



# 4 alcohol-free gift ideas for every occasion

Alcohol often plays a central role in many types of social occasion. The SCPN challenges you to buck the trend of alcoholic gifts! Here's our suggestions of alternatives for every occasion!

#### **OFFICE PARTIES**

Bring along a premixed non-alcoholic drink like Teetotal G&T or Cuba Libre. Or try some Kombucha brands like Left Field Kombucha or Clever Kombucha.





## PARTY AT NEIGHBOURS

Take along a case of non-alcoholic beer like Big Drop Brewing, Brewdog Nanny State or Adnams Ghost Ship which are all perfect alternatives for the 'real' thing.

Or make a lovely alcohol-free punch using elderflower cordial as a base.

## **FAMILY PARTIES**

Bring alcohol-free wine from companies like Cairn o'Mohr; an amazing local winery in Errol, Scotland which does an Elderflower and Elderberry Fizz that are perfect for a celebratory toast.





## OTHER OCCASIONS

Smart Beer Club is a great monthly subscription service for the craft beer connoisseur in the family. Or for the gin-lover, gift a non-alcoholic spirit like Ceders or Chastity No Sin-Gin.



The Scottish Cancer Prevention network is focussed on moving evidence on cancer risk reduction into everyday life, practice and policy.

We are supported by the Scottish Cancer Foundation (SC028300).

Want to get involved? Visit our website for more information at www.cancerpreventionscotland.org.uk and sign up for our newsletter!

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