

Alcohol-free Holiday Celebrations

The Holiday season is here and many adults enjoy a drink now and then. Drinking can be beneficial or harmful, depending on your age and health, the situation, and how much you drink.

Drinking too much can lead to injuries, health problems, birth defects, and substance use disorders. Pregnancy, medical conditions, and being in recovery are some common reasons for abstaining. Many people also choose not to drink for religious or personal reasons, or because they want to live a healthier lifestyle.

When celebrating with friends and family there should always be alcohol-free option.

Designated drivers and those who choose not to drink alcohol, don't have to miss out on yummy drinks. Try offering these mock-tails at your next party!

CRAN-DANDY COOLER

(makes 8 servings)

- 2 c. cranberry juice
- 1 c. pineapple juice
- 1 c. orange juice
- 2 tbs. Lemon juice
- 1 (12 oz.) can ginger ale
- 1 orange, sliced in rounds
- 1 (4 oz.) jar maraschino cherries

Combine all juices in large container. Just before serving, slowly add ginger ale. Stir to blend. Serve over ice & garnish with cherries and orange slices.

ABSTINENCE ON THE BEACH

(makes 12 servings)

- 1 (12 oz) can frozen grapefruit juice
- 1 (12 oz) can frozen cranberry juice
- 1/4 c. coconut milk
- 9 c. cold water

Combine all grapefruit juice, cranberry juice, and water. Put about 1 c. of juice and coconut milk in blender. Blend until smooth and pour into main juice mixture. Stir to incorporate. Chill 2 hrs & serve.

APPLE JULEP

(makes 6 servings)

- 1 qt. apple juice
- 1 c. orange juice
- 1 c. pineapple juice
- 1/4 c. lemon juice
- 1 sprig fresh mint leaves

Combine all ingredients. Serve over ice and garnish with mint leaf.



STANDARD DRINKING CHART



MODERATE DRINKING LEVELS

- MEN:** Up to 2 drinks per day
- WOMEN:** Up to 1 drink per day
- OVER 65:** Up to 1 drink per day

For more information on how alcohol can affect your health:

<http://rethinkingdrinking.niaaa.nih.gov/>

<http://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.htm>



Visit drugfreeNH.org to find information on effects of alcohol and other drugs, prevention efforts and links to treatment and guidance on recovery.

If you or someone you know is struggling with alcohol or other drug issues, call the NH Bureau of Drug and Alcohol Services to speak with someone confidentially.

1-800-804-0909