

The background of the entire page is a vibrant red color, densely populated with gold-colored stars of various sizes and orientations. The stars are scattered across the field, creating a festive, holiday-themed pattern. In the center of the page, there is a white rectangular area with a thin gold border. Inside this white area, the text is centered and reads:

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

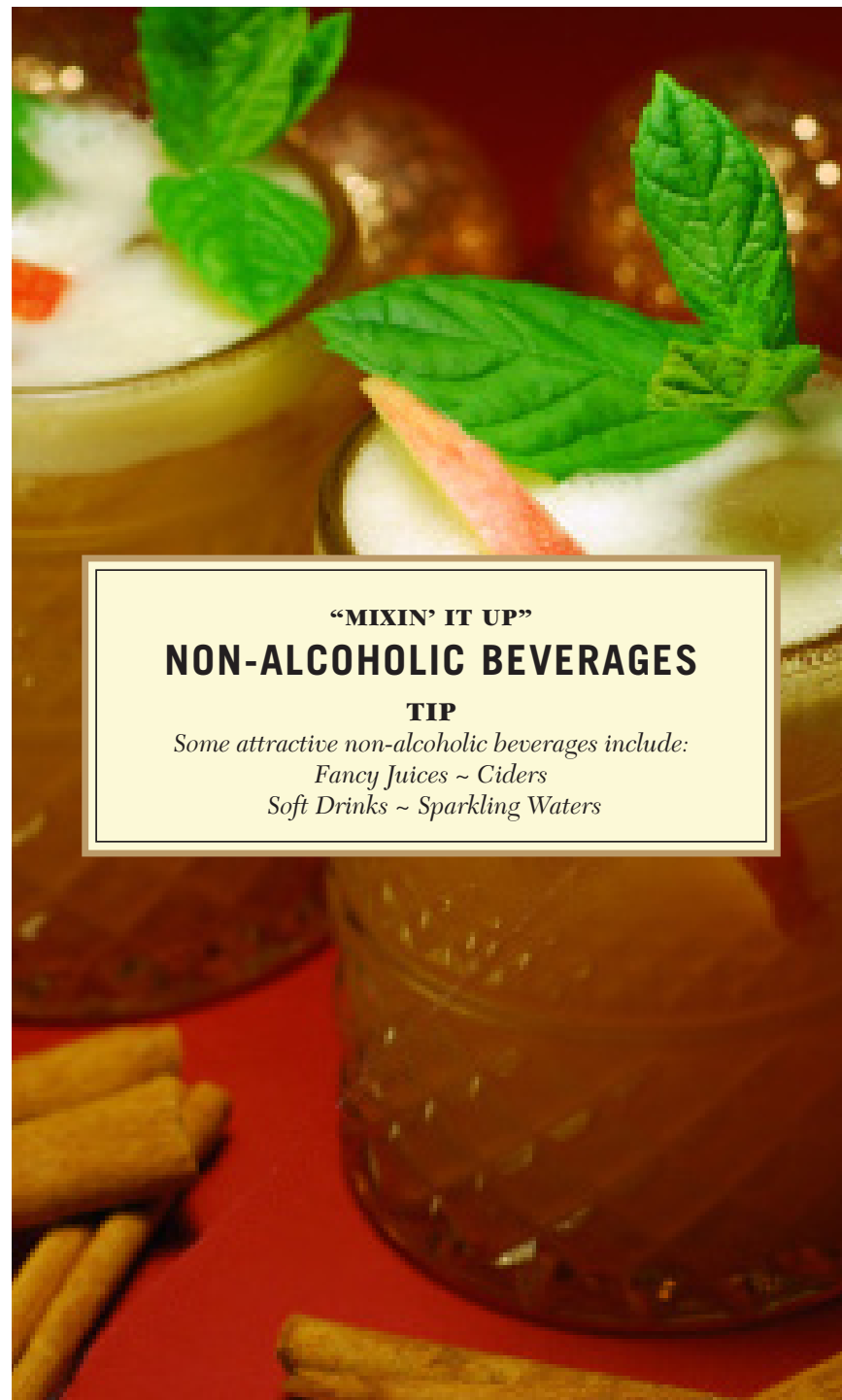
Do not have an open bar, and don't push drinks. Place the bar out of the way. Serve your guests or use a bartender. Always measure the alcohol, never free pour. Never serve anyone who seems to be impaired.

