

Sarnia-Lambton's

Mocktails

Non-Alcoholic Beverage Recipes



Alcohol consumption can have long-term health risks including cancers of the mouth, esophagus, colon, rectum and liver. It is also linked with breast cancer in women. The risk of cancer increases with the amount of alcohol consumed.

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BREAST CANCER SOCIETY
of Canada
LA SOCIÉTÉ DU CANCER DU SEIN
du Canada



Centre for Addiction and Mental Health
Centre de recherche en santé mentale



The bridge to your future



graphic design

Ice Cold Chiller

Fill cocktail shaker with ice, 3 oz of pineapple juice, 3 oz of orange juice. Shake and strain into a hurricane glass. Top with 2 oz of ginger ale.

To make it a scary Halloween chiller, add 12 drops of red food colouring mix to $\frac{1}{4}$ cup honey or corn syrup. Pour on flat plate, dip rim of glass before filling and let it slowly drip down the sides. Cut ends off a black licorice stick for straw.

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FASD (Fetal Alcohol Spectrum Disorder) describes the range of disabilities that can occur when a fetus is exposed to alcohol. Zero alcohol for nine months of pregnancy is best.

If you are pregnant, stop using alcohol to give your baby a healthier start to life. It's never too late to make a change.



LOU HA

Orange juice
Pineapple juice
Coconut syrup
Soda water or ginger ale
Grenadine for colour



Mix all juices together, add syrup and soda. Decorate with grenadine.

Melissa Cameron, Limbo Lunch Lounge and Martini House



Razzelnut

Raspberry syrup

Hazelnut syrup

Soda water

Garnish with hazel nuts and berries.

Add all ingredients, stir and serve chilled with nuts and berries.



**Melissa Cameron, Limbo Lunch
Lounge and Martini House**

Orange Cream Pie

Rim martini glass with lime and crushed graham cracker crust

2 oz orange juice

2 oz whipped cream

Pinch of cinnamon

¼ teaspoon honey

Blend with ice in cocktail shaker and shake.

Pinch of cinnamon on top.



Alcohol does pass into your breast milk. Speak to your medical provider for guidelines to drinking during breastfeeding.

**Randi Davidson,
Point Edward Casino**

Ragin' Cajun

Rim glass with celery salt
Clamato® juice or
Garden Cocktail®
Dash of Worcestershire® Sauce
Dash of hot sauce
Salt & pepper
Fresh horseradish (optional)

Add ice
Garnish with a celery stalk
or pickle



*Frozen
Peppermint Patty*



Winner

5 oz Island Originals vanilla ice cream
(or two scoops vanilla ice cream)
2 tbs chocolate syrup
¼ tsp peppermint extract
1 scoop ice

Rim glass with crushed candy cane
In blender, combine all ingredients
Pour contents in high ball or cocktail glass
Garnish with whip cream topping and shaved
mint chocolate on top



Randi Davidson, Point Edward Casino



Royal 'T'

Brew tea, let cool

Pour into pitcher

Add 3-4 oz of raspberry juice, or to taste

Squeeze lemon to taste

Sugar (optional)

Add ice, stir, pour, enjoy!



**Lambton Drug
Awareness Action Committee**

Orange Blizzard

6 oz of frozen orange juice
1/2 cup milk
1/2 cup of water
1/2 - 3/4 tsp of vanilla extract
Ice cubes blend til smooth,
pour and serve.



Low risk drinking does not mean no risk drinking. In fact, there is no safe level of alcohol consumption.

KIWI CRUZ



½ cup crushed ice
4 medium kiwi peeled
4 medium ripe bananas
1 cup of orange juice
Puree in blender and serve

Breast Cancer is the most common cancer and cause of death in females aged 20-59, accounting for 37% of new cancer cases and 22% of deaths. (Canadian Cancer Statistics 2009) Many studies suggest increased alcohol consumption is directly linked to a significant increase in breast cancer.

POM

Beach



Fill martini glass with your favourite,
flavoured sparkling water.

Add 6-10 pomegranate seeds.

Ice cube

Dash of lime

Pull up a lawn chair and enjoy.

KEWL BLUE

goes South



½ cup blueberries,
fresh or frozen

2-3 bananas

16 oz orange juice

Splash of mango juice
to taste

Crushed ice

Blend til smooth,
pour and serve

Bluewater Mermaids - Danish Sisterhood

Don't be fooled - a bottle of beer, a shot of liquor and a glass of wine have the same amount of alcohol. The calorie content of alcoholic drinks can lead to weight gain.

Tips for a Safe Party

Parties are about good times, and too much alcohol can ruin more than a good time. Poor decisions when partying can have serious and even deadly consequences.

- 1) Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol at parties.
- 2) Be a responsible host. Have low-alcohol and alcohol-free drinks available.
- 3) Do not make drinking the focus of your party.
- 4) When alcohol is being served, don't plan physical activities like swimming, skiing, snowmobiling or skating. People are more prone to accidents when they've been drinking.
- 5) Serve plenty of snacks and foods, and don't drink on an empty stomach. Eating will slow the effects of alcohol.
- 6) Never drink and drive. Take a cab, stay overnight, call a friend, have a designated driver.
- 7) Never drive with someone who has been drinking. The only way to be safe is to not drink at all.
- 8) If you are a woman, remember that alcohol will have a greater effect on you than it will on a man of your weight.
- 9) Drinking to get drunk can lead to alcohol poisoning. Never mix alcohol and other drugs.

Community Contacts

County of Lambton Community Health Services Department

160 Exmouth St., Point Edward, ON
519 383-8331 ext. 3537
1-800-667-1893

North Lambton Community Health Centre

59 King St. W., Forest, ON
519 786-4545
email: nlinfo@nlchc.com

Breast Cancer Society of Canada

420 East St. N, Sarnia, ON
519 336-0746
1-800-567-8767
email: bcsc@bcsc.ca

Motherisk

1-877-327-4636
www.motherisk.org

Bluewater Health

Lambton Addiction Services
519 464-4400 ext. 5370

DART (Drug and Alcohol Registry of Treatment)

1-800-565-8603

Lambton Drug Awareness Action Committee

519 383-8331 ext. 3537