



Health Promotion
on St Helena

Live Long
Live Well

Health Matters

Alcohol Awareness Week

14 - 20 November 2016



Worried about your drinking?

CAGE Questionnaire - Answer these four questions:

1. Have you ever felt you should **C**ut down on your drinking?
2. Have people **A**nnoyed you by criticising your drinking.
3. Have you ever felt bad or **G**uilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye-opener)?



**Have you answered 'Yes' to two or more questions? You may have a problem.
You can call 22593, or the Alcohol Help Line number on tel: 22961**



Recipe of the Month

Virgin Mary

This non-alcoholic version is great for grown up kids who like spicy flavors, so they don't feel left out at the party. Each person can adjust the heat by adding their own Tabasco sauce. It's also an impressive-looking drink so make sure you've got enough to go round all your guests if you're serving it at a party, as there's no doubt people will want one when they see it.

Ingredients

- 2 ice cubes
- 150ml tomato juice
- ½ lemon, juice only
- 6 dashes Worcestershire sauce
- 3 dashes Tabasco sauce
- Pinch of salt and freshly ground black pepper
- Celery stick and lemon wedge, for garnishing

Method

In a tall glass, pour the tomato juice over the ice, add the lemon juice, Worcestershire sauce, tabasco, salt and pepper and stir. Serve with a stick of celery and wedge of lemon.



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