



Manitoba Liquor Control Commission

News Release

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Responsible Holiday Hosting Tips

Hosting a party this holiday season? Make sure your guests enjoy a memorable and safe evening with these holiday hosting tips from the MLCC.

- Always have food available throughout the party to avoid drinking on an empty stomach. Avoid serving salty, sweet or greasy snack foods, which make guests thirstier. High-starch and protein foods, such as meat, vegetables, cheeses, light dips and breads are a good choice.
- Have a plan on how to deal with any guest who drinks too much. Serve drinks yourself or designate a bartender instead of having an open bar, as guests usually drink more when they serve themselves. Use a shot glass when serving drinks - good measurement makes all the difference.
- Keep non-alcoholic beverages on hand for non-drinkers and designated drivers. Fruit juices, pop, mocktails, and non-alcoholic punches are proven favorites. For great recipe ideas, pick up the MLCC's **Mocktail Guide** at your local Liquor Mart or visit www.mlcc.mb.ca/socialresponsibility/mocktailguide.
- If someone 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.
- Promote the use of designated drivers. Arrange for guests to get a safe ride home with family members or encourage your guests to leave their cars at home and take a taxi, Operation Red Nose or public transit.
- 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 a free booklet: **MLCC's Guide for Responsible Entertaining** available at your local Liquor Mart. For party planning tips and advice on food and beverage matching, visit your nearest Liquor Mart or visit www.liquormartsonline.com.

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