

BANNOCKBURN • DEERFIELD • HIGHLAND PARK • HIGHWOOD • RIVERWOODS

FESTIVE FUN FOR EVERYONE

Help everyone at your party enjoy the festivities by providing fun drinks for everyone, including those who cannot or choose not to drink alcohol.

Young people under 21 years old • Women who are pregnant • Guests with medical conditions or medications • Persons in recovery from a substance use disorder • People driving after the party

WAYS TO MAKE EVERYONE FEEL WELCOME

OFFER A VARIETY OF APPEALING DRINKS EVERYONE CAN ENJOY.
Soda, water, and juice are simple choices. Make it more fancy and festive with options such as fresh lemonade, smoothies, unique herbal teas, or one of the recipes on the right.

DISPLAY ALCOHOL & ALCOHOL-FREE OPTIONS IN SEPARATE LOCATIONS.
Avoid asking youth or someone battling addiction to get a drink at a bar. Place alcohol to the side or in another room. Ensure alcohol is monitored by an adult.

INCLUDE JUST AS MANY (OR MORE!) NON-ALCOHOLIC OPTIONS.
Guests may feel an unspoken expectation to drink alcohol when alternatives are limited, unavailable, or boring. Release the pressure they may feel by having lots of options and letting them know the non-alcoholic beverages are for everyone, not just kids.

MAKE YOUR GUEST(S) OF HONOR THE FOCUS.
Choose a venue that reflects their values, character, or achievements. Holidays, birthdays, and milestone celebrations lend themselves to themed locations and activities. Places and activities that emphasize drinking are not necessary for having the best party ever!

SPARKLING LEMON GINGER

Yields: 1 8-ounce drink

A traditional flavor pair of lemon and ginger come together in this sweeter drink that has a slight bite from ginger ale. Adding a little carbonated water makes for an extra sparkle!

INGREDIENTS
3 1/2 oz lemonade
2 1/2 oz ginger ale
1 oz sparkling water
Lemon slice as garnish

DIRECTIONS
Combine first 3 ingredients. Pour over ice. Garnish with lemon slice.

FRUITY SUNSHINE FIZZ

Yields: 1 8-ounce drink

A healthy and vibrant citrus flavor pair just the right amount of sweetness. Sparkling water adds a little extra sparkle to this drink.

INGREDIENTS
2 oz cranberry juice
2 oz lemonade
1 oz orange juice
1 oz sparkling water
Fresh or frozen cranberries to garnish

DIRECTIONS
Combine first 4 ingredients. Pour over ice. For punch, add cranberries directly into drink.

COCONUT MINT REFRESHER

Yields: 1 8-ounce drink

Enjoy a refreshing drink with a hint of mint. This is a perfect party drink for those looking to keep the sugar content lower. Using electrolyte flavored coconut water keeps you going with hydration and a little extra kick.

INGREDIENTS
2 oz electrolyte flavored coconut water
2 oz pineapple juice
1/2 oz lime juice
2 fresh mint leaves

DIRECTIONS
Combine first 4 ingredients. Pour over ice.

CommunityTheAntiDrug.org info@CommunityTheAntiDrug.org 224-765-CTAD (2823)
Funding from Office of National Drug Control Policy grant #521422, Parkland Foundation of Highland Park and other local foundations.

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DIVERSIÓN FESTIVA PARA TODOS

Ayude a todos sus invitados a disfrutar de las festividades al ofrecer bebidas divertidas para todos, incluidos aquellos que no pueden o que eligen no beber alcohol.

Jóvenes menores de 21 años • Mujeres embarazadas • Invitados que tienen alguna afección médica o que toman medicamentos • Personas en recuperación de un trastorno por abuso de sustancias • Personas que deben conducir después de la fiesta

ALGUNAS FORMAS DE HACER QUE TODOS SE SIENTAN BIENVENIDOS

OFREZCA UNA VARIEDAD DE BEBIDAS APETECIBLES QUE TODOS PUEDEN DISFRUTAR.
Los refrescos, el agua y el jugo son algunas opciones sencillas. Haga que sea más elegante y festivo con opciones como limonada fresca, licuados, té de hierbas únicos o algunos de las recetas a la derecha.

EXHIBA LAS OPCIONES CON ALCOHOL Y SIN ALCOHOL EN UBICACIONES SEPARADAS.
Evite pedirle a una persona joven o a alguien que está luchando contra la adicción que tome una bebida de la barra. Coloque el alcohol a un lado o en otra habitación. Asegúrese de que un adulto controle el alcohol.

INCLUYA SUPLENENTES (O MÁS) Opciones SIN ALCOHOL.
Los invitados pueden sentir una expectativa tácita de beber alcohol cuando las alternativas son limitadas, no están disponibles o son aburridas. Evite que sientan esa presión al ofrecerles muchas opciones y hacerles saber que las bebidas sin alcohol son para todos, no solo para los niños.

