

# 4 TOOLS TO HELP YOU DRINK SMARTER





# USE WITHOUT MODERATION!

Now that—thanks to Éduc'alcool campaigns—more than 80% of all Quebecers know the recommended low-risk drinking guidelines, and more than 90% are aware of the benefits of moderation, the time has come to move from information to action.

It's important to know the drinking guidelines and be aware of the Éduc'alcool slogan, *Moderation is always in good taste*. But it's not quite enough.

To help you cross the threshold from knowledge to action, here are four simple, helpful tools developed by Éduc'alcool. Use them often!



# .08 HAPPENS QUICKLY!

Monitor your blood-alcohol content throughout the evening, and even calculate it in advance, based on how much you're planning to drink. While this tool won't replace your own good sense, it can help you make better decisions. Think of it as a discreet and possibly life-saving companion!

QUICK! CHECK THE

**CALCOHOLATOR**



# HAVING TROUBLE COUNTING YOUR DRINKS?

The Drink Dashboard helps you monitor and understand your drinking over time. It also provides information about various drinking-related concerns, such as the impact of alcohol on your health, calorie contents (including the food equivalent of those calories), and more.

COUNT ON THE

**DRINK DASHBOARD**





# HERE'S A TOAST TO THE RESPONSIBLE HOST!

Planning a party and want to make as many people happy as possible?

The Guide to Successful Entertaining can help you anticipate the amount of alcoholic and non-alcoholic beverages you'll need, and how to measure out the servings. It offers advice on the type of food to serve, how to organize the party space, and the best time to refill people's glasses. A total of 15 tips to ensure a successful event.

PERMISSION TO BOAST  
WHEN YOU USE THE GUIDE TO

**SUCCESSFUL ENTERTAINING**



# ALCOHOL-FREE DRINKS SO PEOPLE CAN ALTERNATE? GREAT IDEA!

It's easier to alternate between alcoholic and non-alcoholic drinks when there are attractive options.

Alternalcohol has more than 100 original recipes for mocktails that make alternating tasty and fun. Search recipes according to ingredients on hand, and check your “bar score” to see how prepared you are to serve more than just water!

MAKE YOUR MOCKTAILS WITH RECIPES FROM

**ALTERNALCOHOL**



**IT'S ALL AT [EDUCALCOOL.QC.CA](http://EDUCALCOOL.QC.CA)!**

**Éduc  alcool**

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