the recipient's office or home. Fruit baskets are a popular gift for college students, especially around examination time, but keep in mind that a large, extravagant fruit basket may very well overwhelm a tiny dormitory room.

For whatever reason, a fruit basket is the perfect gift. Although today's gift baskets contain a good deal more than the simple apples and oranges of yesterday's baskets, the thought is still the same. Strive to find baskets with unique contents that will tickle the fancy of the recipient, but will still provide him or her with foods and snacks that are health oriented. The gift of a fruit basket is one that requires a bit more thought than simply sending a gift card or monetary gift, and is guaranteed to be used at the end of the day. If you are in the market for a fruit basket, know that there are endless varieties and options out there, so everyone is sure to find a basket that suits the recipient's every need.

John Marcus specializes in Fruit Basket Designs

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