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

DESIGNATED DRIVER'S DELIGHT

2 1/2 oz. orange juice
1 1/4 oz. pineapple juice
1 1/4 oz. cranberry juice
2 scoops vanilla ice cream
3-4 frozen strawberries

Mix in blender until smooth. Serve in a hurricane glass with an orange slice and a strawberry.

NOT A COLADA

1 10 oz. can creme de coconut
1 2 qt. can pineapple juice
1 15 oz. can crushed pineapple, drained
1 qt. vanilla ice cream

Blend all ingredients in a blender with crushed ice. Garnish with a pineapple slice and a cherry.

STRAWBERRY NON-DAQUIRIS

2/3 scoop crushed ice
4 1/2 oz. sweet and sour mix
1 1/2 oz. strawberries
splash of cream

Blend to medium consistency, makes an 8 1/2 oz. drink.

FAUX KIR

For each serving:

Fill half of a large wine glass with chilled white grape juice. Stir in 1 tsp. non-alcoholic grenadine syrup. Fill with cold raspberry ginger ale.

NON-ALCOHOLIC BEVERAGES

APRICOT APPEALER

24 oz. apricot nectar
16 oz. ginger ale
1 1/2 Tbs. lemon juice
1 1/2 Tbs. sugar

Shake ingredients in shaker and serve over ice.

PINK LADY PUNCH

1 qt. cranberry juice cocktail
1 1/2 cups sugar
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.

TIP

DON'T RUSH TO FILL GUESTS' GLASSES.

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

PINEAPPLE LASSI

1/2 cup pineapple yogurt
4 oz. unsweetened pineapple juice
1 banana
1/4 tsp. nutmeg
2 scoops ice

Mix all ingredients in blender, sprinkle with cinnamon.

CITRUS COLLINS

2 oz. orange or grapefruit juice
1 oz. lemon juice
1 oz. simple syrup

Fill a 10-12 oz. glass with ice. Add all ingredients then fill with club soda. Garnish with 1/2 orange slice and a cherry.

NON-ALCOHOLIC BEVERAGES

THE ENFORCER

Fresh brewed coffee
Whipped cream
Chocolate sprinkles
Sugar cubes
Cinnamon

Pour coffee into a mug. Stir in two sugar cubes and a dash of cinnamon. Top with whipped cream and chocolate sprinkles.

