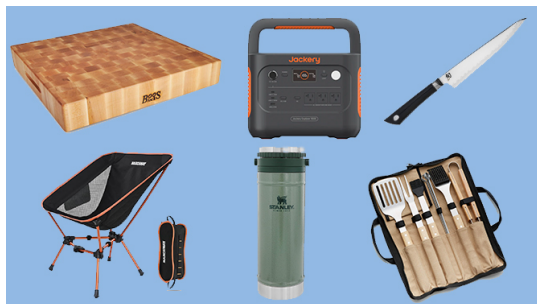
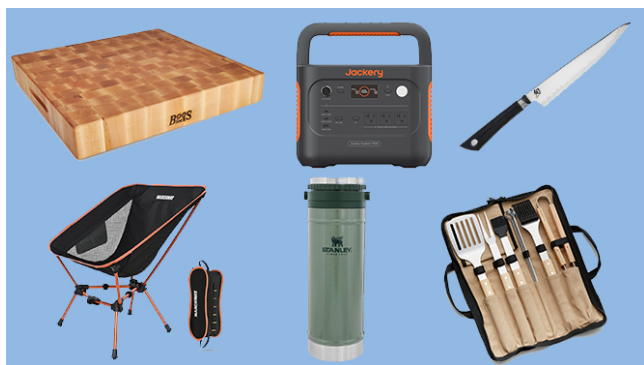




Graduation and Father's Day Gifts They'll Actually Use (and Love)

By Lisa Esile, MS
2025-05-23 09:46:24



Whether you're celebrating a devoted dad, a freshly minted grad, or both, we've rounded up some of our favorite Father's Day gifts and other thoughtful presents for the plant-powered people in your life. From kitchen tools that inspire healthy, [home-cooked meals](#) to clever gadgets, indulgent treats, and even vegan running shoes, there are picks for every budget. Perfect for inspiring wellness, supporting daily routines, or just adding a little fun to the journey—these are gifts they'll actually use (and thank you for).

Editor's note: FOK may collect a small share of sales from some of the links on this page, though it doesn't influence our product picks.

Vegan Running Shoes | \$150 at Amazon

Give a gift that supports every step—literally. Whether you're hitting the pavement or just looking for an ultra-comfy everyday sneaker, [Hoka's](#) popular Clifton running shoe combines exceptional comfort, lightweight performance, and serious arch support in a sleek, modern package. With a wide selection of colors for both men and women, there's a perfect pair for every vibe. They're 100% free from leather, making them a great pick for the eco- or animal-conscious dad or grad.

Nibble Chocolate Nibblelitos | \$24 at

Nibble



The perfect indulgence, Nibblelitos are rich, flavorful chocolate cubes made from sustainably sourced organic cocoa beans and organic unrefined cane sugar—nothing else. Packaged in elegant, reusable glass jars with bamboo lids, they look as good as they taste. Perfect for a quiet moment with your feet up. Also, check out their [chocolate-covered dates](#).

Tofu Press | \$24 at Amazon

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This compact, no-fuss tofu press from Tofuture is a must-have for the plant-based cook. It efficiently presses water-packed tofu into firm, chewy perfection—ready for crispy stir-fries, smoky BBQ skewers, or hearty scrambles. Easy to use, mess-free, and slim enough to store in the fridge, this little tool delivers big results.

Japanese Chef's Knife | \$100 at Amazon



Shun's handsome Sora chef's knife will add instant pep to Dad's kitchen-prep game and give the grad in your life a head start in the kitchen. Handcrafted in Japan, the ultra-sharp 8-inch blade glides effortlessly through hearty squash, delicate tomatoes, and everything in between. Bonus: Shun offers free mail-in knife-sharpening service.

Travel Mug with Integrated French Press | \$36 at Amazon



Built from rugged stainless steel with double-wall vacuum insulation, the Stanley thermal mug has been a favorite for decades. Now with a removable French press insert, you can use it to carry beverages or brew fresh coffee on the go—just add coffee grounds, pour in hot (or cold) water, press, and sip. With a leakproof lid,

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it's bag-friendly, mess-free, and a smart way to save money while cutting down on waste.

