Drink Counting/Pouring Activities

Items needed- Glass Kit from DAODAS, measuring cup that has oz on it, towel or paper towels, clear plastic cups, and a container of water (enough water to fill all of the glasses and have them on display at the same time).

Label your clear plastic cups to show "Participant" and "Actual".

- To begin the activity, have a discussion on what everyone thinks a standard drink is. Reveal the real measurements for a standard drink.
- Next, have volunteers come up to the glasses that have been set up and pour what they think these measurements would look like in the glass. For example, have someone pour what they think would be 4 oz of wine, pour what they think would be 8 oz of beer, and so forth.
- After the volunteers have done this, pour their guesses of measurements into the clear plastic cup labeled "Participant".
- Next, measure out and pour into the appropriate glass the standard drink size for wine, beer, and liquor. After you have shown them in the glass, pour it into the plastic cup that reads, "Actual".
- Set the "Participant" cups up next to the "Actual" cups to show the difference in what is typically thought of as a standard drink and what is actually a standard drink.

You can also use this same scenario and same measurements to demonstrate drink counting.

Additional Information on Drink Counting:

A standard drink unit (SDU) is a widely recognized standard for responsible alcohol service. The SDU is used by the federal government, state governments, and every national responsible alcohol retailing training programs on which to based reasonable alcohol service. The current dietary guidelines for Americans published by the U.S. Department of Health and Human Service have defined a drink as one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, and one 1.5-ounce serving of 80-proof distilled spirits.

When counting drinks, you must first establish the amount of alcohol in a specific drink. The following alcoholic beverages contain approximately the same amount of alcohol and should be counted as one drink: a 12-ounce beer, a 5-ounce glass of wine, 1½ ounces of 80-proof liquor, or 1 ounce of 100-proof liquor. Each of these beverages contains approximately 0.6 ounces of ethanol alcohol. Do not assume that the amount of alcohol in your establishment's serving size is the same as the standard measure. While these beverages serve as the standard measure when counting drinks, some will be counted differently. The proof of the liquor used and the serving size of the drink will affect the count.

Beer

One SDU = one 12-ounce beer. "Regular," normal-strength beer is 4% alcohol. Microbrews and malt liquors have a higher percentage of alcohol (look at the label). In beer, a rule of thumb is that the darker and more bitter the beer, the higher the alcohol content. There are exceptions to the rule of thumb. For example, Guinness is actually a low proof beer. However, some craft and specialty beers can have substantial alcohol content.

Wine

One SDU = 5 ounces of regular table wine. This standard includes most table wines, whether white, red, rosé, or champagne. With the exception of Chardonnay, red wines have more alcohol content than white wine. But just like beer, not all wines have the same alcohol content. An SDU for fortified wine (wine typically at 13 % or higher alcohol content, resulting from the addition of spirits such as brandy, cognac, or sherry) is only 3 ounces.

Liquor

One SDU of spirits is calculated as either 1½ ounces of 80-proof (40%) liquor or 1 ounce of 100-proof (50%) liquor. But just like beer and wine, there are exceptions. Drinks with a higher proof (like grain alcohol, Everclear, or 151-proof rum) far exceed an SDU.

Know Your SDUs

It is important to determine the number of SDU in each alcoholic beverage your establishment serves so that you do not overserve any patron. Some beverages contain more than a single serving of liquor. To determine the actual number of SDUs in these cocktails when counting drinks, divide the liquor in the cocktail by the standard amount of that liquor found in one drink. Whether a liquor is served straight, such as a 1-ounce shot of 80-proof vodka, or diluted in a mixed drink, such as a vodka and tonic containing I ounce of 80-proof vodka, the alcohol content is the same. Adding a non-alcoholic beverage (mixer) to a drink does not alter the alcohol content; it just takes longer for the drinker to consume it.

For example, a dry gin martini containing 3 ounces of 80-proof gin is counted as two drinks because 3 ounces of 80-proof gin divided by 1.5 ounces in 1 drink = 2 SDUs. For

another example, 3 ounces of 100-proof liquor = 3 SDUs.

Here's yet another example. A 12-ounce beer is counted as one drink, but how many drinks are contained in a 24-ounce beer? The answer is two. Here's why: 24 ounces by 12 ounces = 2 SDUs.

