We have no need to binge on junk: the blooms of life are grown from seed. The time we share is our bill o fare and love the only drink we need.

Andy Jackson



Boxes of chocolates and champagne have long been popular gifts for Valentine's Day. However, gifts for your loved one don't need to be edible or alcoholic. Consider the SCPN's alternative gift ideas.



A BUNCH OF FLOWER SEEDS

Watch love grow.



BOOK OF POETRY

Words of love.



HIS AND HER MATCHING APRONS

Create together.



OS MAP

Explore the world together.



SMART NEW WATER BOTTLE

Start fresh every day.



SNUGGLE SHAWL

Spend cozy evenings together.



The Scotlish Cancer Prevention network is focussed on moving evidence on cancer risk reduction into everyday life, practice and policy.

We are supported by the Scottish Cancer Foundation (SC028300).

Want to get involved? Visit our website for more information at www.cancerpreventionscotland.org.uk and sign up for our newsletter!

You can also find SCPN on Twitter and Instagram (@thescpn).