

Parties with a Punch



**DRINKING DRIVING
COUNTERATTACK**

Hosting Hassle-Free Parties

Some parties are like spontaneous combustion, they just happen. But really good ones take a little planning – food, drink, things to do, and a plan to get people home safely.

It doesn't take much to make it happen ...

Good food and lots of it. If you're not into cooking, hit the deli or ask friends to bring snacks.

Pick up some buzzless beer and wine and make sure you have plenty of pop.

Think about your friends. How are they getting home? Cab? Bus? Designated driver? As a host you have an obligation to make sure your guests get home safely.

You can't miss if you ...

Serve high-protein munchies. Alcohol works really fast on an empty stomach, so put out food as soon as your friends show up. Foods like chicken wings, cheese, and guacamole are best. Avoid salty things. They feed a thirst. If food is running low, order in.

And keep them eating!

Who cares about diets? This is a party! Food keeps people happy and it lessens the need to drink.

An ounce of prevention ...

Most people overestimate the volume of an ounce. Keep a one-ounce glass at the bar and make using it a house rule.

Fizzy drinks ...

Sure they taste like pop, but coolers and spritzers pack a punch. Offer friends who like fizzy drinks some pop or spritz mocktails.

Chill out with a glass of icy H₂O ...

Out of the tap or out of the bottle, water is a proven thirst quencher – ice and lemon are optional. Strategically place pitchers or jugs next to your food and at the bar.

Maintain the glow without stopping the flow ...

Help your friends pace themselves by making sure there are other things to drink besides booze – juice, mocktails, non-alcoholic beer. Give them a choice.

Get the party out of the kitchen ...

Plan some things for your guests to do so they don't have to rely on liquor to loosen up.

Appreciate designated drivers ...

Designated drivers deserve the royal treatment. If some of your friends offer to be designated drivers, make them feel at home and appreciated by serving non-alcoholic drinks and some really good coffee.



Time to go home ...

If your friends have had too much, don't take any chances. Call them a cab, find them a designated driver, or roll out the sleeping bags.

Mocktails



Easy-to-make mocktails – hot and cold – with a punch that’s all their own. Good enough to be the surprise hit of your party. Most ingredients are probably already in your fridge. If not, a quick trip to your local grocery store will solve the problem. Measures are approximate.

Hot Apple Cider – with spicy cinnamon

Ingredients (serves 6)

- Apple juice 1 litre (4 cups)
- Whole cloves 10
- Whole allspice 10
- Ground nutmeg dash
- Salt pinch
- Cinnamon 2 sticks

Supplies: Large saucepan, mugs
Mixing: Pour juice into saucepan. Add spices. Cover and heat on low until almost boiling. Serve in mugs.

Kootenay Koffee – smooth and creamy

Ingredients (serves 6)

- Butter 15 ml (1 tbsp)
- Brown sugar 80 ml (1/3 cup)
- Cinnamon, nutmeg, allspice, cloves pinch of each
- Strong, freshly brewed coffee 1.4 litres (5 1/2 cups)
- Milk 200 ml (3/4 cup)
- Orange or lemon twists

Supplies: Large saucepan, mugs, electric beaters (optional)
Mixing: In saucepan, beat butter and sugar into a creamy consistency. Blend in spices. Add hot coffee and stir until sugar melts. Stir in milk and heat just to boiling. Pour into heated mugs and garnish with orange or lemon twists.

Tropical Heat – berry hot

Ingredients (serves 10)

- Cranberry juice 1 litre (4 cups)
- Pineapple juice 1 litre (4 cups)
- Water 250 ml (1 cup)
- Salt pinch
- Cinnamon 2.5 ml (1/2 tsp)
- Ground cloves 3 ml (3/4 tsp)
- Nutmeg 1.25 ml (1/4 tsp)
- Allspice 2.5 ml (1/2 tsp)
- Cinnamon sticks 10

Supplies: Large saucepan, mugs
Mixing: Combine spices and water in the saucepan. Stir and bring to a boil. Add fruit juices and reheat just to boiling point. Serve piping hot with a cinnamon stick stirrer in each cup.

Southern Sunrise

Ingredients (serves 20)

- Cranberry juice 1.14 litres (4 1/2 cups)
 - Orange juice 1 litre (4 cups)
 - Almond extract 5-10 ml (1-2 tsp)
- For tart drink:**
- Soda 2 litres (8 cups)
- For sweeter drink:
- Ginger ale 2 litres (8 cups)

Supplies: One 8 litre (2 gal.) container for mixing. Punch bowl and cups, or highball glasses.
Mixing: Chill all the ingredients for at least 3 hours. Combine the juices in your mixing container and all almond extract to taste. Cover. Refrigerate. Add soda or ginger ale just before serving.

Lemon Fizz – tart and tingling

Ingredients (serves 8)

- Apple juice 1 litre (4 cups)
- Lemon juice 60 ml (1/4 cup)
- Soda 875 ml (3 1/2 cups)
- Lemon peel 8 strips

Supplies: Two litre (8 cup) pitcher or bowl
Mixing: In the pitcher, combine apple and lemon juice. If serving drinks at once, add soda. If serving individually, half fill glasses (4 oz.) with soda and top with apple-lemon mixture. Garnish with a lemon strip.

Spritz to be Tied – sunshine with a bite

Ingredients (serves 12 to 15)

- Peach nectar 1 litre (4 cups)
- Grapefruit juice 1 litre (4 cups)
- Carbonated water 1 litre (4 cups)
- Ice cubes

Supplies: Large 4 litre (16 cup) mixing container, pitcher (optional)
Mixing: Combine all the ingredients and mix. Scoop into a pitcher, then pour into ice-filled glasses

The Inside Story

On staying sober

Alcohol doesn't quench your thirst. It actually makes you thirstier. It's a chemical reaction.

The fizz in a drink makes the alcohol take a quick route to your bloodstream. Carbonation does a trick with the exit valve from your stomach, especially if it's empty. From there, it's a fast lane to your brain. Be warned.

On sobering up

If you drink more than your limit, there is no quick fix. Black coffee? Walks? A quick nap? Nothing will sober you up but time.

Transport Canada states that if you have a blood alcohol level (BAC) of .08 (the legal limit in B.C.), it takes about six hours for your body to completely process that alcohol and return to a BAC of zero.



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