

## HOSTING TIPS

- 1. Don't skimp on food. Since food will slow the rate of alcohol's absorption into the bloodstream, plan to have generous amounts of it at the party. Can we please go beyond the chips and pretzels -- try bread & cheese, a giant sub sandwich or pizzas -- nutty idea, try them all. Don't overdo it with salty snacks; salt prompts people to drink more.**
- 2. And have lots of non-alcohol beverages available as an option. Juice and water bars are a great idea!**
- 3. Be creative. If the only activity is to stand around and drink, chances are your guests may not only be bored, but they'll over-indulge. Twister is a great game to play at a party, Limbo is coming back and don't forget the Electric Slide... all kidding aside, this whole 70s thing is very fun. Plan lots of group activities or themed games that will stimulate conversation. (We're not talking about drinking games here!)**

**MORE**

## HOSTING TIPS (continued)

- 4. As the host, you are in charge of the bar. Choose one person to pour the drinks and monitor refill requests. Decide in advance when the party should end, and close the alcohol part of the bar at least one hour before. Consider collecting all your guests' keys at the beginning of the party. This is not, however, an excuse to encourage drunkenness.**
- 5. Be honest with your guests. Tell them that you're not going to let anyone at your party become a drunk driver. Ask guests to appoint a designated driver before the evening begins. Serve this person only non-alcohol beverages during the course of the party.**
- 6. Your responsibility as a party host doesn't end at the door. Help make sure your guests get home safely. Plan before-hand to arrange transportation for those who might need it, or have a safe place for them to spend the night.**

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