



Encouraging Moderate Drinking

Zebra-Drinking:

Zebra-striping is a new trend where drinkers alternate between alcoholic and no/low-alcohol beverages throughout the night. This method helps control alcohol intake, offering a more balanced approach to social drinking.

Print off the information on Zebra-striping (on the next couple of pages) onto A5 sized card (double-sided) and lay them on tables for people to look at when they are having a sit down meal or tasting.

Bookending:

Bookending involves **starting and finishing the night with a no/low-alcohol drink,** while enjoying alcoholic options in between. This method allows people to pace themselves and still enjoy the social experience.

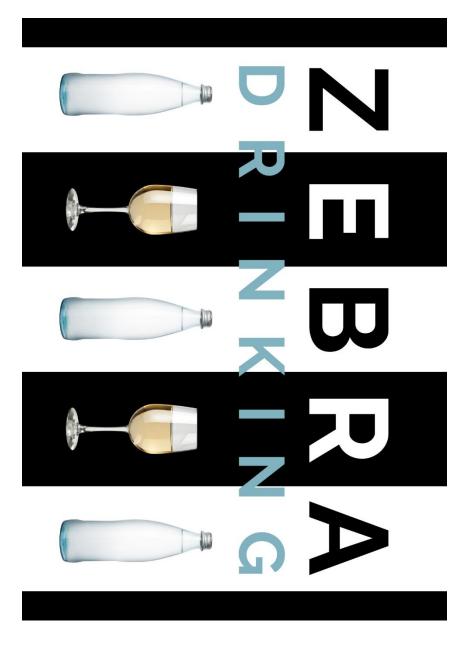
Activity-Led Socialising:

The UK is shifting away from traditional, alcohol-centric socialising in favour of activity-based outings like bowling, mini-golf, or interactive experiences.

Have a look at Wine in Moderation for some useful tips: <u>Home | Wine In</u> <u>moderation</u>



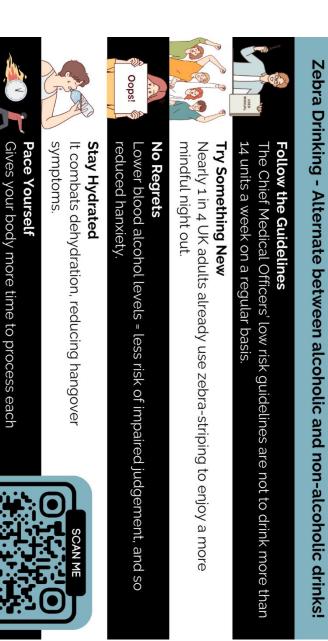




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drinking scan the QR code.

For more information on low risk

drink, keeps you in control.