



HOW TO HAVE A
**SAFE &
SOBER**
HOLIDAY SEASON

*The little booklet of safety tips
and recipes for non-alcoholic drinks
and smart party snacks.*

Brought to you by the
Delaware Office of Highway Safety.



TIPS for RESPONSIBLE HOLIDAY PARTY HOSTING

1. DE-EMPHASIZE ALCOHOL

Guests should not have to drink in order to relax and have fun.

2. DESIGNATE A DRIVER

Publicize your plans for a safe party. Each vehicle should have a driver designated to stay sober.

3. ALWAYS SERVE FOOD WITH ALCOHOL

Have lots of non-salty, high-protein, low-fat foods like meats and cheeses. These slow the absorption of alcohol.

4. MEASURE AND CONTROL DRINKS

Do not have an open bar, and don't push drinks. Place the bar out of the way. Serve your guests or use a bartender. Always measure the alcohol, never free pour. Never serve anyone who seems to be impaired.

5. HAVE NON-ALCOHOLIC BEVERAGES AVAILABLE

Focus on serving an attractive variety of juices and sodas. Some of your guests may not want to drink alcohol. Respect their wishes.

6. PARTY'S END

Stop serving alcohol at least an hour before guests leave. Only time (not coffee or a cold shower) will reduce the amount of alcohol in your system. Never let a guest drive away intoxicated. Arrange rides or have them stay over. In the morning you'll have a safer, and maybe even closer, friend.



“MIXIN’ IT UP” NON-ALCOHOLIC BEVERAGES

TIP

*Some attractive non-alcoholic beverages include:
Fancy Juices ~ Ciders
Soft Drinks ~ Sparkling Waters*

NON-ALCOHOLIC BEVERAGES

PINK LADY PUNCH

OHS's signature mocktail beverage

- 1 qt. cranberry juice cocktail
- 1 1/2 cups sugar (optional)
- 4 cups unsweetened pineapple or grapefruit juice
- 2 qts. ginger ale

Place cranberry juice, sugar, pineapple juice and ginger ale in a punch bowl. Stir.

NEW YEAR'S EVE KISS

- Pour 2 oz. of passion fruit juice into champagne flute.
- Fill with club soda.

Will put a sparkle in your New Year's Eve celebration!

VERY MERRY COSMO

- 1 bottle of Lipton Iced Tea with Blueberry Pomegranate
- 3 tbsp. cranberry juice
- 3 tbsp. orange juice
- 1 tbsp. lime juice

Chill and mix in shaker. Put in martini glass.

CHOCOLATE "MINT" MARTINI

(Makes 2 servings)

- 1 cup half-and-half
- 1/4 cup chocolate syrup
- 1 tsp. peppermint extract

Dip rims of two martini glasses in water then into red decorating sugar. In large cocktail shaker, combine half-and-half, chocolate syrup and peppermint extract. Add ice and shake 30 seconds. Strain into martini glasses. If desired, garnish with whipped cream or topping, chocolate shavings and mini candy canes.

DARLENE-A COLADA

- 1/3 cup coconut milk
- 4 tbsp. plain Greek yogurt
- 1/2 banana
- 6 strawberries
- 1/2 cup crushed ice
- 2 tbsp. Fabbri Mixybar Coconut syrup

Pour into a tall fluted 12 oz glass and garnish with pineapple slice.

NON-ALCOHOLIC BEVERAGES

GRINCH PUNCH

- Sprite
- Ginger ale
- Lime sherbet
- Green sprinkles

Mix Sprite, ginger ale and lime sherbet. Sugar the rim of the glasses with green sprinkles.

KEY LIME BREEZE

- Splash of key lime juice
- 1 oz. sweet & sour
- 5 oz. pineapple juice
- 1/2 oz. grenadine

Mix first 3 ingredients, top with grenadine and garnish with a cherry.

TIP

DON'T RUSH TO FILL GUESTS' GLASSES.

Some guests may not want to seem rude and will accept drinks they don't want.

PUMPKIN PIE MOCKTINI

- 1 oz. pumpkin pie syrup
- 6 oz. Dr. Brown's Cream Soda
- Cinnamon sugar

In a shaker, mix 1 oz. of syrup with cream soda. Shake with ice. Rim chilled martini glass with cinnamon sugar. Pour contents of shaker in glass.

