

Tips for Sipping & Serving

**Ensure a responsible celebration
by keeping guests safe!**

No matter the season, it seems another celebration is always around the corner.

Birthday parties, sporting events, holidays and more bring us together and often involve eating and drinking.

**It's your responsibility as a guest or a host to manage each event
without putting yourself or your guests in jeopardy.**

MAKE SAFETY A TOP PRIORITY WITH THESE TIPS ON SIPPING AND SERVING:

HOSTING A YOUTH EVENT

- Do not serve alcohol or allow it to be brought in if your guests are under age 21.
- Plan the event with the youth so they can choose the food and non-alcoholic drinks served.
- Supervise the entire event and let other parents know you will be doing so.

HOSTING AN ADULT EVENT INVOLVING ALCOHOL

- Serve non-salty food before people start drinking. High-protein foods and carbohydrates are best to help slow the absorption of alcohol.
- Make sure plenty of non-alcoholic beverages are available.
- Ask for volunteers to be designated drivers in advance.
- Do not encourage or tolerate excessive drinking.
- Stop serving alcohol at least an hour before the end of the event to give guests time to sober up.

WHEN YOU ARE THE GUEST (AGES 21+)

- It is *always* okay to abstain from drinking alcohol, especially if you will be driving. Do someone else a favor and volunteer to be a designated driver.
- If you usually drink, there are certain times when you should choose not to or at least drink less, such as when you are tired or sick, are taking medications, have an empty stomach or may be pregnant.
- Pace yourself. It takes your body about an hour to metabolize 1 oz. of alcohol.