

Alcohol-Free Holidays

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Guilt-free Recipes

Sparkler Mocktail to please all guests.

Be a Rockstar Host

How to host a welcoming event.

Sober Guest Tips

Tips and tricks to thrive this holiday season.



SPICED CRANBERRY POMEGRANATE SPARKLER MOCKTAIL

Created by Pamela Chavez

ingredients

- 1 grapefruit, juiced
- 2 tangerines or 1 orange, juiced
- 1 lime, thinly sliced
- 1 32-oz (1 qt) jar organic cranberry pomegranate juice
- 2 cinnamon sticks
- 2-inch knob of ginger, sliced into coins
- 1 can sparkling water, plain or any unsweetened variety you enjoy
- 1 bag frozen cranberries

instructions

- Juice grapefruit and tangerines. Place a small strainer over a large mason jar and squeezed the fruit to gather the juice. Toss in the sliced limes. Add the jar of cranberry pomegranate juice, cinnamon sticks and ginger. Cover and place in the refrigerator overnight or at least 6 hours. This gives the cinnamon and ginger time to infuse the drink and gives a wonderful spiced element to it. Remove the lime, cinnamon, and ginger.
- Right before serving, add a can of sparkling water. Optional: Have a selection of sparkling waters set out and let people add their favorites to their own glass.
- Place about 8 frozen cranberries in a glass and pour the mocktail over the frozen berries.



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HOW TO BE A ROCKSTAR HOST

ARE YOU HOSTING A HOLIDAY PARTY AND WANT TO BE INCLUSIVE AND SUPPORTIVE OF ANYONE WHO MAY BE CHOOSING AN ALCOHOL-FREE LIFESTYLE?

When you're hosting an event, **the point is to get together**—not focus on who is or isn't drinking. Make it as easy for someone to find the sparkling water, ginger beer, or mocktails as it is to find the bar. Setting up two equally festive locations makes it easier on everyone to find what they want, without a sole focus on alcohol.

Want to be a rockstar host? For guests who have shared privately that they don't drink or won't be, **you can be their party wingman/woman**. Tell them privately that you are there to support them, make sure they are comfortable AND have a good time.

For young adults at gatherings that may have drinking games, make sure to use that time to disengage from the games and find/offer other things to do.

Whether you're a host or guest, **do your best to support others**. You can do this by not using, or asking them if it's okay to check in a few times during the event. That way, you can help them arrange a possible escape plan if the situation becomes uncomfortable or triggering.

A small thing that is often appreciated is taking significant effort to have high-quality non-alcoholic drinks (sparkling juice, kombucha, bottled sodas, etc.). If you're looking to get really dedicated as an inclusive host, non-alcoholic spirits are available for mocktails.



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THE BEST SOBER GUEST

WITH SAFE PROJECT

TIPS AND TRICKS TO GET THROUGH HOLIDAY GET TOGETHERS COMFORTABLY WITHOUT DRINKING ALCOHOL

Declare yourself the designated driver which removes all self-stigma from not joining everyone else in drinking.

Plain tonic water with lime is a great beverage because no one asks, "why are you not drinking?" Do this at social hours or dates when you do not want the focus to be on why you are abstaining.

Super nosy questions? Tell them any of the following: For health reasons. I'm on medication. I'm on a cleanse. It's for my wellness.

If you know you will be triggered, attend holiday functions with a sober companion or let a companion know, "Tonight I am not drinking." Having someone to hold you accountable or keep an extra eye on you can make these functions easier.

Find other ways to connect with people through playing board games, or striking up a conversation.



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INDEPENDENT WELLNESS SUMMIT

2020 might not have been the year we all planned it to be, but 2021 is a new year!

2021 can be your year! Your time to tend to your personal wellness. Join us for the sixth annual InDependent Wellness Summit in March 2021. For one week, we will come together for conversations and connections - no travel, no childcare, no missed work.

Be well.



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