

CELEBRATE GOOD TIMES

CELEBRATE RESPONSIBLY

KEEP IT SAFE!

Whether your holidays are a time of parties and social engagements or a more subdued celebration, alcohol is generally flowing freely. There's nothing wrong with a little indulgence over the holidays. Being prepared will help you to make mindful and healthy choices and prevent poor decisions that can put you at risk.

4 Things to Consider When Drinking

1) Don't Let it be a Crutch

A growing to-do list, family drama, and financial burden can make the holidays a stressful time. While it's probably ok to enjoy a glass of wine at a social event or dinner, consider caution at times of vulnerability – ie. after a conflict with your sister about who is hosting the family gathering this year. Try to use other means of coping or reach out for support if you feel you need it.

2) Create Positive Memories

The holidays are an amazing time for making memories. It may be the one time of year that we can reconnect with family and friends from a distance. Alcohol can loosen inhibitions and could have you losing self-control, saying things you may not mean or embarrassing yourself or others. Too much alcohol and your memories could be a fog. Try to balance your consumption with one of our mocktails!

3) Avoid Becoming a Statistic

Each year, it is estimated that between 1,250 and 1,500 people are killed and more than 63,000 are injured in Canada due to impairment-related vehicle accidents. Don't risk becoming a statistic. Alcohol isn't necessary for holiday cheer. If you decide to drink, have a plan to get home safely and stick to it!

4) Set a Good Example

Holiday events often include the eyes of young children. How parents drink in front of their kids teaches them how to behave around alcohol. Lead by example and model responsible drinking by moderating consumption, arranging a cab ride home, or opting out altogether.



DRINK RESPONSIBLY AND STILL HAVE FUN

- **Bring your own alcohol** so that you know what you are drinking and can keep track of how much you have had.
- **Eat before you go.** Carbohydrates and protein will help to absorb the alcohol.
- **Pace yourself.** If something in your hands makes you feel more comfortable, swap for a non-alcoholic drink periodically.
- **Keep hydrated** and have a glass of water for every alcoholic drink you consume.
- Whether you decide to consume alcohol or not, have the **phone number for a local cab** company at your fingertips, just in case!

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HOLIDAY MOCKTAILS ANYONE CAN ENJOY!



A bright, crisp drink, this **Pomegranate Sparkler** has a delicious, tart flavour and just enough bubbles to keep it fun!

Ingredients

1 cup pomegranate juice
1 litre sparkling water
1 lemon, halved
Basil for garnish

Directions

- 1) Pour the juice into a festive pitcher or divide among six glasses.
- 2) Fill glasses or pitcher with sparkling water.
- 3) Juice half the lemon and divide equally among glasses.
- 4) Slice the remaining lemon into rounds and add to the glasses. Garnish with basil.

Adapted from <https://simplebites.net/ringing-in-the-new-year-with-kids/>

Toast the holidays with a **Faux-jito**, a mock twist on a classic favourite!

Ingredients

8-10 large fresh mint leaves
1/2 lime, cut into four wedges
1 can (12 oz) sparkling water
1 cup ice
1 tsp simple syrup
2-4 drops rum extract (optional)



Directions

- 1) Place mint leaves and a wedge of lime into a glass and muddle.
- 2) Add simple syrup and juice from two lime wedges.
- 3) Fill the glass with sparkling water and add ice. Stir well and slowly add rum extract.
- 4) Taste test and garnish with mint leaves and a lime wedge.

Adapted from <https://www.sustainablecooks.com/clvirgin-mojito-recipe/>



Everyone can clink glasses with this bubbly **Champagne Mocktail**.

Ingredients

1 (12 oz) frozen raspberry lemonade concentrate
3 cups cold water
1 cup frozen raspberries
1 bottle sparkling grape juice

Directions

- 1) Make raspberry cubes: In a small pitcher, mix the lemonade concentrate with 3 cups of water. Add raspberries to an ice cube tray and pour the mixture over them. Freeze.
- 2) When ready, add ice cubes to each glass and pour one tablespoon of lemonade into each glass.
- 3) Top with sparkling grape juice and...cheers!

Adapted from: <http://poofycheeks.com/2013/12/simple-sparkling-raspberry-mocktail/>

Sources: <https://maddchapters.ca/parkland/about-us/impaired-driving-statistics/>