



# Shop Local Gift Guide

By the Rock Valley Chamber





# *the Busy Momma*

- Bottled lattes from Rooted Plant + Coffee
- Cute hat from Willow Creek Boutique
- Hand towels, devotional, and candle from Something Special
- Hair products from Main Looks and 712 hair
- Jewelry and accessories from local boutiques
- Outfits from our boutiques and retail stores
- Coffee, mugs, reusable to-go cups from Rooted and Rockin' Nutrition
- Tanning minutes from Tan-Tastic
- Babysit and pay for a night away at the Grand Stay Hotel or Heartland Hotel
- Membership or class pass to Gold Standard Fitness, Pulse 712, or Hegg Wellness Center



# *the Fashionista*

- Outfit, accessories like a purse or hat, and shoes from our local boutiques and retailers
- Hair appointment and accessories from Main Looks and 712 Hair

# *the Vacationer*

- Tanning minutes from Tan-Tastic
- Customized tumblers from Frosted Frog
- Belt-bag or backpack from a local boutique or retailer



# *the Athlete*

- Disc golf discs from M & H True Value
- Red light therapy from Tan-Tastic
- Smart watch, speaker, and phone case from Wireless World
- Frosted Frog Tumbler with local business logos
- Gym apparel and merch from Pulse 712, Gold Standard Fitness, and Hegg Wellness Center
- Screen rental from DKOI to watch a big game
- Athletic clothing from local retailers
- Protein bars or sports drinks from Sunshine Foods or Abarrotes Gasca

# *the Homebody*

- Home Decor from Something Special, Treasures on Main, First Impressions, Nearly New Town, Rooted
- Take and Bake Meal from the Lunch House
- Tablet and speaker from Wireless World
- Appliances from Van Maanen's
- Lotion from Lewis Drug
- Candles from Lewis Drug, Something Special or First Impressions
- Books from Something Special, Treasures on Main, Copper Rose, the Rock Valley Library,

# *the Go-Getter*

- Gym membership or class pass from Gold Standard Fitness, Hegg Wellness Center or Pulse 712 Fitness
- Sneakers from Nearly New Town or Economy Shop
- Athletic wear from our local retailers and boutiques
- Tea or protein shakes from Rockin' Nutrition
- Smart watch and protective case from Wireless World

# *the Teenager*

- Sweater from Copper Rose Apparel
- Outfit from a local boutique or retailers
- Phone + phone accessories from Wireless World
- Games from Treasures on Main
- Stadium bag from Willow Creek
- Hair appointment at Main Looks or 712 Hair
- Fitness membership to Gold Standard, Pulse 712, or Hegg Wellness Center





# *kiddos*

- Outfit from Economy Shop
- Outfit from local retailers
- Tablet and gizmo watch from Wireless World
- Baby gift basket from Something Special
- Hooded towel from Treasures on Main
- Farm set from Treasures on Main
- Toys from Lewis Drug

# *the Outdoorsy One*

- Outdoor speaker and wireless charging pad from Wireless World
- Plant from Rooted Plant + Coffee
- Outfit from Copper Rose Apparel
- Trail mix from Sunshine Foods
- Outdoor space of their dreams from B&K Landscaping and Outdoor Elements

The background of the entire page is a soft-focus photograph of green foliage, likely pine or fir branches, with some white snow or frost visible. A large, white, rectangular gift card is positioned in the upper center, serving as a backdrop for the first section's title and list.

# *the Hostess*

- A break from cooking - treat them with a gift card bouquet to all of our local restaurants
- Charcuterie board from The Lunch House
- Napkins and plates from Treasures on Main
- Hand soap from Something Special
- Candle from First Impressions
- Pie from Stone Soup Cafe

# *the Man of the House*

- Phone case and phone stand from Wireless World
- Cooler from Farmers Lumber
- Tools from M & H True Value or Farmers Lumber
- A round of golf at the Rock Valley Golf Club



# *the DIY-er*

- Tools from Farmers Lumber
- Paint supplies from M & H True Value
- Paint from First Impressions
- Home renovation from C & J Construction, Brentwood Construction, and Farmers Lumber
- Landscaping from B & K Landscaping and Outdoor Elements

# *Give an Experience*

- Outdoor movie night from DKOI Signs
- Bingo with residents at Whispering Heights and Riverview Ridge
- Igloo Rental from Rooted Plant + Coffee
- Date night to local restaurants (OR babysit so Mom and Dad can go for a date night!)
- A getaway at the Heartland Hotel or Grand Stay Hotel
- Meal kit or baking kit - grab a cute bowl and throw in the ingredients for a yummy meal or tasty dessert that you or your kids can make with a loved one



# Give Back

Pay a bill for someone at

- City of Rock Valley
- MidAmerican Energy
- Premier Communications
- Wireless World
- Subscription for Rock Valley Bee
- Porter Funeral Home
- Riverview Ridge
- Project Youth Daycare
- Northwest Iowa Community College
- Hegg Health Center
- Perspective Insurance
- Peoples Insurance
- Herm's Sanitation
- Hi-Way Chev

Donate to

- Project Youth Daycare
- Sioux County Youth Fair
- Hegg Health Center
- Hope Haven
- Community Health Partners
- Riverview Ridge
- Northwest Iowa Community College

# Give Back

Pay for an appointment at

- Thrive Wellness
- Choice Health
- Restore Therapy
- Rise ABA
- RV Chiropractic
- ChiroSport
- Hegg Health Center
- Family Eye Care
- RV Dental
- The Dental Office
- Connections EAP

Buy a Love INC Holiday Meal Kit  
from Sunshine foods!



# *Pay it Forward*

- Start an education savings account or savings account at Peoples Bank, Premier Bank, Edward Jones, Equitable Advisors, Modern Woodmen of America
- Education a them for the future at Edward Jones, Equitable Advisors, Perspective Insurance, Klein Law, Modern Woodmen of America, VB & VV, McGill, Murphy, & Collins Law
- Buy someone a membership at Gold Standard Fitness, Hegg Wellness Center, or Pulse 712



# The One Who's Hard to Shop For



A Chamber Gift Card from Rock  
Valley Chamber Office!  
(Can be used at all participating  
Chamber Businesses!)