

# Gifts that give back

❶ **Ajiri Tea.** These tea box labels are hand-made by women in need. Ajiri donates 100 percent of profits toward educating Kenyan orphans.

❷ **Canaan Fair Trade Nabali Olives.** Delight in the salty, full-bodied taste of green olives. Bonus: Your purchases support Palestinian farming cooperatives.

❸ **Smile Squared Toothbrushes.** For each bamboo-handled toothbrush you buy, Smile Squared provides one toothbrush to impoverished children in Central America, Cambodia, and India.

❹ **SoapBox Soaps.** For every bar sold, SoapBox donates one to a child in need, formulating each to meet a country's environmental conditions and sensitive, new-to-soap skin.

❺ **Cloud Star.** Maker of natural, low-allergen dog treats, Cloud Star donates a percentage of profits to Best Friends Animal Society.

—Jenna Blumenfeld



## Eat more chocolate (yes, really!)

New research shows that cocoa's health benefits abound. One *Journal of Nutrition* study found that after eating antioxidant-rich cocoa over a 12-week period, subjects showed decreased sensitivity to UV light, suggesting cocoa's **skin-protective qualities**. Epicatechin, cocoa's primary flavonoid, may **defend against cognitive decline**, reduce Alzheimer's disease risk, and—not that you needed a study to tell you—improve your mood. In a meta-analysis of 2,013 participants, scientists found that people with metabolic syndrome who ate dark chocolate every day had **lower blood pressure and cholesterol**. Indulge in chocolate containing at least 65 percent cocoa every day. Extra points if it's organic and fair-trade certified. —J.B.

Wrap presents in pretty, woven scarves or hide in hand-woven, fair-trade baskets.