



Handy Hints for Functions

Veteran community groups and ex-service organisations in partnership with DVA are actively seeking ways in which they can promote a healthier approach to alcohol use in the veteran community. Your organisation's functions are a great opportunity to raise awareness among the veteran community about alcohol as part of a healthy lifestyle. Here are a few ways to help make sure your guests relax and enjoy themselves, while looking after their health.

- 1 Have a range of low-alcohol and non-alcoholic drinks, such as juice and soft drinks available, in addition to the usual alcoholic drinks.
- 2 Have glasses or jugs of water available for guests who want to 'space' their drinks.
- 3 Make sure there are plenty of different brands and varieties of light beer available.
- 4 Let people know how much (if any) alcohol is in a punch or mixed cocktail.
- 5 Provide small or standard size drink glasses.
- 6 Let people refill their own glasses rather than offering refills.
- 7 Serve plenty of food, but not just savoury or salty snacks which make people thirsty. Food in the stomach usually slows down a person's rate of drinking and slows down the rate at which alcohol is absorbed into the bloodstream, reducing the likelihood of intoxication.
- 8 Provide entertainment, if appropriate, such as presentations or speeches and raffle draws at intervals during the function.
- 9 Encourage as many guests as possible to actively participate in proceedings.
- 10 Where you can, make sure activities like pool and darts are available for your guests.
- 11 Offer coffee or tea to guests about an hour before your function is due to finish—you might also think about stopping serving alcohol at this time. (However, remember that coffee does not sober-up people—only time will do that).
- 12 If you think someone has drunk too much, ask someone else to drive them home or call a taxi.

These handy hints can be used year-round. And for something a little different, why not think about holding a light beer tasting night?

For more information visit www.therightmix.gov.au

