Solve the Riddle to Be My Valentine!

I can be stolen or given away and you will live, but you cannot live without me.

BLFI SVZIG

SECRET CODE:
A=Z  J=Q  S=H
B=Y  K=P  T=G
C=X  L=O  U=F
D=W  M=N  V=E
E=V  N=M  W=D
F=U  O=L  X=C
G=T  P=K  Y=B
H=S  Q=J  Z=A
I=R  R-I

HAPPY VALENTINE’S DAY!

LOVE,