

# ***How to Throw a Party and Encourage Low-risk Drinking***

---

1. Stay sober yourself. It's hard to be a good host or hostess if you're drunk.
2. Manage party attendance at the door. Do not allow people you do not know to attend your party. Also, ensure that your attendees are 21 years of age or older. Serving alcohol to a minor can get you into trouble.
3. Alcohol should not be the major focus of your party. Plan additional things to do such as games or movies.
4. Always include attractive non-alcoholic drinks to encourage alternating alcoholic drinks with those that contain no alcohol.
5. Keep pre-party hours short. If an outing or meal is planned, get moving reasonably soon.
6. Serve snacks so guests will not drink on an empty stomach. Serve foods that act as a buffer for alcohol, not salty foods that act as a stimulant to thirst. Low calorie, high moisture content foods, such as raw vegetables and light dips, are ideal. High protein foods-cheeses and meats- are digested slowly and help slow alcohol absorption.
7. Space drinks. Wait a while between serving drinks, allowing guests to enjoy the company and the atmosphere. One drink per hour is about all the body can absorb.
8. Measure drinks and don't "double up." Many people count their drinks, but if you serve doubles, they'll be drinking twice as much as they planned.
9. Be a good bartender. When you notice that a guest is drinking a lot or drinking fast, intervene. Be prepared to face some resistance from a drinker who is getting cut off. You are responsible-- that's what it means to be a good host.
10. Decide a cut-off time for alcohol service. Stop serving alcohol toward the end of your party in anticipation of the guests' journey home.
11. Create a climate that discourages over-indulgence, but do assume responsibility for guests who over-indulge. Don't let your guests drive if they've had too much to drink. Don't think you can sober up someone in a short time with a cold shower or black coffee. Only time can sober up someone who's had too much. It takes about one hour for every drink a person has to sober him/her up. If you are concerned about a guest, let them sober up at your house before sending them home.

