Dear Chapter/Organization President,

If your chapter/organization has purchased a plot at the Foxfield Races, or if you are planning to attend as a chapter/group, the members of the Alcohol and Drug Abuse Prevention Team (ADAPT) peer educators encourage you to make sure to purchase enough food and bottled water for the event. As it is a long day, planning ahead can help your members minimize negative consequences and avoid medical emergencies.

Please consider bringing foods high in protein, such as deli meats, fried chicken, cheese or peanut butter, since protein is the best type of food to slow down the effects of alcohol. Bottled water and other non-alcoholic beverages are important to ensure that your members stay hydrated and healthy throughout the day.

**Serve Safe!** Cooked dishes, soft cheeses, cut fruit, lunch meats or dips should never sit at room temperature for more than 2 hours. Use beds of ice or coolers to maintain food temperatures.

**Consider bringing:**
- High protein foods (cheese, meat, peanut butter)
- Bottled water/non-alcoholic beverages
- Ice
- Sunscreen (**SPF 15 or higher**)  
- Eating/serving utensils
- Cups, plates, napkins  
- Valid ID (student ID is not legal proof of age)

On the following pages are a party planner and links to local catering menus to help you estimate food quantities and costs. If you have any questions or would like more information about safe Foxfield planning, please visit our website at [http://gordiecenter.studenthealth.virginia.edu/foxfield](http://gordiecenter.studenthealth.virginia.edu/foxfield).

Have a safe and happy Foxfield,
-ADAPT
Tips for a Safe Foxfield

If you and/or your friends choose to drink...

- **Bring and drink plenty of water** – On a warm, sunny day, you can become dehydrated quickly. Alternate non-alcoholic beverages with those containing alcohol.
- **Bring plenty of high protein foods** – This is the best type of food to slow down the negative effects of alcohol. Be aware that some friends may bring drinks but no food. Provide enough food for everyone in your group.
- **Stay in a group** – Look out for and check in with one another. Say something if a friend’s behavior concerns you.
- **Make a plan for getting home before you attend** – If your group is driving, decide now who will be the sober (non-drinking) driver. If you’re taking a bus, decide how you will make sure no one is left behind and how you will get home after the bus drops you off.
- **Bring a valid ID** – Always carry a photo ID and make sure your friends carry identification with them in case they become incapacitated for any reason.

If a friend has too much to drink...

- **Suggest they Space and Pace** – Keep them from consuming more alcohol by offering them food or a non-alcoholic drink. ADAPT will be hosting a safety tent with free water and snacks, located in the Orange section near the wooden official’s tower.
- **Stay with the person** – BAC can continue to rise after someone stops drinking.
- **If needed, go to a First Aid Station** – There is a station between the airplane hangar and the West Gate and on the paddock line between the orange and green sections. Both are staffed by medical personnel.
- **In an emergency, Call 911 and tell the dispatcher you’re at Foxfield**
- **Provide your plot number and EMTs will come to you. Don’t hesitate to get help.**

Foxfield Alcohol Policy

- Guests over 21 years of age may enter Foxfield with a maximum of one 22-quart container/cooler containing alcoholic beverages.
- Additional containers/coolers containing only food and non-alcoholic beverages are permitted and are subject to search.
- Alcoholic beverage quantities in excess will be confiscated and discarded. All beverages, alcoholic and non-alcoholic, must remain unopened with its factory seal intact upon entry.
- Previously opened beverages will be confiscated and discarded.
- The Foxfield Races event staff reserves the right to check IDs of all group members for proof of legal age in order to assess if alcohol quantities are in compliance with the Event’s rules.
- A college ID is NOT legal proof of age for the purpose of consuming alcoholic beverages in the Commonwealth of Virginia.
Table of Contents

Party Planning Tips .................................................................................................................. 4

Chicken ........................................................................................................................................ 6
Buffalo Wild Wings
Chick-fil-A
Raising Cane’s
Wayside
Wings Over Charlottesville

Grocery Stores ......................................................................................................................... 7
Harris Teeter
Kroger
Sam’s Club

Sandwiches, Salads, and Wraps ............................................................................................... 8
Bellair Market
Bodo’s Bagels
Chipotle
Jason’s Deli
Panera
Subway
Take It Away

Specialty .................................................................................................................................... 9
Hot Cakes
Sticks
Zazus
Zoe’s Kitchen
**PARTY PLANNING TIPS**

- When estimating food and drinks, always round UP. Try to guess what items will be most popular. Remember that more options mean smaller individual portions.

- **Serve safe!** No cooked dishes, soft cheeses, cut up fruits, lunch meats or dips should sit at room temperature for more than 2 hours. Use beds of ice or coolers to maintain food temperatures.