NEW YEAR'S EVE KISS

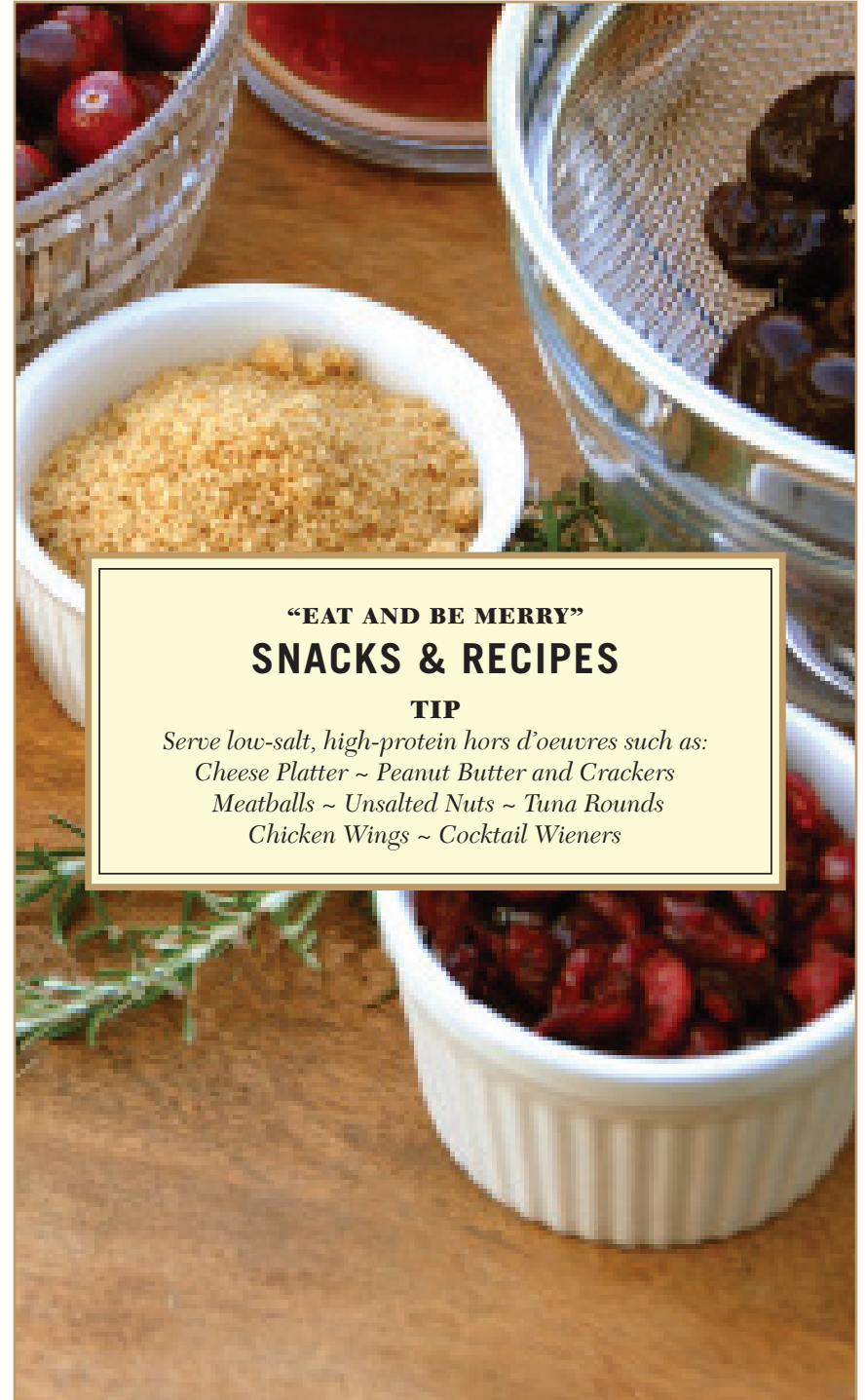
Pour 2 oz. of passion fruit juice into champagne flute. Fill with club soda.

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

THE PINK SNOWMAN

1 cup orange juice
1 10 oz. pkg. frozen strawberries, partially thawed
1/2 cup of water
2 large scoops of vanilla ice cream
Garnish: strawberries or orange slices

Combine juice, berries and water in a blender. Blend at medium speed for 30 seconds. Pour into tall glasses or goblets and add a scoop of ice cream to each. Garnish with fruit, add straw and serve immediately. Makes two large glasses.



“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*

SNACKS & RECIPES

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.

CRUNCHY CHEESE STICKS

Bread (day old)
Melted butter
Parmesan cheese

Cut bread into 1 x 3-inch strips.
Dip bread in butter and then in
Parmesan cheese. Broil, turning as
they brown. Serve warm.

YULETIDE CELERY STICKS

1 pkg. celery sticks
1 8 oz. pkg. cream cheese
1 pkg. onion soup mix
1/4 tsp. garlic salt

Combine cheese, soup mix and
salt. Fill celery sticks, serve.