BLUSHING PEAR COCKTAIL

(Makes 2 servings)

- 1/2 cup chilled pear nectar
- 2 teaspoons grenadine syrup
- 3/4 cup chilled ginger ale

In a pitcher, combine pear nectar, grenadine syrup and ginger ale. Divide between two glasses. If desired, garnish with pear slices.

NON-ALCOHOLIC BEVERAGES

WINTER SUNSET MOCKTAIL

1/2 cup pink grapefruit juice
1/3 cup orange juice
1 tsp. grenadine

For each mocktail, fill tall shaker with 8 ice cubes. Add pink grapefruit juice and orange juice. Cover and shake for 30 seconds. Strain into tall glass filled with ice. Top with 1 tsp. grenadine syrup and garnish with a maraschino cherry or orange zest twist.

SANTA-GRIA

4 cups cranberry-grape juice
1 cup orange juice
1/4 cup fresh lemon juice
1 each diced pear and apple
3 cups carbonated lemon-lime soda (Sierra Mist)

Combine all ingredients in large pitcher. Add ice and serve.

CHRISTMAS DREAM

1 cup whipped cream
7 scoops vanilla ice cream
1/2 cup pecans
1/4 cup chocolate syrup
1 banana

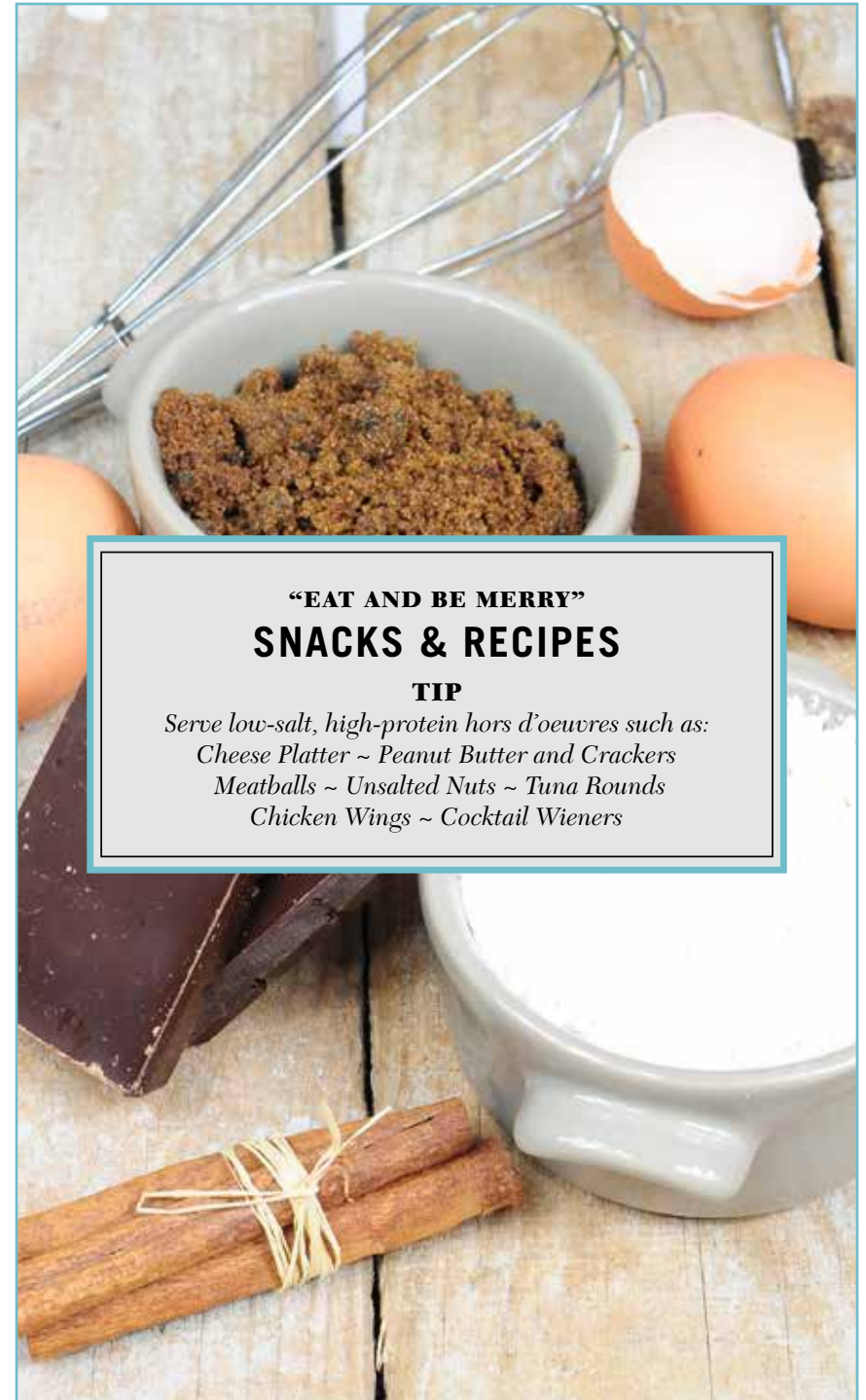
Put all five ingredients in blender. Mix well and top with whipped cream and nuts.

