

RESPONSIBLE ALCOHOL CONSUMPTION

To enjoy life together to its fullest, let us all promote a responsible alcohol consumption

Our commitment

At MBWS,

- Proud representatives of our industry and our brands, we are aware of our responsibilities and the role our products play in the gastronomy and social interactions of consumers.
- We therefore call for sensible, responsible consumption of alcohol.
- We encourage our employees to be ambassadors for responsible alcohol consumption.
- We comply with all applicable laws, regulations and industry standards.

A few points of reference






Standard glass = 10 grams of pure alcohol, i.e.

- 10 cl of wine at 12°
- 25 cl of beverage at 5° (beer, alcoholic soft drinks, e.g. alcopops - premix)
- 7 cl of boiled wine at 18°
- 3 cl of 40° alcohol (whisky, pastis, tequila, vodka, digestif)

It doesn't matter what kind of alcohol you drink; it's the content and quantity of alcohol that affect your blood alcohol level (BAL), the amount of alcohol absorbed into your bloodstream.



Questions	At what point does drinking become risky?	
How many standard glasses per day and per week?		> 3 standard glasses / day, > 21 standard glasses/ week
		> 2 standard glasses/ day, > 14 standard glasses / week
How many glasses per occasion?		> 4 standard glasses per occasion (parties, dinners)

What type of consumer are you?

Questions	Points					Score
	0	1	2	3	4	
1. How often do you drink alcoholic beverages?	Never	Once a month or less	2 to 4 times per month	2 to 3 times per week	4 times or more per week	
2. How many standard glasses do you drink on a normal day when you have alcohol drinks?	1 or 2	3 or 4	5 or 6	7 or 9	10 or more	
3. Have people around you ever made remarks about your alcohol consumption?	No				Yes	
4. Have you ever felt a need for alcohol in the morning to feel good?	No				Yes	
5. Do you ever drink and then can't remember what you said or did?	No				Yes	

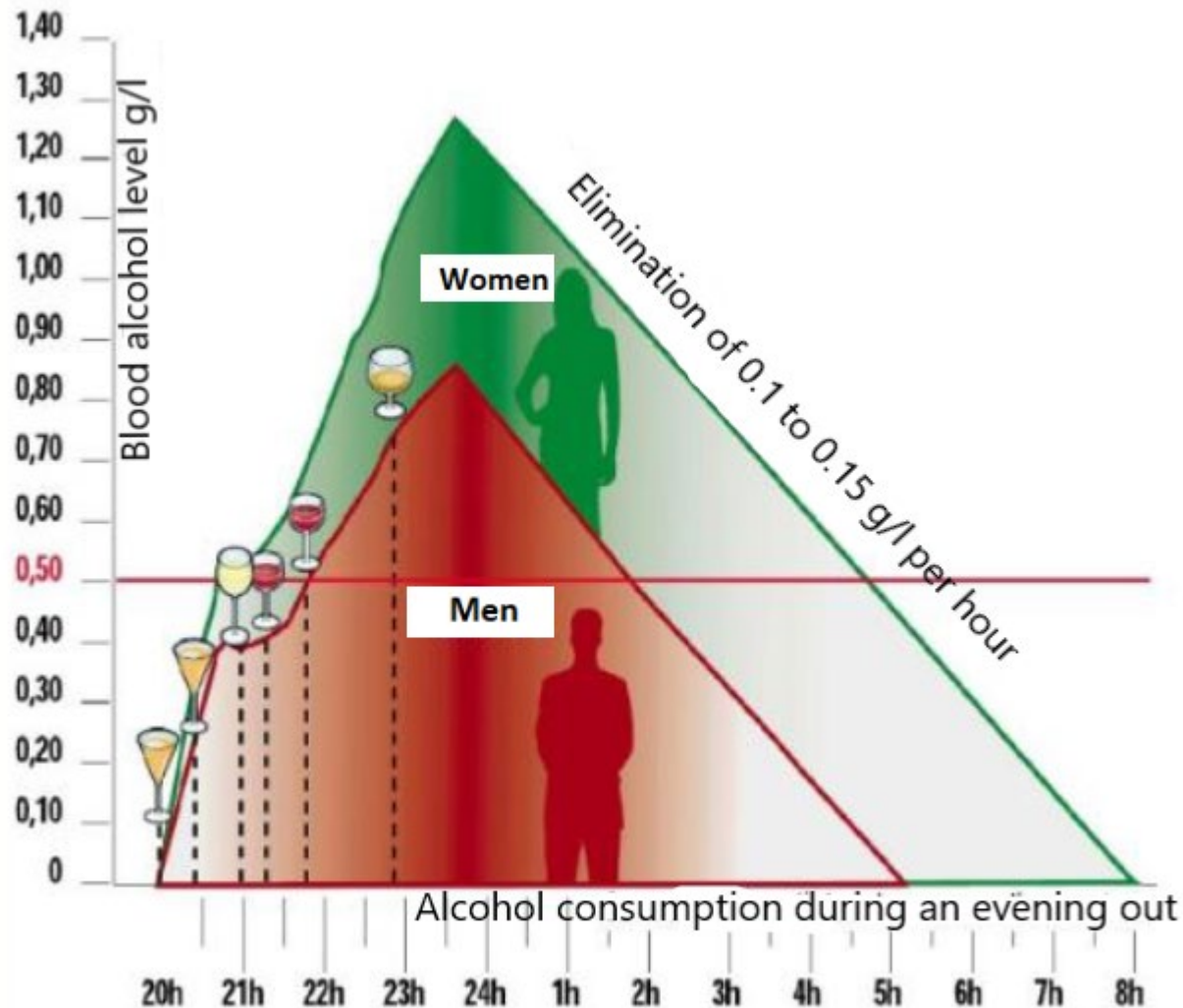
Source: FACE questionnaire : a new tool detecting excessive alcohol consumption

Calculate your total score

Interpretation of results

For a score of 5 or more for men and 4 or more for women, a review of consumption habits is called for;
For both sexes, a score of 9 or above is **considered to be a dependency.**

The effects of alcohol consumption



A healthy person eliminates **0.10 g to 0.15 g of alcohol** per hour

Nothing erases the effects of alcohol: salted coffee, a spoonful of oil...there's no "trick" to get rid of alcohol faster.

Following effects of exceeding the alcohol consumption threshold:

- reaction time is longer
- reflexes decline
- narrowed field of vision
- reduced sensitivity to the red color
- risk-taking
- poor adaptation to changing light conditions
- reduced danger perception
- increased glare sensitivity
- misjudgment of distances and widths
- overestimation of one's own abilities

If you drive:

measure your blood alcohol level with a breathalyser

Particularly risky situations

- Any consumption during pregnancy is at risk
- Fetal risk linked to alcohol consumption for young women
- Any regular consumption of alcohol under the age of 25 is at risk
- « Binge Drinking »
- Alcohol-drug interactions
- Chronic illnesses and alcohol precautions
- Alcohol consumption by elderly patients, those affected by psychiatric disorders or taking psychotropic medications



Zero alcohol from the date of a pregnancy plan

Key Points of Responsible Alcohol Consumption

- Moderate your alcohol consumption;
- Never drink before driving;
- Ensure minors and pregnant women do not drink;
- Respect the choice of others not to consume alcohol.

Key Points of Responsible Alcohol Consumption

Ensure that minors and pregnant women do not drink



Respect the choice of others not to consume alcohol



Never drink before driving



Moderate your alcohol consumption

