

ZERO ALCOHOL ZERO RISK

**FASD is 100%
preventable.**

Get more
100% FASD-FREE
mocktail recipes
and learn more
about FASD at
DrinkSenseAB.ca
#FASDfree

Virgin Strawberry Daiquiri
100% FASD-FREE!
Get delicious mocktail recipes inside.



DrinkSenseAB.ca

Learn more about FASD
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 **AGLC** Alberta Gaming &
Liquor Commission
Choices Albertans can trust.

DrinkSense

MOMMY MOCKTAILS!

A safe and satisfying way to celebrate while you're pregnant.

Just because you're expecting doesn't mean you can't enjoy sipping on a refreshing mocktail.

These delicious non-alcoholic drinks are always fun and refreshing.

Remember, there's no safe amount of alcohol to drink during any stage of pregnancy. Fetal Alcohol Spectrum Disorder (FASD) is 100% preventable.

You can keep having fun by enjoying tasty mocktails instead.

Virgin Bahama Mama's Party Punch

12 oz. bottle grenadine
8 cups grapefruit juice
8 cups orange juice
8 cups pineapple juice
½ L lemon-lime pop
Garnish: orange slice

Combine all ingredients (except orange slice) in a punch bowl. Put one orange slice per glass with ice, pour punch over top and enjoy with the girls.



**100%
FASD
Free**

Virgin Mum-osa

Combine 2 parts chilled orange juice with 3 parts chilled, dry sparkling white grape juice. Garnish with an orange slice and mum's the word!



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Brown Cow Goes Moo

Combine ½ cup of evaporated milk with 2 cups of root beer. Mix then split between two tall cocktail glasses. Add ice to fill the glass. Drizzle chocolate sauce on the top and enjoy some delicious decadence.



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Mom Collins

Fresh lemon juice
Club soda
Lemon slices
Ice
Sugar syrup*

* Dissolve 2 parts sugar in 1 part boiling water. Let cool.

Combine 1 part lemon juice with 1 part sugar syrup in a tall glass filled with ice. Top off with 3 to 4 ounces club soda. Garnish with lemon slices and cheers to your big news!



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Caesar Jr.

Fresh lime juice
Celery salt
½ tsp Worcestershire sauce
¼ tsp Tabasco sauce
Juice of ¼ fresh lime
Clamato juice
Celery stalk to garnish

Rim glass with lime and celery salt. Fill with ice and add Worcestershire, Tabasco, and lime juice. Top with Clamato, stir, and garnish with a crisp celery stick. Junior approves!



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