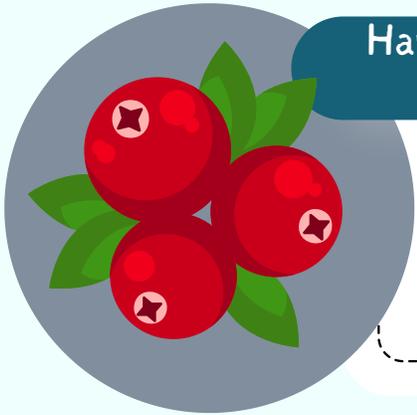


Holiday Spirits: Responsible Hosting Tips



Have a variety of non-alcoholic drinks on hand

Examples could include juices, sparkling waters, sodas, water, and mocktails (cocktail inspired drinks that do not include alcohol). Alcohol free drinks help counteract the dehydrating effects of alcohol and/or can be a great alternative to alcoholic beverages



Provide a variety of small foods and snacks

Food can slow the absorption rate of alcohol and reduce the peak level of alcohol in the body by one-third. Additionally, providing food can help reduce guests drinking on an empty stomach.



Avoid offering drinks at the door

It may seem hospitable to offer a glass of wine or a beer as someone walks in the door, but this could lead to pressure to drink. Instead offer a non-alcoholic beverage or avoid the phrase, "can I grab you a beer/glass of wine?" all together.

Create a comfortable environment for guests who do not want to drink alcohol

Avoid questioning guests for their beverage or lifestyle choices. Provide support for those deciding to not drink alcohol.

