



Mocktails

Mocktails are refreshing drinks that don't contain alcohol. They are perfect for those who choose to be alcohol-free. They blend great ingredients that will excite the taste buds of all your friends.



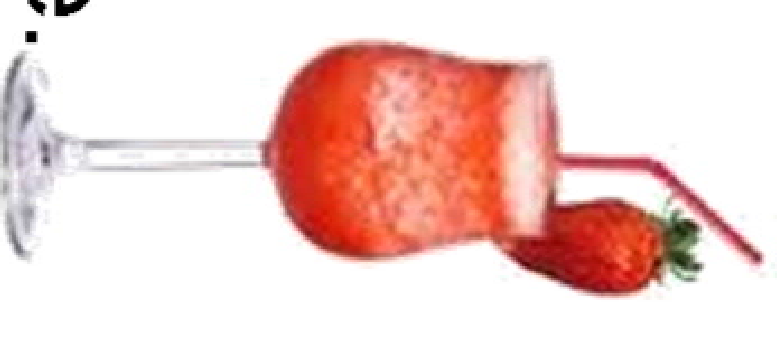
Good Reasons to Serve Mocktails

Tips for a Headache-Free Event

- ❖ **Health:** Reduce the risks associated with alcohol. The **low-risk drinking guidelines** suggest switching between drinks with alcohol & drinks without alcohol. **Try Mocktails!**
- ❖ **Liability:** As the host of a party, you can be held responsible for injuries or damages that occur as a result of the alcohol you provide - even if you didn't actually serve alcohol. Having non-alcoholic drinks available can help **prevent 'over-drinking' & potential problems.**
- ❖ **Role-Modeling:** Parents are the key role model for their children. Show children that **alcohol does not have to be at all celebrations** in order to have fun.
- ❖ **Fun for Everyone:** Anyone at your event can **enjoy a tasty Mocktail!** This includes children, designated drivers & guests who simply choose not to drink alcohol.



- ❖ Stay sober.
- ❖ Plan ahead for rides home & be prepared to stay overnight.
- ❖ Stop serving or drinking alcohol a few hours before the party is over.
- ❖ Make sure food is always available.
- ❖ Have non-alcoholic drinks in a visible area.
- ❖ If outdoor activities are planned, serve or drink alcohol only after activities are finished.



If you are concerned about your use of alcohol or someone else's, contact your local Mental Health & Addictions office, family doctor or **NL Health Line: 1-888-709-2929**

