



Manitoba Liquor Control Commission

News Release

For Release: December 9, 2008

Tips for Responsible Holiday Hosting

To make holiday celebrations enjoyable and safe this season, the MLCC is providing tips on responsible hosting in a free pamphlet ***HOST - the MLCC's Guide for Responsible Entertaining***, available through all Manitoba Liquor Marts.

Responsible entertaining tips include:

- 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.
- 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, public transit or walk.
- 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.

For more help planning your holiday celebrations, or for advice on food and beverage matching, visit your nearest Liquor Mart or visit www.liquormartsonline.com.