

Two recent trends in corporate giving include a move towards quality and personalization. As corporate profits grow, so does the amount companies are spending on client and employee gifts.

AA Gifts & Baskets has a wide range of gourmet food gifts and personalized corporate gifts available. With volume discounts and easy ordering online or via spreadsheet, we make corporate gift giving easy!

## The First Gift

When mankind and womankind first walked upright on planet Earth, our Maker gave them a unique gift. The first human beings to walk upright were 'hunter-gatherers'. When the game was plentiful and the nuts and berries were ripe and in season they feasted and when the game was scarce and the natural foraging was slim, they endured period of famine.

Check out more great articles on gift giving on our [Gift Blog](#)

- [Gifts](#)
- [Baby](#)
- [Corporate](#)
- [Kids](#)
- [Sympathy](#)

So mankind and womankind was given a [great gift](#) called insulin. When food collection times are good, our blood sugar increases and insulin kicks in letting our bodies know to convert the extra sugars into fat and store them for the times of famine. Unfortunately we in North America and elsewhere don't experience 'famines' that much anymore. So every day we convert our food intake into fats that get stored on our hips and around our waistlines.

However science had given us another gift to help us manage this item. In England, about 30 years ago, a scientist undertook to conduct some studies on foods effect on the



"Online shopping is a diamond in the rough. The longer someone has been online is one of the best predictors of whether they'll shop online or not."

Still, online retail sales figures add up to only a fraction of figures for offline sales. This year, analysts expect online figures to reach just 3 percent of the \$217.4 billion seen in offline sales, according to the National Retail Federation. Online figures are up about 1 percentage point from last year, compared with an expected increase of about 5.7 percent in offline sales, according to the NRF.

[AA Gifts and Baskets](#) provides gift bargains in all our articles and newsletters featured in topic categories:

### New Gift Ideas

- [Wedding Gift Baskets](#)
- [Thank You Gift Baskets](#)
- [Sympathy Gift Baskets](#)
- [Housewarming Gifts](#)
- [Get Well Gifts](#)
- [Congratulations Gifts](#)
- [Birthday Gift Baskets](#)
- [Baby Gift Baskets](#)
- [Anniversary Gift Baskets](#)
- [Kids Gift Ideas](#)
- [Gifts for Women](#)
- [Gifts for Men](#)
- [Candy Bouquets](#)
- [Chocolate Gifts](#)
- [Cheesecakes](#)
- [Gourmet Gifts](#)
- [Corporate Gift Baskets](#)
- [Coffee & Tea Baskets](#)
- [Spa Gift Baskets](#)
- [Golf Gift Baskets](#)
- [Popcorn Gift Tins](#)
- [Fruit & Nut Gifts](#)

### Diabetic Birthday Wishes



Help them celebrate their birthday guilt free this year with our sugar free birthday box! We've left out the sugar, but not the taste in this festive gift that's ready to party. The small includes sugar free cookies, sugar free candies, peanuts, cheese straws, birthday candles, and party favors.

The large is a super-sized celebration with sugar free cookies, sugar free candies, pretzels, popcorn, peanuts, sugar free chocolate bar, birthday candles, party favors and a birthday bear.

**Price: \$ 29.00 - \$50.00**

[Buy Now](#)

body. He researched which foods cause our level of blood sugar to increase greatly and which foods had smaller effects on us. He found that some foods took up to 25% more energy to digest than other. This was all correlated to an index called the Glycemic Index (GI). The higher the number, the easier it was to convert that particular food to fat.

Foods like all-bran cereal, apples, carrots, chick peas, grapes, green peas, kidney beans, oranges, peaches, peanuts, pears, strawberries, and sweet corn have low Glycemic Indexes (GI). Foods like popcorn, watermelon, whole wheat flour bread, white wheat flour bread, sweetened cereal, linguine, macaroni, spaghetti, white rice, and baked russet potatoes have high Glycemic Index (GI).

Now this is not to suggest a specific diet plan or anything, but if you look at any diet plan book at the bookstore or at your library and they mention Glycemic Index then they are on the right track. The

interesting thing about these books that use the Glycemic Index approach is that you can eat the same amount of food and still lose weight. So you get two gifts in one. First, you don't feel hungry and secondly, you get the satisfaction of feeling like you have beaten the system. The system that says you have to eat a great amount of highly processed foods, which are easily converted to fat, in order to feel satisfied.

The other gifts that mankind, in a way gave itself, and was the herding instinct. By that I mean the thought that human beings should gather together for self-protection. Apparently when we were hunter-gatherers, there were lions and tigers that hunted us as well, and people who study those times suggest that humans may have

gathered together and created an outside fence of thorn bushes to keep the nighttime predators away.

I imagine that one of the first gift that one human gave another was probably the gift of food. It may have been provided or given to encourage another human being to join the group for mutual self-protection. In fact Wikipedia describes gifts or presents as: 'A gift or present is the transfer of money, goods, etc., without the direct compensation that is involved in trade, although possibly involving a social expectation of reciprocity, or a return in the form of prestige or power. In many human societies, the act of mutually exchanging gifts contributes to social cohesion.'

A gift can be an ordinary object that you have bought or made yourself. It may be an object created for the express purpose of gift exchange, such as those given at a gifting party, like a bridal or baby shower. It may be an alternative gift such as a donation to a charity in the name of the recipient. Lastly, perish the thought; it may be a re-gift of an unwanted gift previously received by the giver.

In the following articles, each one about a page long, we will explore the different types of [gifts and gift giving](#). The purpose of these articles is to describe various gift-giving circumstances and allow you to decide which sort of gifts and occasions you feel comfortable with and fit into your individual style.