

THE PARTY ANIMAL

(1 individual drink)

Tomato juice
2 tbsp. lemon juice
2/3 tsp. Worcestershire sauce
1/3 tsp. sugar
Dash tabasco
Dash celery salt
Dash salt, pepper
Stir, pour over ice cubes

Add celery stick

Calories: 55

MOCHA

(Serves 6)

3 oz. unsweetened chocolate
2 cups hot coffee
3 cups milk, scalded
2/3 cup sugar
Ground cinnamon
Pinch salt
Combine chocolate with 1½
oz. hot water in double boiler
until melted
Add sugar, salt, cinnamon and
coffee; stir and simmer for several
minutes before adding milk
Simmer ½ hour then whip

OH SO COOL!!

(Serves 20)

1 cup white grape juice
6 cups cranberry juice
2 small cans frozen pink
lemonade, thawed
3 cups soda water
Ice

Calories per serving: 83

STRAWBERRY SOCIAL

(3 litres)

1 can frozen lemonade
3 cans frozen strawberry
daiquiri mix
1 bottle Sprite or 7-Up
1 lemon thinly sliced
Strawberries, raspberries,
or blueberries

Mix in large bowl

TORONTO ISLAND ICED TEA

(Individual serving)

6 oz. iced tea
2 oz. raspberry/other juice
Squirt of lemon
Lots of ice!

LIME RICKEY

6 limes
¾ cup water
½ cup sugar

Ice, soda water, cherries, lime slices.
Grate rind from 3 limes. Squeeze juice from
all. Heat water to dissolve sugar. Add rind
& boil 5 min. Cool, stir in lime juice & pour
into scalded bottle. To serve pour 1/3 cup
over ice. Add soda water, cherry and lime
slice.

ARRIVE ALIVE SUNRISE

(Individual serving)

¾ cup cranberry juice
½ cup orange juice
1 tbsp honey
2 tsp lemon juice
Ice

Blend until ice crushed. Garnish

WHITE SANGRIA PUNCH

(4 cups)

1 litre white grape juice
Juice of 1 lemon
Juice of 1 lime
1 litre club soda
Ice
1 lime sliced thinly

Did you know ? . . .

Alcohol is a depressant drug that slows down the body's functions.

It is absorbed rapidly into the blood stream, then to the brain and other organs
In the brain alcohol creates a mellowing effect.

This is why many people like to drink socially.
It is also why judgement is so quickly impaired.

Try serving alcoholic-free drinks to your guests

Keep non-alcoholic drinks in view and easy to reach

Offer many choices: dry, zippy, sweet, fruity, or rich

Provide non-alcoholic beer, wine and ciders

One standard drink =



White Wine
6 oz.
=
116 calories



Regular Beer
12 oz.
=
148 calories



Rum & Coke
1½ oz. Rum
6 oz. Coke
=
160 calories



Daiquiri
8 oz.
=
280 calories



Eggnog
5 oz.
=
416 calories

PARTY



SMART

**Alcohol-free recipes
for a great party!**

Sources:

"Party In The Right Spirit" North York (City of, Separate & Public School Boards)
"Celebrate Safely" Sudbury & District Health Unit
"Beverage Mania" Ottawa-Carleton Health Department.

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