


BODY & SOUL

EDITOR SARA SCHWARTZ · FOR MORE HEALTH NEWS, VISIT SFEXAMINER.COM

Practicality reigns this gift-giving season

When the going gets tough, the tough get functional



COLLAPSIBLE POP STRAINER
 Perfect for the studio apartment dweller! Dexas' collapsible strainer expands to the capacity of a full quart with a simple flick of the wrist. When collapsed, it takes up to 80 percent less space in a dishwasher than a comparable-sized standard strainer. Withstands heat of up to 250 degrees. Made of silicone. \$14.99 at bedbathandbeyond.com



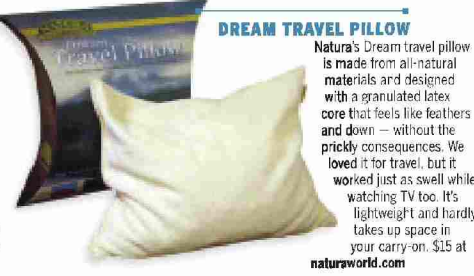
CHOP & SCOOP
 Dexas' innovative spin on the traditional cutting board. The unique shape and grip handle make it easy to slice, dice and chop, then scoop or slide food into pans and bowls. Non-stick board is non-porous, non-absorbent and stain resistant and it won't dull knives. Dishwasher safe. \$9.99 at bedbathandbeyond.com



DISH TOWELS
 Not your grandma's dish towel! With snarky sayings like "I'm not a paper towel" and "You wash, I'll dry," these towels speak for themselves. The 20-inch-by-28-inch cotton towel is hard-woven in India by Fabindia; screenprinted with water-based, nontoxic inks; and designed by such artists as Roy Fox, Haley Johnson and Sorjo. Collect all nine. \$9.99 at blueq.com



TRAVEL PILLOW
 Perfect for any traveler and kicks those dreary airplane pillows to the curb. The horseshoe shape Magniflex pillow hugs your head and provides excellent support while you nap or conquer that Sudoku game. Made with Memoform and contours to your head and neck. \$99 at magniflex.com



DREAM TRAVEL PILLOW
 Natura's Dream travel pillow is made from all-natural materials and designed with a granulated latex core that feels like feathers and down — without the prickly consequences. We loved it for travel, but it worked just as swell while watching TV too. It's lightweight and hardly takes up space in your carry-on. \$15 at naturaworld.com




SALAD HANDS
 Tired of your plain old wooden spoons? These Dexas salad hands are ideal for tossing and serving salads, pasta and more! The uniquely designed rubber grip handles keep hands from slipping into the bowl — not pretty. Dishwasher safe. \$9.99 at surlatable.com

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INDEX
 Kitchen organization at its best! If you fear cross food contamination, you'll love Joseph Joseph's Index — a new chopping board categorization system. The storage case contains four color-coded chopping boards that illustrate which board should be used for what. Made from dishwasher-safe polypropylene, the tabs are staggered for visual ease. \$65 at bluecashewkitchen.com



NEST 8
 Colorful, practical and space-saving? I'm in heaven. Joseph Joseph's Nest 8 contains all the everyday essentials, from non-slip mixing bowls to a colander and measuring cups. Comes in white as well for the purists. \$58 at aplustrstore.com



CHOP 2 POT
 We couldn't have designed it better ourselves! This innovative chopping board by Joseph Joseph uses polypropylene hinges. When the handle is squeezed, the sides of the board pop up, forming a chute through which diced and chopped food can be guided neatly into the pot. This award-winning product is dishwasher safe, and comes in two sizes with a three-year guarantee. Also available in black, white, green, light blue, orange, pink and red. \$20 at bluecashewkitchen.com



TAPGUARD
 Great for the college student or anyone on the go, this wide-mouth bottle companion makes safe water taste better. TapGuard works by removing chlorine and other unpleasant-tasting chemicals from tap water to yield that fresh bottled water flavor. This product was designed to lessen the amount of one-time-use waste generated from purchased plastic bottles that may not be recycled. The TapGuard is made of a soft food-grade silicone and is BPA and polycarbonate free. TapGuard is available exclusively from REI. \$14.95 (includes unit and two replacement carbon pouches) at www.guyotdesigns.com/tapguard



SQUISHY BOWLS
 Collapsible for easy packing, yet made to retain their shape, these bowls are perfect for hot and cold foods on the go. Made of flexible food-grade silicone making them delightfully squishy! Temperature resistant to 400 degrees. Easy cleanup — hand wash using soap and water. Available in four colors — tangerine, slate, tangerine and lime. Assorted sizes: \$7.95 to \$15.95 at www.guyotdesigns.com/squishybowl