Folding Pocket Knife | \$47 at Amazon



Everyone needs a good pocket knife in their life! Sleek, sharp, and handy, this stylish model from Civivi combines everyday utility with refined style. With a durable steel blade and an ergonomic wood handle, it's well-built for an array of tasks, from slicing fruit at a picnic to tackling campsite tasks.

BlendJet 2 Portable Blender | \$35 at Amazon



The BlendJet is a surprisingly useful little gadget, even if you already have a plug-in single-serve blender. The portable personal blender allows you to whip up smoothies while camping and on road trips. And because it's convenient and easy to clean (just add soap and water and blend), you may find yourself using it at home, too. It's not for serious jobs—we've not found it to be effective at blending ice, and we usually let frozen fruit thaw for about 10 minutes before blending—but given the low price point and the fact that it takes up as much cabinet space as a reusable water bottle, it's a worthwhile buy. The BlendJet 2 is BPA-free.

Portable Camping Chair | \$36 at Amazon

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If the dad or grad in your life could use an outdoor chair, then be sure to check out this ultra-light, fold-up chair from Marchway. It weighs just 2.7 pounds and is packs down small enough to toss in a backpack, but sturdy enough to handle camping trips, beach days, tailgates, and festivals, and it sets up in seconds. Competitively priced and with a breathable seat and solid support, it's the perfect throne for on-the-go.

Wood-Handled Barbecue Tool Set | \$80, Now \$64 at Crate and Barrel



Whether your loved one is a backyard grill master or just getting started, this sleek nine-piece BBQ tool set, packed in a convenient carrying case, is perfect for weekend cookouts. With durable stainless steel tools and polished wood handles, he'll be flipping, skewering, and searing in style.

7-Quart Air-Fryer | \$145 at Amazon



For the health-conscious cook who loves crispy, fried-style food without the oil, the 7-quart PowerXL air fryer is a great way to make fries, onion rings, [veggie burgers](#), [falafel](#), and more. Its generous capacity means no fussing around with small batches.

Ninja Creami | \$200 at Amazon

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The Ninja Creami is the ultimate nice cream maker, transforming frozen smoothie-style mixtures into scoopable [ice cream](#) with the perfect texture. Just freeze a homemade smoothie blend overnight, and the Creami's “creamerizer blade” works its magic, milling and aerating your frozen blend into legit ice cream in about 4 minutes. The “pints” fit easily into your freezer, making this a practical, easy way to have ice cream on demand, all summer long.

Maple Chopping Block | \$277 at [Amazon](#)



This heirloom-quality John Boos cutting board is as functional as it is beautiful. Reversible and built to last, it's a timeless gift for the Dad who values craftsmanship and thoughtful design, and a gold-standard kitchen tool for graduates. Perfect for everyday chopping or for serving fresh-baked wholegrain bread, dips, and crudités. The block pictured above is 18 inches square and 3-inch-thick maple, but John Boos offers a range of sizes and wood grains, including walnut and cherry.

Oura Ring | From \$349 at [Oura](#)



The Oura Ring Gen 4 is a sleek, low-profile way to stay in tune with your body. Unlike bulkier wrist trackers, the Oura offers all-day comfort and impressive battery life, lasting up to eight days on a single charge. It delivers detailed insights on sleep quality, heart rate, body

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temperature (helpful for spotting early signs of illness), and blood oxygen levels. The newest model is slimmer, more accurate, and available in more sizes.

Portable Power Station | \$549 at Jackery



For camping in comfort or laughing in the face of a power outage, the Jackery portable power station is a dream tool that makes everything easier. Plug in appliances at the campsite, power essentials during a blackout, or stay charged during outdoor adventures. Lightweight, reliable, and endlessly useful, it's the kind of gift they'll thank you for again and again. The Jackery Explorer 1000 V2 delivers 1,070Wh capacity with a continuous 1,500W output and a surge capability of up to 3,000W. Choose from a range of models depending on your needs.