

# **TIPS FOR RESPONSIBLE HOLIDAY PARTY HOSTING:**

## **1. DEEMPHASIZE 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 freepour. 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.*

## **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 between 30% and 40% of fatal motor vehicle crashes each year in Delaware.**

**So please increase your level of protection by buckling up yourself, and your passengers in seatbelts or the appropriate child safety seat. And remember:**

**Friends Don't Let Friends Drive After Drinking.**

**HAVE A SAFE AND SOBER HOLIDAY SEASON!**

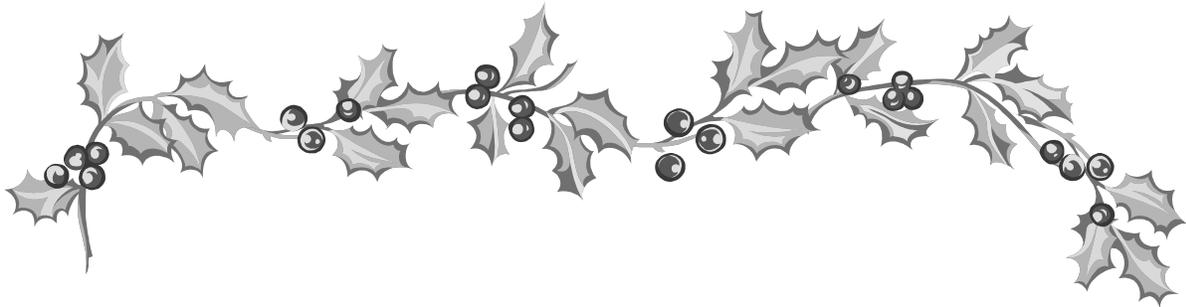
## ATTRACTIVE NON-ALCOHOLIC BEVERAGES . . . .

### 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.

- Fancy Juices
- Ciders
- Soft Drinks
- Sparkling Waters



## SPECIAL NOTES...

### ALTERNATIVES TO DRIVING

- Designate a driver
- Friends
- Taxis
- Carpools
- Sleepovers
- Dial A Ride
- Police



### 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!

## NON-ALCOHOLIC BEVERAGE RECIPES

### NOT A COLADA

1 10oz. can Creme de Coconut  
1 2qt. can Pineapple Juice  
1 15oz. 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 1/2oz. sweet & sour mix  
1 1/2oz. strawberries  
splash of cream

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

### FAUX KIR

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

### Cheese Party Ball

2 8oz. pkgs. Cream Cheese  
2 8oz. cups Shredded Cracker Barrel Sharp Cheddar  
1 Tbs. Chopped Pimento  
1 Tbs. Chopped Green Pepper  
1 Tbs. Finely Chopped Onion  
2 tsps. Worcestershire  
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.*



### 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 pan. Beat eggs. Add remaining ingredients, and mix well. Spread in pan and bake at 350 for 35 minutes. Cool for 30 min. before cutting into squares and serving. Makes 40 squares.

## APRICOT APPEALER

24 oz. Apricot Nectar  
16 oz. Ginger Ale  
1 1/2 T. Lemon Juice  
1 1/2 T. Sugar

Shake ingredients in shaker and serve over ice



## Pineapple Lassi

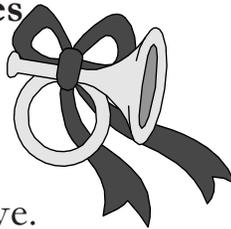
1/2 cup Pineapple Yogurt  
4 oz. unsweetened Pineapple Juice  
1 Banana  
1/4 tsp. nutmeg  
2 scoops ice

Mix all ingredients in blender, sprinkle with cinnamon.

## 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 Pam. Layer ingredients in order as listed above. Bake at 350 degrees for 30 minutes. Serve with tortilla chips.



## 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.

## Mistletoe Veggie Dip

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

*Combine all ingredients. Mix well. Chill several hours prior to serving with vegetable sticks.*

## 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 the cranberry juice, sugar, pine apple 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.***



## Citrus Collins

- 2 oz. Orange or Grapefruit Juice
- 1 oz. Lemon Juice
- 1 oz. Simple Syrup

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

## 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 in a champagne flute. Fill with club soda. Will put a sparkle in your New Year's Eve celebration.



## 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.

## The Pink Snowman

1 cup Orange Juice  
1 10oz. pkg. Frozen Strawberries  
partially thawed  
1/2 cup of Water  
2 large scoops of Vanilla Ice Cream  
Garnish: Strawberries or Orange Slices

Combine the 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.



## ***CHIMNEY CRABMEAT APPETIZER***

1 8 oz. pkg. Cream Cheese	1/2 tsp. cream-style horseradish
1 1/2 cups (7 1/2 oz. can) flaked, drained, crabmeat	1/4 tsp. salt
2 Tbs. finely chopped onion	Dash of pepper
2 Tbs. milk	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 375F. for 15 minutes. Serve as a dip or a spread with unsalted crackers, or raw vegetables. Makes about 2 cups.

# SNACK TIPS

## 1. Salt Speeds Up Intoxication

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

## 2. 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, cheeseballs, hard boiled eggs and deviled eggs.



## HIGHPROTEIN HORS D'OEUVRES

- ✓ **Cheese Platter**
- ✓ **Peanut butter and Crackers**
- ✓ **Meatballs**
- ✓ **UN-Salted Nuts**
- ✓ **Tuna Rounds**
- ✓ **Chicken Wings**
- ✓ **Cocktail Wieners**

# *RECIPES...*

## CRUNCHY CHEESE STICKS

Bread (day old)

Melted Butter

Parmesan Cheese

*Cut bread into one by three 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 (8oz.) 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. Top crackers with thin slices of Mozzarella cheese Spread with tomato sauce, sprinkle with oregano and Parmesan. Bake for 10 minutes. Serve immediately.*