



Omiyage Options for Health

Omiyage is a souvenir. As a cultural tradition, travelers would bring home souvenirs of their trips for family, friends, and colleagues. In Hawai'i, we have embraced this tradition of generosity. Most commonly, *omiyage* are foodstuff—candies, cookies, cakes, pastries, nuts, and jerky—which are brought back and given away. There is value in bringing back “the best from the area,” and we pride ourselves in sharing of these *omiyage*.

Social etiquette also dictates that we partake of the goodies we receive. For some of us, this could add to our issues of extra body poundage. As we focus on health and wellness, please consider non-edible *omiyage* and the following *omiyage* options for health.

Look for unique souvenirs that are non-food items:

- Pencils, stationary, and office items
- Seasonal decorations
- Art and craft items, equipment and supplies
- Bath, beauty and personal care items
- Tools for home and garden
- Kitchen utensils and equipment
- Personal and serving plates, utensils, and accessories
- Fruit and vegetable recipes on decorative cards with photos
- Books, pamphlets, and magazines

Choose unique food items that are lower in calorie and/or rich in nutrients:

- Fresh, dried, and canned fruits and vegetables
- Breads and bread mixes
- Crackers and cracker mixes
- Grains and grain mixes
- Pasta and pasta mixes
- Coffees and teas
- Nuts and trail mixes
- Marinades, dressings, jams, jellies, honeys, chutneys
- Spices and herbs (mixes, blends, and rubs)
- Spirits, wines and beers

Get creative with unique *omiyage* combinations:

- A souvenir serving dish and spice rub for the next potluck gathering
- A souvenir basket with whole fruit in it
- A souvenir chutney with sliced fruits, vegetables, and crackers
- A souvenir bottle opener and key chain with bottles of sparkling cider

Visit our Nutrition Education for Wellness (NEW) website at www.ctahr.hawaii.edu/NEW