<table>
<thead>
<tr>
<th>No. of people</th>
<th>Meats</th>
<th>Wings</th>
<th>Cheese</th>
<th>Salads</th>
<th>Bread: 3 slices per person</th>
<th>Rolls: 1-2 per person</th>
<th>Chips</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>1 lb.</td>
<td>12 wings</td>
<td>6 oz.</td>
<td>1 lb.</td>
<td>12 slices</td>
<td>4 - 8</td>
<td>8 oz.</td>
</tr>
<tr>
<td>8</td>
<td>2 lb.</td>
<td>24 wings</td>
<td>.75 lb.</td>
<td>2 lb.</td>
<td>24 slices</td>
<td>8 - 16</td>
<td>1 lb.</td>
</tr>
<tr>
<td>12</td>
<td>3 lb.</td>
<td>36 wings</td>
<td>1-1/8 lb.</td>
<td>3 lb.</td>
<td>36 slices</td>
<td>1 - 2 dozen</td>
<td>1.5 lb.</td>
</tr>
<tr>
<td>16</td>
<td>4 lb.</td>
<td>48 wings</td>
<td>1.5 lb.</td>
<td>4 lb.</td>
<td>48 slices</td>
<td>1.5 - 3 dozen</td>
<td>2 lb.</td>
</tr>
<tr>
<td>24</td>
<td>6 lb.</td>
<td>72 wings</td>
<td>2.25 lb.</td>
<td>6 lb.</td>
<td>72 slices</td>
<td>2 - 4 dozen</td>
<td>3 lb.</td>
</tr>
<tr>
<td>32</td>
<td>8 lb.</td>
<td>96 wings</td>
<td>3 lb.</td>
<td>8 lb.</td>
<td>96 slices</td>
<td>3 - 6 dozen</td>
<td>4 lb.</td>
</tr>
<tr>
<td>40</td>
<td>10 lb.</td>
<td>120 wings</td>
<td>3.75 lb.</td>
<td>10 lb.</td>
<td>120 slices</td>
<td>4 - 7 dozen</td>
<td>5 lb.</td>
</tr>
<tr>
<td>48</td>
<td>12 lb.</td>
<td>144 wings</td>
<td>4.5 lb.</td>
<td>12 lb.</td>
<td>144 slices</td>
<td>4 - 8 dozen</td>
<td>6 lb.</td>
</tr>
<tr>
<td>Category</td>
<td>Serving Size</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-------------------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appetizers before a meal</td>
<td>2-3 pieces per person per hour</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appetizers as a meal</td>
<td>5-6 pieces per person per hour</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chilled Salads</td>
<td>4 ounces per person</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Side Dishes</td>
<td>3-4 ounces per person (depending on number of side dishes)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta as an entrée</td>
<td>6-8 ounces per person</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta as a side dish</td>
<td>3-4 ounces per person</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Entrée Portion</td>
<td>4-6 ounces per person</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner Entrée Portion</td>
<td>6-8 ounces per person</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dessert</td>
<td>3-4 ounces per person</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolls/Bread</td>
<td>2 per person</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Beverages**

<table>
<thead>
<tr>
<th>Type</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee/1 pound</td>
<td>Serves 50 one-cup servings</td>
</tr>
<tr>
<td>Punch/1 gallon</td>
<td>Serves 32 4-ounce servings</td>
</tr>
<tr>
<td>Soda/2 liter</td>
<td>Serves 11 6-ounce glasses</td>
</tr>
<tr>
<td></td>
<td>Serves 10 8-ounce glasses</td>
</tr>
</tbody>
</table>
**CHICKEN**

**Buffalo Wild Wings**
1935 Arlington Blvd
Charlottesville, VA 22903
Phone: (434) 977-1882

**Wayside**
2203 Jefferson Park Ave
Charlottesville, VA 22903
Phone: (434) 977-5000

**Chick-fil-A**
1576 Rio Rd E
Charlottesville, VA 22901
Phone: (434) 973-1646

**Wings Over Charlottesville**
2029 Ivy Road
Charlottesville, VA 22903
Phone: (434) 964-9464

**Raising Cane’s**
1805 Emmet Street N
Charlottesville, VA 22901
Phone: (434) 293-4331
GROCERY STORES

Harris Teeter
Barracks Rd - #177
975 Emmet St
Charlottesville, VA 22905
Phone: (434) 984-2900

Kroger
1159 Emmet St N
Charlottesville, VA 22901
Phone: (434) 293-5176

Sam's Club
970 Hilton Heights Road
Charlottesville, VA 22903
Phone: (434) 978-2122
SANDWICHES, SALADS, AND WRAPS

**Bellair Market**  
2401 Ivy Road  
Charlottesville, VA 22903  
Phone: (434) 971-6608

**Bodo’s Bagels**  
505 Preston Ave  
Charlottesville, VA 22903  
Phone: (434) 293-5224

**Chipotle**  
953 Emmet St.  
Charlottesville, VA 22903  
Phone: (434) 872-0212

**Jason’s Deli**  
900 Shoppers World Ct.  
Charlottesville, VA 22901  
(434) 566-0147

**Panera**  
1121 Emmet Street North  
Charlottesville, VA 22903  
Phone: (434) 245-6192

**Subway**  
104 14th Street NW Suite 3  
Charlottesville, VA 22903  
Phone: (434) 295-7827

**Take It Away**  
115 Elliewood Avenue  
Charlottesville, VA 22903  
Phone: (434) 295-1899
**SPECIALTY**

**Hotcakes**
1137 Emmet St. N  
Charlottesville, VA 22903  
Phone: (434) 295-6037

**Sticks**
917 Preston Ave  
Charlottesville, VA 22903  
Phone: (434) 295-5262

**Zoe’s Kitchen**
973 Emmet St. N Suite D  
Charlottesville, VA 22903  
Phone: (434) 995-5334

**Zazus**
2214 Ivy Road #111  
Charlottesville, VA 22903  
Phone: (434) 293-345