



Manitoba Liquor Control Commission

News Release

For Immediate Release – November 30, 2010

Tips for Responsible Hosting During the Holiday Season

If you are planning a party this holiday season the MLCC reminds you to be a responsible host. The following hosting tips will ensure your guests enjoy a memorable and safe event:

- Serving alcohol? Always have food available to avoid having your guests drinking on an empty stomach. High-starch and protein foods, such as meat, vegetables, cheeses, light dips and breads are a good choice. Avoid serving salty, sweet or greasy snack foods, which tend to make guests thirstier.
- Keep non-alcoholic beverages on hand for non-drinkers and designated drivers. Fruit juices, pop, mocktail drinks, mineral water and non-alcoholic punches are good alternatives. For great non-alcoholic recipe ideas, pick up your free copy of the MLCC's **Mocktail Guide** at your local Liquor Mart or visit www.mlcc.mb.ca/socialresponsibility/mocktailguide.
- Have a plan to deal with guests who drink too much. As the host, stay alert by drinking minimally or drinking non-alcoholic drinks. People will usually drink more when they serve themselves. Serve your guests yourself or designate someone as a bartender instead of having an open bar. When serving drinks, use a shot glass - measurement makes all the difference.
- If a guest appears to be over consuming alcohol, engage him or her in conversation, offer them something to eat, and provide them with a non-alcoholic drink.
- Ensure your guests have a plan to get home safely. Promote the use of designated drivers; arrange for guests to get a ride home with family members; or encourage your guests to leave their cars at home and take alternative transportation such as a taxi or Operation Red Nose.
- If you can't get your guest home safely, insist he or she stay overnight. A little embarrassment is a small price to pay to avoid a drinking and driving tragedy.

More tips on responsible hosting are available in the free booklet: **HOST - MLCC's Guide for Responsible Entertaining** available at your local Liquor Mart.

For more party planning tips and advice on food and beverage matching, visit your nearest Liquor Mart or www.liquormartsonline.com.

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