SANTA'S MINI PIZZAS

Mozzarella cheese
Tomato sauce
Oregano
Parmesan cheese
Crackers

Preheat oven to 400°F. Top
crackers with thin slices of
Mozarella cheese. Spread with
tomato sauce, sprinkle with
oregano and Parmesan. Bake
for 10 minutes. Serve immediately.

SNACKS & RECIPES

CHIMNEY CRABMEAT APPETIZER

1 8 oz. pkg. cream cheese
1 1/2 cups (7 1/2 oz. can) flaked,
drained, crabmeat
2 Tbs. finely chopped onion
2 Tbs. milk
1/2 tsp. cream-style horseradish
1/4 tsp. salt
Dash of pepper
1/3 cup sliced almonds, toasted

Combine softened cream cheese,
crabmeat, onion, milk, horseradish
and seasonings, mixing until well
blended. Spoon into a 9-inch pie
plate or oven-proof dish; sprinkle
with nuts. Bake at 375°F for 15
minutes. Serve as a dip or a spread
with unsalted crackers or raw
vegetables. Makes about 2 cups.

HOLIDAY HAM SPREAD

1 8 oz. pkg. cream cheese
1 4oz. pkg. cheddar cheese
(shredded)
1 6 oz. can tender chunk ham
Worcestershire sauce (few dashes)

Combine cheese and ham. Add
Worcestershire sauce. Mold mix into
a ball and chill. Serve with crackers.

STOCKING STUFFER MEATBALLS

1 lb. ground beef
1 egg, slightly beaten
2 Tbs. fine dry bread crumbs
1/2 tsp. salt
1/2 cup finely chopped onion
1/3 cup finely chopped
green pepper
2 Tbs. butter or margarine
1 10 3/4 oz. can Campbell's
Condensed Tomato Soup
2 Tbs. brown sugar
1 Tbs. vinegar
1 Tbs. Worcestershire sauce
1 tsp. prepared mustard
Dash hot pepper sauce

Thoroughly mix beef, egg, bread
crumbs and salt. Shape the mixture
into 50 small 1/2-inch meatballs.
Arrange in shallow baking pan
(12 x 8 x 2 inches). Broil 4 inches
from heat until browned, turning
once. Pour off the fat. Meanwhile,
in a saucepan, cook onion and
green pepper in butter until tender.
Add meatballs and remaining
ingredients. Cover and cook
over low heat for 10 minutes,
stirring occasionally. Makes about
3 1/2 cups.

SNACKS & RECIPES

TINSEL TACO PIE DIP

8 oz. softened cream cheese
1 can Hormel chili – no beans
1 sm. can chopped green chilies
1 sm. onion, chopped
8 oz. shredded cheddar cheese

Spray pan with nonstick spray. Layer ingredients in order as listed above. Bake at 350°F for 30 minutes. Serve with tortilla chips.

CHEESE PARTY BALL

2 8 oz. pkgs. cream cheese
2 8 oz. cups shredded Cracker Barrel sharp cheddar
1 Tbs. chopped pimento
1 Tbs. chopped green pepper
1 Tbs. finely chopped onion
2 tsp. Worcestershire sauce
1 tsp. lemon juice
Dash cayenne pepper
Dash of salt
Finely chopped pecans

Combine softened cream cheese and cheddar until well blended. Add remaining ingredients (except nuts) and mix well. Chill mixture then shape into a ball and roll in nuts. Serve with crackers.

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.

CHIMNEY SPINACH & CHEESE SQUARES

4 oz. butter
3 eggs
1 cup flour
1 cup milk
1 tsp. salt
1 tsp. baking powder
1 lb. Monterey Jack cheese, grated
4 cups chopped fresh spinach

Melt butter in a 9 x 13-inch pan. Beat eggs. Add remaining ingredients, and mix well. Spread in pan and bake at 350°F for 35 minutes. Cool for 30 minutes before cutting into squares and serving. Makes 40 squares.

“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.

Increase your level of protection by using seat belts or the appropriate child safety seat.

AND REMEMBER ...

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



HAVE A SAFE AND SOBER HOLIDAY SEASON!

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