



# FESTIVE FUN FOR EVERYONE



Help everyone at your party enjoy the festivities by providing fun drinks for everyone, including those who cannot or choose not to drink alcohol.

Guests who are pregnant • Guests with medical conditions or medications • Persons in recovery from a substance use disorder • People driving after the party

## WAYS TO MAKE EVERYONE FEEL WELCOME

### OFFER A VARIETY OF APPEALING DRINKS EVERYONE CAN ENJOY.

Soda, water, and juice are simple choices. Make it more fancy and festive with options such as fresh lemonade, smoothies, unique herbal teas, or one of the recipes on the right.

### DISPLAY ALCOHOL & ALCOHOL-FREE OPTIONS IN SEPARATE LOCATIONS.

Avoid asking youth or someone battling addiction to get a drink at a bar. Place alcohol to the side or in another room. Ensure alcohol is monitored by an adult.

### INCLUDE JUST AS MANY (OR MORE!) NON-ALCOHOLIC OPTIONS.

Guests may feel an unspoken expectation to drink alcohol when alternatives are limited, unavailable, or boring. Release the pressure they may feel by having lots of options and letting them know the non-alcoholic beverages are for everyone, not just kids.

### MAKE YOUR GUEST(S) OF HONOR THE FOCUS.

Choose a venue that reflects their values, character, or achievements. Holidays, birthdays, and milestone celebrations lend themselves to themed locations and activities. Places and activities that emphasize drinking are not necessary for having the best party ever!

### SPARKLING LEMON GINGER

*Yields: 1 8-ounce drink*

A traditional flavor pair of lemon and ginger come together in this sweeter drink that has a slight bite from ginger ale. Adding a little carbonated water makes for an extra sparkle!

#### INGREDIENTS

- 3 1/2 oz lemonade
- 3 1/2 oz ginger ale
- 1 oz sparkling water
- Lemon slice as a garnish

#### DIRECTIONS

- Combine first 3 ingredients.
- Pour over ice.
- Garnish with lemon slice.



### FRUITY SUNSHINE FIZZ

*Yields: 1 8-ounce drink*

A fruity drink made with citrus flavors and just the right amount of tart from an influence of cranberries. Sparkling water adds a bit of fizz to really make this drink pop!

#### INGREDIENTS

- 2 oz cranberry juice
- 2 oz lemonade
- 2 oz orange juice
- 1 oz sparkling water
- Fresh or frozen cranberries to garnish

#### DIRECTIONS

- Combine first 4 ingredients.
- Pour over ice.
- For garnish, add cranberries directly into drink.



### COCONUT MINT REFRESHER

*Yields: 1 8-ounce drink*

Enjoy a refreshing drink with a splash of sweet and a hint of mint! This is a perfect hydrating drink for those looking to keep the sugar content lower, using electrolyte-filled coconut water and agave syrup, which has less of an impact on glucose levels.

#### INGREDIENTS

- 3 oz pineapple juice
- 3 oz plain coconut water
- 2 oz sparkling water
- 1 1/2 tsp agave syrup
- 2 fresh mint leaves

#### DIRECTIONS

- Stir together all ingredients.
- Pour over ice.



### GOAT (GREATEST OF ALL TIME) SODA

*Yields: 1 8-ounce drink*

Who wants a can of soda when they could have this fizzy, fresh, all natural thirst-quencher? This refreshing drink can be customized by switching out the type of fruit juice and using flavored seltzer water.

#### INGREDIENTS

- 3 oz fresh fruit juice (grapefruit, orange, pineapple or apple)
- 1/2 oz lemon or lime juice
- 1 1/2 tsp agave syrup
- 4 oz seltzer water (plain or flavored)
- Fruit slice to garnish

#### DIRECTIONS

- Combine first 4 ingredients.
- Pour over ice.
- Garnish with fruit slice.