A 60-ounce pitcher divided by 12-ounce standard beer servings = 5 SDUs. The problem with serving pitchers, though, is that more than one person is consuming from the pitcher.

Mixed drinks may contain liquors with different proofs. Some contain cordials and liqueurs, which may be as little as 20% alcohol, or 40 proof.

Counting drinks containing multiple liquors can be challenging, especially if those liquors have different proofs. For example, a Long Island ice tea contains three 80-proof liquors (1 ounce each of vodka, gin, and rum) and 1 ounce of 40-proof liqueur (triple sec). To determine the number of drinks in this cocktail, you must calculate the number of drinks for each liquor, and then add the totals together. According to the recipe, the Long Island ice tea is counted as 2.5 drinks. Here's why: I ounce of 80-proof vodka divided by 1.5 = .7 SDU I ounce of 80-proof gin divided by 1.5 = .7 SDU I ounce of 80-proof rum divided by 1.5 = .7 SDU I ounce of 40-proof triple sec divided by 2.5 (the number of ounces of 40 proof in a SDU) = .4 SDU Total: .7 + .7 + .7 + .4 = 2.5 SDUs.

It is important that the amount of alcohol you put into a drink is consistent and appropriate each and every time you serve that mixed drink so that you, other bartenders and servers, and even the patron can accurately calculate the number of SDUs consumed.

One way to ensure consistency is to always use a jigger or a liquor gun.

Weight

Determining a patron's weight can be a challenge and takes practice. Use your fellow bartenders and alcohol servers as guides. Chances are both genders and a variety of weights are represented among your staff. If any of your staff members are self-conscious about revealing their weight for you to use as a point of reference, you may need to ask friends or regulars to stand in their place. At the very least, you can use your own weight as a guide.

Keeping Track of Drinks Served

Keeping a mental note is not an effective way to track drinks in a busy establishment.

Guest checks can be used to keep track of drinks served. Straws, bar napkins, glasses, and coasters can also be used. Training servers to note the time and the person ordering the drink each time an order is placed may be effective. If your establishment does not use guest checks, you may want to keep a chart at the bar for servers to record the number of drinks ordered by each guest and the time of each order. Common symptoms, levels of impairment, and risks for various blood alcohol concentration (BAC) levels include:^{1,6}

- **0.02%:** This is the lowest level of intoxication with some measurable impact on the brain and body. You will feel relaxed, experience altered mood, <u>feel a little warmer</u>, and may make poor judgments.
- **0.05%:** At this level of BAC, your behavior will become exaggerated. You may speak louder and gesture more. You may also begin to lose control of small muscles, like the ability to focus your eyes, so vision will become blurry. Your judgment is impaired, and coordination is reduced. Tracking objects visually becomes more difficult, and your ability to respond to emergencies, like an object in your path, will be reduced. Your inhibitions will be lowered causing you to potentially engage in risky behaviors like drunk driving.
- **0.08%:** This is the current legal limit in the U.S., other than Utah, and at this level it is considered illegal and unsafe to drive. You will lose more coordination, so your balance, speech, reaction times, and even hearing will get worse. Standing still, focusing on objects, and evading obstacles are all much harder. Reasoning, judgment, self-control, concentration, and memory will be impaired. Short-term memory loss may start.
- **0.10%:** At this BAC, reaction time and control will be reduced, <u>speech will be slurred</u>, thinking and reasoning are slower, and the ability to coordinate your arms and legs is poor.
- **0.15%:** This BAC is very high. You will have much less control over your balance and voluntary muscles, so walking and talking are difficult. You may fall and hurt yourself. Vomiting may begin.
- **0.20-0.29%:** Stupor, confusion, feeling dazed, and disorientation are common. Standing and walking may require help, as balance and muscle control will have deteriorated significantly. Sensations of pain will change, so if you fall and seriously hurt yourself, you may not notice, and you are less likely to do anything about it. Nausea and vomiting are likely to occur, and the gag reflex will be impaired, which could cause choking or aspirating on vomit. <u>Blackouts begin at this BAC, so you may participate in events that you don't remember</u>.
- **0.30-0.39%:** At this point, you may be unconscious and your potential for death increases. Along with a loss of understanding, at this BAC you'll also experience severe increases in your heart rate, irregular breathing and may have a loss of bladder control.
- **0.40% and over:** This level may put you in a coma or cause sudden death because your heart or breathing will suddenly stop.