

Great Party Guides

Getting together with friends for celebrations and the Holidays is one of America's favorite pastimes. When serving alcohol beverages, be sure to follow these simple steps to help you and your guests have a safe and enjoyable time.

- 1. holiday party**
- 2. college graduation**
- 3. friend's 21st**
- 4. grandpa's 91st**
- 5. pet grooming**

holiday party safety tips:

1. When serving alcohol beverages, serve food

Offer a variety of good foods with your alcohol beverages.

2. Offer non-alcohol beverage

Have something for everyone: soft-drinks, coffee and other non-alcohol beverages, such as O'Doul's or 180 Energy Drink brands. Make guests feel welcome, regardless of what they drink.

3. Serve each guest one drink at a time

Spacing drinks throughout a party can help your guests stay within their personal limits. Never force drinks on anyone. If serving wine, do not keep refreshing unfinished glasses as this makes it difficult for guests to keep track of how much they're drinking.

4. Serve "measured" drinks

Beer and flavored malt beverages contain 4.2 to 6 percent alcohol by volume and come in standard sized packages, so it's easy to keep track of how much you are drinking. Hard liquor drinks can have dramatically different amounts of alcohol, as well as calories and carbohydrates. Many factors contribute to these wide variances: brand(s) of liquor used, alcohol by volume in brand(s) chosen, drink recipe, mixers and bartender's pouring preferences. If you choose to serve hard liquor, use a shot glass or jigger to avoid making mixed drinks too strong. If serving wine, remember not to use over-sized glasses.

5. Consider how different types of alcohol are consumed

The amount of time during which an alcohol beverage is consumed greatly impacts how alcohol is absorbed in the body. Beer is widely recognized as a beverage of moderation and versatility. It may be consumed throughout a meal, a sporting event, at a bar or party with friends, or simply while relaxing at home. Even though a 12 oz. beer may contain the same amount of alcohol as a 1.5 oz. shot of 80 proof liquor, a beer is enjoyed leisurely, while a shot is usually consumed in one swallow.

6. Stop serving alcohol at least one hour before the party ends

Serve desserts and other foods, coffee and soft drinks. But remember, none of these eliminate alcohol from the body – only the passage of time will do that.

7. Help your friends get home safely

As a real friend, encourage your guests to plan ahead and designate a driver so everyone gets home safely. And don't ever hesitate to call a cab or ask someone to spend the night if they have had too much to drink.

8. If attending an office holiday party, keep in mind you have to see these people again.

college graduation safety tips:

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8. Get a job. Your mom's basement isn't a good place for "entertaining."

friend's 21st safety tips:

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8. Do not attempt 21 "shots" of anything

9. Don't forget to get your friend a gift. Gift certificates are always nice.

grandpa's 91st safety tips:

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8. Do not attempt 91 "shots" of anything

9. Call the Fire Marshall before lighting 91 candles

pet grooming safety tips:

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8. Grooming your pets is a good bonding experience

know what you're drinking:

Not all alcohol beverages are created equally. Hard liquor has a higher concentration of alcohol, especially if it is not diluted, and may have a greater effect than beer. In fact, mixed drinks and flavored vodkas may be as great as six times stronger than beer or other alcohol beverages. Calories and carbohydrates also increase dramatically depending on the mixers used.

DRINK EXAMPLES

	Alcohol by Vol.	Calories	Carbs
Bud Light (12 oz.)	4.2%	110	6.6g
Budweiser (12 oz.)	5.0%	145	10.6g
Apple Martini (3 oz.)	18.0%	155	11.7g
Cosmopolitan (2.5 oz.)	22.0%	132	8.8g
Amaretto Sour (1.7 oz.)	24.0%	170	27.1g
Long Island Iced Tea (12 oz.)	28.5%	789	44.1g
Margarita (3.5 oz.)	34.0%	155	7.9g
Flavored Vodka (1 oz.)	35.0%	69	0.0g

Source: Drinksmixer.com, September 2008