

PARTY PLANNING TIPS FOR AN ALCOHOL-SAFE AND DRUG-FREE

HOLIDAY

SEASON

TO REMEMBER



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov



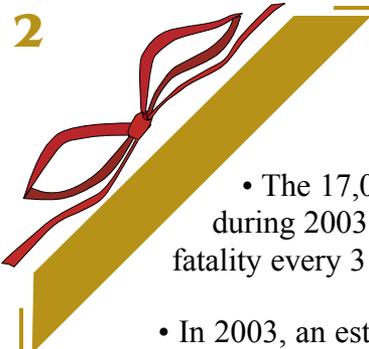
Be a Responsible Host: Know the Facts

The winter holidays are a time to enjoy the company of family, friends, and coworkers. Whether you are planning a dinner, informal gathering, or holiday party, your job as host is very important. Your many responsibilities include planning the menu or catering, organizing entertainment, and considering space arrangements. However, some of the most crucial details can be overlooked in all the frenzy. Perhaps your most important responsibility as host for a party or gathering where alcohol is involved is to take steps to ensure your guests' safety both during and after the celebration.

Drinking and driving is an all too familiar and tragic combination. More people are on the road, and they are also consuming alcohol as a part of their holiday celebrations. Statistics like the ones highlighted below remind us how important it is to plan an event where non-alcoholic beverages and alternative transportation options are available.

Since 1975, more than 190,000 lives have been saved through increased awareness and legislation related to alcohol-impaired driving. Still, impaired driving exacts too great a toll on American families. Here are the facts according to the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Highway Traffic Safety Administration:

- In 2001, more than 1 in 10 Americans aged 12 or older (25.1 million persons) drove under the influence of alcohol at least once in the 12 months prior to the interview.
- Between 2000 and 2001, the rate of driving under the influence of alcohol increased from 10.0 to 11.1 percent.
- Among young adults aged 18 to 25 years, 22.8 percent drove under the influence of alcohol in 2001.
- About 3 in 10 Americans will be involved in an alcohol-related crash at some time in their lives.



- The 17,013 fatalities in alcohol-related crashes during 2003 represent an average of 1 alcohol-related fatality every 31 minutes.

- In 2003, an estimated 275,000 persons were injured in crashes in which police reported that alcohol was present—an average of 1 person injured approximately every 2 minutes.
- Alcohol was involved in 40 percent of fatal crashes in 2003.
- Alcohol-related highway crashes are the leading cause of death for adolescents and young adults in the United States.
- The rate of alcohol involvement in fatal crashes is more than 3 times as high at night as during the day (61 percent versus 18 percent). For all crashes, the alcohol involvement rate is 5 times as high at night (16 percent versus 3 percent).
- In 2003, 53 percent of all fatal crashes that occurred on weekends were alcohol-related.

By following the tips in this booklet, you can take steps to prevent impaired driving this holiday season.

Impairment begins with the first drink. For safety's sake, never drive after drinking!

Tips for Party Givers

- Avoid making alcohol the main focus of social events. Entertain guests with music, dancing, games, food, and lively conversation.
- Did you know that one in three adults prefers a non-alcoholic beverage? Make sure to offer plenty of non-alcoholic choices such as sparkling water, fancy juice drinks, soft drinks, and bottled drinking water.
- Provide guests with nutritious and appealing foods to slow the effects of alcohol. High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach much longer, which slows the rate at which the body absorbs alcohol. Avoid salty foods, which encourage people to drink more.
- Require bartenders to measure the correct amount of liquor into drinks (no doubles), and instruct them not to serve anyone who appears to be impaired. Have the bartender check the ID of anyone who appears to be under the age of 30 (no ID, no alcohol).
- Stop serving drinks at least 1 hour before the end of the event. Instead, serve coffee, non-alcoholic beverages, and desserts at that time.
- Recruit people ahead of time who will not be drinking to help you make sure everyone has a safe ride home.



When the Party's Over

Your responsibility as a host is even more important at this point. Should any of your guests be unable to drive due to alcohol impairment, be sure to provide several options. Below are a few suggestions:

Be prepared to offer your guests alternate forms of transportation.

- Know what “safe ride” programs are available in your area.
- Keep the phone numbers of several cab companies handy.
- Ask someone who was not drinking to drive a guest home.

