

## The Kenyon-Wanamingo Chemical Health Council wishes you and your families a safe and happy holiday season!



As you look forward to spending special, quality time with your family and friends, keep in mind these tips for keeping your love ones safe:

- At your holiday gatherings, offer plenty of nonalcoholic foods, drinks, and activities.
- Keep a close eye on children that attend the gathering and ensure that they do not have access to alcoholic beverages
- To lower the risk of alcohol poisoning, be sure to throw out partly empty alcoholic drinks. Children love to imitate adults, and if they have access to leftover drinks, they may taste the contents.
- Have a plan in place about what you and your family will do if you are at a party where there are people who have had too much to drink.

### Non-Alcoholic Recipes For a Really Fun Party



#### About Our CHI Council

The Kenyon-Wanamingo Chemical Health Initiative Council is here to work within our community to identify the risk factors that exist and to promote positive choices so that we can create a safe and healthy environment for the youth of our community.

The council includes representatives from various sectors of the community and invites you to join in our efforts!

The Kenyon-Wanamingo Council meets monthly on the 4<sup>th</sup> Wednesday of the month at 5:30. Meetings are held at the KW High School on the odd months and the KW Elementary school on the even months.

For more information or if you are interested in participating in the local CHI Council, please contact:  
(651) 385-3307  
Or  
Info@Goodhue.MN.org

#### Visit our Websites:

**Main Website:**  
www.CHI-Goodhue.org  
**Parent Website:**  
www.CHI-ParentNetwork.org  
**Youth Website:**  
www.CHI-Howie.org

#### Mai-Tai

1/2 cup pineapple juice  
1/4 cup orange juice  
1/4 cup club soda  
1 tbsp. cream of coconut  
1 tbsp. grenadine syrup  
In shaker or tall glass, combine ingredients; shake or stir to blend. Add crushed ice.

#### Lemon-Strawberry Punch

1 can (6 oz.) frozen orange juice concentrate, thawed  
1 pkg. frozen sliced strawberries  
1 can (6 oz.) frozen lemonade concentrate  
1 quart carbonated water  
1 quart ginger ale  
sliced bananas (garnish)  
sliced oranges or lemons (garnish)  
Combine frozen lemonade, strawberries (half-thawed with juice), and orange juice. Place in a punchbowl with ice. Just before serving, add carbonated water and ginger ale. Garnish with thin slices of orange or lemon. Serves 20.

#### Holiday Delight

Blend the following ingredients in a mixer:  
1/2 cup orange juice  
1/4 cup frozen strawberries  
1/4 cup cranapple juice  
1/4 cup half-and-half  
1/2 banana  
Pour into a tall glass.  
peel. Use cinnamon sticks in each cup as servers.

#### No-Tequila Margarita

12 oz. can thawed lemonade concentrate  
12 oz. can thawed limeade concentrate  
1 cup powdered sugar  
4 egg whites  
6 cups crushed ice & 1 qt. club soda

#### Viennese Coffee

Combine:  
1/4 cup whipped cream  
1 tbsp. powdered sugar  
1/2 tsp. vanilla extract  
Beat until stiff.  
Pour 3 cups of very strong coffee (decaffeinated is fine) into four cups. Float whipped cream mixture on top. Garnish with 1/2 tsp. grated orange peel. Use cinnamon sticks in each cup as servers.

#### The C&C Express

In a blender, mix the following on low speed to smooth consistency:  
6 oz. chocolate chip ice cream  
1/4 cup brewed espresso coffee  
1/4 cup half-and-half  
3 tbsp. cream of coconut  
Pour into an 8-ounce serving glass. Top with whipped cream and chocolate shavings. Garnish with a cookie and serve immediately.

#### The Natural Blend

Blend the following ingredients in a mixer:  
1/2 banana  
6 strawberries  
2 oz. apple juice  
1/4 apple, with the skin  
2 oz. fresh pineapple  
1/2 cup ice  
Serve in a wine glass. Garnish with fresh strawberries.

#### South Sea Cooler

3 oz. orange juice  
1/2 oz. undiluted grapefruit juice concentrate  
1 oz. coconut cream  
1 oz. light cream  
Shake with large scoop of shaved ice.  
Serve in tall glass.

#### Southern Style Eggnog

4 eggs, separated  
1/2 cup sugar  
1/4 tsp. salt  
3 cups milk  
1 cup whipping cream  
2 tsp. vanilla extract  
nutmeg  
whipped cream to garnish  
While beating the egg yolks, gradually add sugar and salt. Gradually stir in milk and cream. Heat mixture over hot water or over low heat, stirring constantly, until it thickens and coats a metal spoon. Cool. Add vanilla extract and chill thoroughly. Beat egg whites until soft peaks form; gradually add remaining 1/4 cup sugar. Beat the refrigerated mixture until smooth and frothy. Fold in beaten egg whites. Sprinkle nutmeg and garnish with whipped cream.

#### Hot Spiced Apple Cider

Heat in glass pot or enameled pan:  
6-8 cups apple cider  
1/4 cup orange, lemon, or lime slices with peel, or any combination  
1 2-inch cinnamon stick  
4-6 cloves  
Serve with fruit slices in mugs. Makes 6-8 servings.

#### River Club Cream

1.5 oz. Arrow Nonalcoholic Black Raspberry Cordial  
5 oz. half-and-half  
dollop of whipped cream  
Shake ingredients in glass and metal shaker with ice until frothy. Pour (with ice) into 10-12 oz. snifter or tall glass.

