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.

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.
**Cranberry Craze**
- 3 oz cranberry juice
- 2 oz orange juice
- 1/8 oz lime cordial

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)

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
- Worcestershire 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 Worcestershire sauce. Top with 1 cup of vegetable-clam cocktail and stir. Garnish with a celery stalk.

**Chocolate Soother**
- 4 oz chocolate milk
- 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)
- ½ banana

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.