If the above options are not available, you can offer your place to spend the night. If the person insists on driving despite his or her obvious intoxication, take the keys, ask for help from other guests, or temporarily disable the car. If all else fails, say you will call the police (and do so).



Recipes for a Really Fun Party

The following non-alcoholic drink recipes are courtesy of the National Highway Traffic Safety Administration and Join Together, a national resource center for communities working to reduce substance abuse. Many of these unique drinks can add “flavor” to your party by giving your guests healthy, tasty alternatives to alcoholic beverages. Enjoy!

Citrus Collins

Fill a 10-12 oz. glass with ice cubes
 2 oz. orange juice
 1 oz. lemon juice
 1 oz. flavored syrup



Fill with club soda. Garnish with an orange slice or a cherry.

Mai Tai

1/2 cup pineapple juice
 1/4 cup orange juice
 1/4 cup club soda
 1 tbsp. cream of coconut
 1 tbsp. grenadine syrup

In shaker or tall glass, combine ingredients; shake or stir to blend. Add crushed ice.

Lemon-Strawberry Punch

1 can (6 oz.) frozen orange juice concentrate, thawed
 1 pkg. frozen sliced strawberries
 1 can (6 oz.) frozen lemonade concentrate
 1 quart carbonated water
 1 quart ginger ale
 Sliced bananas (garnish)
 Sliced oranges or lemons (garnish)



Combine frozen lemonade, strawberries (half-thawed with juice), and orange juice. Place in a punchbowl with ice. Just before serving, add carbonated water and ginger ale. Garnish with thin slices of orange, lemon, or banana. Serves 20.

Holiday Delight

Blend the following ingredients in a mixer:

- 1/2 cup orange juice
- 1/4 cup frozen strawberries
- 1/4 cup cranapple juice
- 1/4 cup half-and-half
- 1/2 banana

Pour into a tall glass.

Viennese Coffee

Combine:

- 1/4 cup whipped cream
- 1 tbsp. powdered sugar
- 1/2 tsp. vanilla extract

Beat until stiff.

Pour 3 cups of very strong coffee (decaffeinated is fine) into four cups. Float whipped cream mixture on top. Garnish with 1/2 tsp. grated orange peel. Use cinnamon sticks in each cup as servers.

The C&C Express

In a blender, mix the following on low speed to smooth consistency:

- 6 oz. chocolate chip ice cream
- 1/4 cup brewed espresso coffee
- 1/4 cup half-and-half
- 3 tbsp. cream of coconut

Pour into an 8-ounce serving glass. Top with whipped cream and chocolate shavings. Garnish with a cookie and serve immediately.



The Natural Blend

Blend the following ingredients in a mixer:

- 1/2 banana
- 6 strawberries
- 2 oz. apple juice
- 1/4 apple, with the skin
- 2 oz. fresh pineapple
- 1/2 cup ice

Serve in a wine glass. Garnish with fresh strawberries.

Frosty Mocha

- 1/2 gal. chocolate ice cream, softened
- 8 cups coffee, chilled
- 1 pint half-and-half
- 1 tsp. almond extract
- 1/8 tsp. salt
- 1 square semi-sweet chocolate, grated
- 1/4 tsp. ground cinnamon

With mixer at low speed, beat ice cream and 3 cups coffee until smooth. In chilled 5-6 qt. punch bowl, stir ice cream mixture, half-and-half, almond extract, salt, and 5 cups of coffee until blended. Sprinkle with grated chocolate and cinnamon. Makes 16 8-ounce servings.

Fizzled Wine

- 1/2 cup white grape juice
- 1/2 cup lemon-lime soda
- 1/2 tsp. sugar (optional)

Combine ingredients in tall glass; stir to blend. Add ice. Makes 1 serving.

Southern Style Eggnog

- 4 eggs, separated
- 1/2 cup sugar
- 1/4 tsp. salt
- 3 cups milk
- 1 cup whipping cream
- 2 tsp. vanilla extract
- Nutmeg
- Whipped cream to garnish

While beating the egg yolks, gradually add sugar and salt. Gradually stir in milk and cream. Heat mixture over hot water or over low heat, stirring constantly, until it thickens and coats a metal spoon. Cool. Add vanilla extract and chill thoroughly. Beat egg whites until soft peaks form; gradually add remaining 1/4 cup sugar. Beat the refrigerated mixture until smooth and frothy. Fold in beaten egg whites. Sprinkle nutmeg and garnish with whipped cream.