WATERMELON SPARKLE

1/3 cup pineapple juice
1/3 cup orange juice
Splash of almond syrup
Lime juice

Fill 12-oz. glass halfway with crushed ice. Add pineapple juice, orange juice and splash of almond syrup. Stir well and add lime juice over top of drink. Garnish with pineapple, watermelon, and lime wedge or maraschino cherry.

*The food and drink recipes are staff and partner favorites.
Mocktail recipes courtesy of Dover Downs annual mocktail competition.*



“EAT AND BE MERRY” SNACKS & RECIPES

TIP

*Serve low-salt, high-protein hors d'oeuvres such as:
Cheese Platter ~ Peanut Butter and Crackers
Meatballs ~ Unsalted Nuts ~ Tuna Rounds
Chicken Wings ~ Cocktail Wieners*

SNACK TIPS

SALT SPEEDS UP INTOXICATION

Serve your dips and spreads with unsalted crackers. Better yet, serve raw vegetables, such as carrots, celery, cauliflower and even squash, for dipping. Weight watchers will be thrilled with these choices!

HIGH-PROTEIN FOODS SLOW DOWN INTOXICATION

High-protein foods, such as cheese and meats, stay in the stomach longer. Consider cold cut trays, cheese fondues, cheese balls, hard-boiled eggs and deviled eggs.

SWEET AND SPICY PECANS

Recipe courtesy of Joe and Jill Biden for Food Network Magazine™

- 1 large egg white
- 2 cups unsalted pecan halves
- 2 cups unsalted roasted cashews
- 1/2 cup sugar
- 1 tbsp. ground cumin
- 3/4 tsp. cayenne pepper
- 1 tsp. ground cinnamon
- Kosher salt

Preheat the oven to 250 degrees F. Beat the egg white with 1 tablespoon water in a large bowl until foamy. Add the nuts, sugar, cumin, cayenne, cinnamon and 1/2 teaspoon salt and mix well.

Spread the mixture on a parchment-lined baking sheet. Bake until the nuts are mostly dry but still slightly sticky, about 40 minutes.

Remove the nuts from the oven and stir. Reduce the temperature to 200 degrees F. Return the nuts to the oven and bake until crisp, about 30 more minutes. Stir to loosen the nuts from the baking sheet; cool completely on the sheet.

BAKED BRIE

- 1/4 wheel brie
- 4 tbsp. honey

Preheat the oven to 350 degrees F. Place the brie on a sheet pan covered with parchment paper and drizzle with the honey. Bake for 5 to 7 minutes, or until it starts to ooze but not melt.

Serve with crackers and/or green apple slices.

PUMPKIN DIP

- 1 (16-oz.) container thawed Cool Whip
- 1 (15-oz.) can of pumpkin
- 1 (5-oz.) package instant vanilla pudding mix
- 1 tsp. pumpkin pie spice
- 1/2 tbsp. cinnamon

In a large bowl, mix together instant vanilla pudding mix, pumpkin and pumpkin pie spice. Fold in the thawed frozen whipped topping. Chill in the refrigerator until serving. Serve with apple slices, vanilla wafers or ginger snaps.

