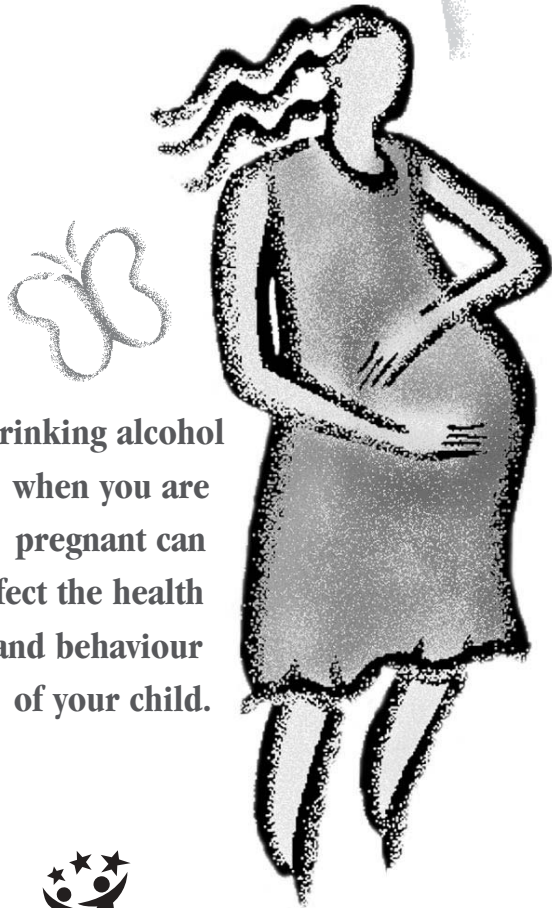


Drink Recipes WITH NO ALCOHOL

For baby's sake, don't drink
during pregnancy...



Drinking alcohol
when you are
pregnant can
affect the health
and behaviour
of your child.



Mom Collins

No Alcohol

Lemon slice, squeezed
1 teaspoon sugar, or less
Club Soda
Ice

*Stir lemon and sugar together.
Add ice cubes and club soda.*

Caribbean Cooler or Breakfast Shake

No Alcohol

1 cup Milk
1/4 cup Orange Juice-frozen
concentrate (or orange,
pineapple and banana)
Banana (whole or half)

*Mash banana with a fork until smooth.
Put all ingredients into a large jar, cover
and shake well. (Or, put ingredients in a
blender; blend until smooth.)*

Juice Punch (for a crowd)

No Alcohol

Juice* (3 cups or more)
1 bottle of Ginger Ale
Ice

*Put ice in a punch bowl or large
container. Pour juices and ginger ale
over the ice. Stir briefly. (Garnish with
fruit slices if you have some.)*

**Try a mixture of juices, such as orange, grapefruit,
pineapple, cranberry, etc.*

Fruit Spritzer

No Alcohol

1/2 cup or more of Fruit Juice
(orange, apple, grape, passion
fruit, etc.)
Club Soda, chilled

*Mix together. Add a lemon or lime
wedge if you have one.*

*Tastes great and it's a better choice
than pop.*

- Recipes are contributed by Healthy Baby programs and have been adapted from recipes of the Manitoba Liquor Commission and Dairy Bureau of Canada.
- To learn more about pregnancy, nutrition and parenting, call 945-1301 or 1-888-848-0140 at no cost, and ask about a Healthy Baby program near you.