Hot Spiced Apple Cider

- Heat in glass pot or enameled pan:
- 6-8 cups apple cider
- 1/4 cup orange, lemon, or lime slices with peel, or any combination
- 1 2-inch cinnamon stick
- 4-6 cloves

Serve with fruit slices in mugs. Makes 6-8 servings.



South Sea Cooler

- 3 oz. orange juice
- 1/2 oz. undiluted grapefruit juice concentrate
- 1 oz. coconut cream
- 1 oz. light cream

Shake with large scoop of shaved ice. Serve in tall glass.

River Club Cream

- 1.5 oz. Arrow Nonalcoholic Black Raspberry Cordial
- 5 oz. half-and-half
- Dollop of whipped cream



Shake ingredients in glass and metal shaker with ice until frothy. Pour (with ice) into 10-12 oz. snifter or tall glass.

No-Tequila Margarita

- 12 oz. can thawed lemonade concentrate
- 12 oz. can thawed limeade concentrate
- 1 cup powdered sugar
- 4 egg whites
- 6 cups crushed ice
- 1 qt. club soda
- Coarse salt (optional)



In 4-quart non-metal container, thoroughly mix together the first five ingredients. Cover and freeze, stirring occasionally. Remove container from freezer 30 minutes before serving. Spoon 2 cups of the slush mixture into blender; add 1 cup of club soda. Blend until frothy. To serve, rub rim of glass with lime slice, and, if desired, dip rim in coarse salt; fill glass. Garnish with lime slices. Makes 24 servings.

**May your holiday season celebrations
be healthy and full of joy and peace!**

Publications on Alcohol and Drugs

What Is Substance Abuse Treatment? A Booklet for Families

(2004, SAMHSA/CSAT) BKD503—This booklet answers questions often asked by the families of people who are entering treatment for alcohol or drug dependence. It offers resources for additional information and a list of support groups.

The NSDUH Report: Drugged Driving: 2002 Update

(2003, SAMHSA/OAS) PHD1033—This report is based on the National Survey on Drug Use and Health (NSDUH), conducted by SAMHSA's Office of Applied Studies (OAS). It describes the prevalence and patterns of driving after the use of illicit drugs.

<http://www.oas.samhsa.gov/2k3/DrugDriving/DrugDriving.cfm>

The NSDUH Report: Quantity and Frequency of Alcohol Use

(2003, SAMHSA/OAS) PHD1053—SAMHSA's 2002 NSDUH examines the amount of alcohol use, frequency of alcohol use, and the incidence of driving under the influence of alcohol among current drinkers.

<http://www.oas.samhsa.gov/2k3/AlcQF/AlcQF.cfm>

Alcohol Alert No. 52: Alcohol and Transportation Safety

(2001, NIH/NIAAA) PH396—This edition of the National Institute on Alcohol Abuse and Alcoholism's (NIAAA's) Alcohol Alert examines some aspects of alcohol-induced impairment and reviews strategies to reduce alcohol-related crashes and repeat drinking-and-driving offenses.

<http://www.niaaa.nih.gov/publications/aa52.htm>

Alcohol Alert No. 62: Alcohol—An Important Women's Health Issue

(2004, NIH/NIAAA) PH406—This edition of NIAAA's Alcohol Alert focuses on alcohol as an important women's health issue, including what alcohol can do to a woman's reproductive system and how alcohol affects older women. <http://www.niaaa.nih.gov/publications/aa62/aa62.pdf>

Alcohol: What You Don't Know Can Harm You

(2002, NIH/NIAAA) PH326—This booklet defines a "drink" and explains some harmful consequences of drinking, including impaired driving ability, interaction with medications, interpersonal conflicts, birth defects, and long-term health problems. <http://www.niaaa.nih.gov/publications/harm-al.htm>

To order these and other publications, call SAMHSA's **National Clearinghouse for Alcohol and Drug Information** at 1-800-729-6686 or visit <http://ncadi.samhsa.gov>.