

No safe type.
No safe time.
No safe amount.



Help give your baby a
healthy start!
Have an **alcohol-free**
pregnancy.



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**There is no safe time during
a women's pregnancy to
drink any amount of alcohol.**

Alcohol use during pregnancy can lead
to birth defects and permanent brain
damage. Avoiding alcohol completely is
the safest choice for helping to give your
baby a healthy start.



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**Remember, it is never too
late to stop drinking. The
sooner you stop, the greater
the chance of having a
healthy baby.**

For more information on alcohol and substance
use and pregnancy, talk to your doctor or call the
Motherisk Alcohol Helpline at 1-877-327-4636.

Mocktail Recipes

fun & flavourful
alcohol-free drinks



**Perfect for
expecting
mothers**



*Cranberry
Craze*

- 3 oz cranberry juice
- 2 oz orange juice
- 1/8 oz lime cordial
- Soda water
- Frozen cranberries

In a glass filled with ice, combine cranberry juice, orange juice and lime cordial. Top with soda water and garnish with a zest of lime.



*Coochy
Coo
Colada*

- 1 cup ice
- 1 cup orange juice
- 1 cup vanilla ice cream
- Maraschino cherries (for garnish)
- 1 cup ripe pineapple chunks
- 1 tsp coconut extract

In a blender, mix ice, orange juice, vanilla ice cream, pineapple and coconut extract until smooth but still thick. Pour into glasses and garnish with pineapple and maraschino cherries.



*Junior
Caesar*

- 1 cup vegetable-clam cocktail
- Lime juice
- Tabasco sauce
- Worcester sauce
- Celery salt
- Celery

Rim a tall glass with fresh lime juice and celery salt. Fill glass with ice and add a dash of Tabasco and Worcester sauce. Top with 1 cup of vegetable-clam cocktail and stir. Garnish with a celery stalk.



*Chocolate
Soothe*

- 4 oz chocolate milk
- 2 oz cold decaf coffee
- Whipped cream
- Shaved chocolate

In a glass filled with ice, add chocolate milk and cold coffee. Top with whipped cream and sprinkle shaved chocolate on top.



*Baby's
Berry
Blast*

- 2 oz strawberries
- 2 oz blueberries (fresh or frozen)
- 1/2 banana
- 2 oz pineapple juice
- 1 tsp plain yogurt
- Ice

Blend all ingredients in a blender until smooth. Pour into glass and garnish with a strawberry.



*Jolly
Jumper
Juice*

- 4 oz pineapple juice
- 3 oz cranberry juice
- Soda water
- Raspberry or lime sherbet

In a glass, combine pineapple and cranberry juice. Top with soda water and a scoop of sherbet.