

HOLIDAY PLANNING TIPS FOR WISE HOSTS

Thinking of giving a party? Now is the perfect time to plan ahead for a successful and safe holiday event. If you will be serving your guests beer, wine or other beverages containing alcohol, here are some simple things you can do to make sure that your guests enjoy themselves and get home safely.

Always serve food with alcohol.

Food slows the rate at which the body absorbs alcohol, especially high protein foods like meat and cheese which stay in the stomach longer. Have plenty of snacks on hand so you don't run out.

Provide plenty of non-alcoholic beverages for your guests.

You'll want to make your non-drinking guests feel welcome and comfortable by treating them to something special, like a festive punch made with non-alcoholic champagne, an assortment of non-alcoholic beers or sparkling fruit juices. This way you'll be offering attractive choices to guests who want an alternative to alcohol.

Plan to stop serving alcohol at least an hour before the party is over.

During the last hour of your party, bring out more snacks and non-alcoholic beverages. Neither coffee nor any other drink can sober anybody up. Only time can do that. But you can give your guests an hour to burn off the alcohol they have consumed before they start the drive home.

Remember, drinking and driving don't mix.

Don't let your guests drive if they've had too much to drink. Be aware of the ".08 law." By knowing your own limits, you'll be in a better position to keep your guests safe. If one of your guests is unsafe to drive, roll out a sleeping bag or make sure you or another guest drives your friend home.

Planning ahead is the key.

Let your friends and family know you care about them by being a responsible host. If you'd like further information on safe party planning, please contact the Prevention and Planning Division at (707) 565-6680.

Have a Safe & Happy Holiday

Department of Health Services
Prevention and Planning Division
3273 Airway Drive, Suite C
Santa Rosa, CA 95403
phone (707) 565-6680