ENFOQUE LA ATENCIÓN EN SU INVITADO DE HONOR.
Elja un lugar que refleje sus valores, carácter o logros. Los días festivos, cumpleaños y celebraciones de logros se prestan para lugares temáticos y actividades. Los lugares y actividades que enfatizan la bebida no son necesarios para tener la mejor fiesta!

JENGIBRE DE LIMÓN BURBUJEANTE

Yields: 1 8-ounce drink

Una combinación clásica de limón y jengibre se hace más refrescante al añadir un toque de azúcar. Este es un clásico que todos los invitados disfrutarán.

INGREDIENTES
3 1/2 oz limonada
2 1/2 oz ginger ale
1 oz agua con gas
1 rodaja de limón como decoración

INSTRUCCIONES
Combina los primeros 3 ingredientes. Vierta sobre hielo. Decore con una rodaja de limón.

TARDE FRUTAL EFERVESCENTE

Yields: 1 8-ounce drink

Una bebida afrutada hecha con sabores cítricos y la cantidad perfecta de azúcar para mantener los sabores. El agua mineralizada para una bebida realmente refrescante.

INGREDIENTES
2 oz jugo de arándano
2 oz limonada
1 oz jugo de manzana
1 rodaja de limón
Adornar con frutas o decoraciones para decorar

INSTRUCCIONES
Combina los primeros 4 ingredientes. Vierta sobre hielo. Para decorar, agregue los adornos decorativos a la bebida.

MENTA DE COCO REFRESCANTE

Yields: 1 8-ounce drink

Disfrute de una bebida refrescante con un toque de menta. Esta es una bebida refrescante perfecta para aquellos que buscan mantener el consumo de azúcar más bajo, utilizando agua de coco con sabor a menta y un toque de azúcar para mantener el sabor.

INGREDIENTES
1 oz jugo de limón
1 oz agua con gas
1/2 oz jugo de coco
2 hojas de menta fresca

INSTRUCCIONES
Mezcle los primeros 3 ingredientes. Vierta sobre hielo. Decore con una rodaja de fruta.

SODA GOAT (GREATEST OF ALL TIME)

Yields: 1 8-ounce drink

¡Gloria a quien sea el más fuerte! Esta bebida es una mezcla perfecta de sabores de frutas y una cantidad perfecta de azúcar para mantener el sabor. ¡Disfrútelo con estilo!

INGREDIENTES
3 oz jugo de fruta fresca (naranja, manzana o fresa)
1/2 oz jugo de limón o lima
1/2 oz jugo de naranja
1/2 oz jugo de limón o lima
1/2 oz jugo de naranja
1/2 oz jugo de limón o lima
1/2 oz jugo de naranja

INSTRUCCIONES
Combina los primeros 4 ingredientes. Vierta sobre hielo. Decore con una rodaja de fruta.

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1 oz sparkling water
Lemon slice as garnish

DIRECTIONS
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GOAT SODA (GREATEST OF ALL TIME)

Yields: 1 8-ounce drink

¡Gloria a quien sea el más fuerte! Esta bebida es una mezcla perfecta de sabores de frutas y una cantidad perfecta de azúcar para mantener el sabor. ¡Disfrútelo con estilo!

INGREDIENTS
3 oz fresh fruit juice (grapefruit, orange, pineapple or apple)
1/2 oz lemon or lime juice
1 1/2 tsp agave syrup
4 oz seltzer water (plain or flavored)
Fruit slice to garnish

DIRECTIONS
Combine first 4 ingredients. Pour over ice. Garnish with fruit slice.

TAKE YOUR BBQ UP A NOTCH

FRUITY SUNSHINE FIZZ

Yields: 1 8-ounce drink

A healthy and vibrant citrus flavor pair just the right amount of sweetness. Sparkling water adds a little extra sparkle to this drink.

INGREDIENTS
2 oz cranberry juice
2 oz lemonade
2 oz orange juice
1 oz sparkling water
Fresh or frozen cranberries to garnish

DIRECTIONS
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MAKE FAMILY DINNER MORE FESTIVE

GOAT SODA (GREATEST OF ALL TIME)

Yields: 1 8-ounce drink

¡Gloria a quien sea el más fuerte! Esta bebida es una mezcla perfecta de sabores de frutas y una cantidad perfecta de azúcar para mantener el sabor. ¡Disfrútelo con estilo!

INGREDIENTS
3 oz fresh fruit juice (grapefruit, orange, pineapple or apple)
1/2 oz lemon or lime juice
1 1/2 tsp agave syrup
4 oz seltzer water (plain or flavored)
Fruit slice to garnish

DIRECTIONS
Combine first 4 ingredients. Pour over ice. Garnish with fruit slice.

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- Nonprofits can purchase high quality files that can be edited in Adobe Acrobat or Illustrator for use in their own community.
- Handouts (8 1/2 x 11) and recipe cards (4 1/4 x 5 1/2) available in English and Spanish for \$80 per language.
- Four social media images available in two sizes optimized for Facebook and Twitter for additional \$80.
- Contact info@CommunityTheAntiDrug.org or 224-765-CTAD (2823)