DELIGHTFUL DEVILED EGGS

- 6 hard-cooked peeled eggs
- 2 tablespoons mayonnaise
- 1 1/2 tsp. grated onion
- 1 1/2 tsp. sweet pickle relish
- 1/2 tsp. spicy brown mustard
- 1/4 tsp. salt
- 1/8 tsp. crushed red pepper flakes
- 1/8 tsp. pepper

Slice eggs in half lengthwise. Remove yolks; set whites aside. In a small bowl, mash yolks. Stir in the mayonnaise, onion, relish, mustard, salt, pepper flakes and pepper.

Pipe or spoon into egg whites. Refrigerate until serving.

SNACKS & RECIPES

MISTLETOE VEGGIE DIP

1 cup sour cream
1 cup mayonnaise
1 pkg. dry Good Seasons
Italian Dressing
1/2 tsp. celery seed

Combine all ingredients. Mix well.
Chill several hours. Serve with
vegetable sticks.

SHRIMP COCKTAIL

1 lb. medium or large shrimp, in
the shell, rinsed
1 tbsp. kosher salt
Cocktail sauce (recipe follows)
Lemon wedges

Fill pot with water and any
seasonings you prefer (onion,
garlic, lemon, thyme, bay leaves,
etc.) and bring to a boil over high
heat. Lower the heat to a simmer,
set a cover on top slightly ajar, and
cook for 10 to 30 minutes.

Drop the shrimp into the liquid
and turn off the heat. Cook the
shrimp, stirring occasionally, until
they curl and turn pink, about 2 to
2 1/2 minutes for medium shrimp,

3 minutes for large ones. Drain
and cool to room temperature.
Peel the shrimp and remove the
vein along the curve of the shrimp,
if desired. Refrigerate if not serving
right away. If refrigerated, bring
the shrimp to room temperature
20 minutes before serving.

To serve, put the cocktail sauce
in a medium bowl and surround
with the shrimp, or loop the shrimp
over the edge of an individual
cocktail glass and top with the sauce.
Garnish with the lemon and serve.

Cocktail Sauce

1 cup ketchup
1 lemon, zest finely grated
and juiced
4 tsp. prepared horseradish,
or to taste, drained
1/4 tsp. Worcestershire sauce
Hot sauce to taste

Combine the ketchup, lemon
zest and juice, horseradish, and
Worcestershire sauce in a small
bowl. Add hot sauce, if desired.
Mix well, then refrigerate until
ready to serve.

“KEEP IT IN MIND” SPECIAL NOTES

ALTERNATIVES TO DRIVING

*Designate a driver ~ Sleepovers
Friends ~ Dial a Ride ~ Taxis ~ Police ~ Car pools*

PROGRESSIVE SIGNS OF INTOXICATION

*Loss of inhibition
Loss of motor control {spilled drinks ~ tripping}
Silliness
Sadness/Crying
Boisterousness
Slurred speech
Wobbly gait*

IF YOU HAVE TO INTERVENE ...

*Act early
{if you wait your guest may become aggressive}.
Be calm but firm.
Speak softly.
Don't take drunken statements personally.
Offer to pay for a ride home.
If you need help, GET IT!*

FROM THE OFFICE OF HIGHWAY SAFETY ...

Impaired driving is a deadly crime that kills, and sadly it is completely preventable. Even after years of progress, alcohol is still involved in 30% to 40% of fatal motor vehicle crashes each year in Delaware.

Even during the holidays...you can't hide from a DUI. Why? Because choosing to drink and drive has long-lasting consequences. A DUI will follow you everywhere. Drive Sober. Arrive Alive DE.

AND REMEMBER ...

**FRIENDS DON'T LET FRIENDS DRIVE
AFTER DRINKING.**



HAVE A SAFE AND SOBER HOLIDAY SEASON!

Delaware Office of Highway Safety
P.O. Box 1321
Dover, DE 19903-1321
302-744-2740
www.ohs.delaware.gov