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
**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.  

**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.  

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**TIP**  
*Don’t rush to fill guests’ glasses. Some guests may not want to seem rude and will accept drinks they don’t want.*  

**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.  

**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.

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

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“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.

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.

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!

PBOMKIN 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.

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.

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.
**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.

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**“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!
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!

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