



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, hummus, 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.

Foxfield Checklist:

- 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 www.virginia.edu/adapt/foxfield

Have a safe and happy Foxfield,

-ADAPT



TIPS FOR A SAFE FOXFIELD



Bring a valid ID. Always carry a photo ID, even if you don't plan to drink, in case you become incapacitated for any reason.



Bring and drink plenty of water. On a warm, sunny day, you can become dehydrated quickly.



Eat plenty of high protein foods to slow down the effects of alcohol. Plan to have enough food for everyone in your group.

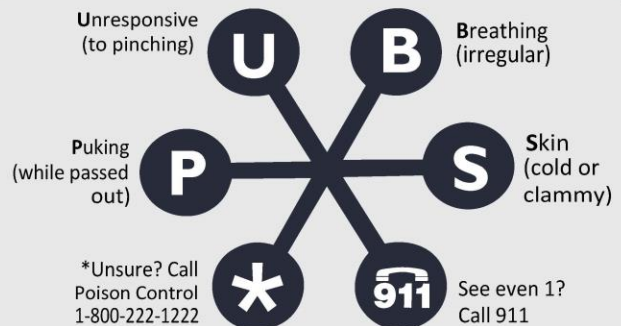


Decide now who will be the sober driver. Make sure no one is left behind! Prepare for a 30-60 minute wait for cabs, Uber or Lyft service.



Stay in a group and look out for one another. Say something if a friend's behavior concerns you.

Know the signs of an overdose:



If a friend has too much to drink:



Encourage your friend to slow down by offering food or non-alcoholic drinks.



Stay with your friend because BAC can continue to rise after someone stops drinking.



Go to the First Aid Tent located in the green section. It's fully staffed by medical personnel.



In an emergency (even if you're not sure) call 911 and tell the dispatcher you're at Foxfield. Provide your plot number and EMTs will come to you.

Foxfield Alcohol Policy



Guests over 21 years old who wish to bring alcohol must consolidate into **no more than one 28 quart cooler** per person.



Guests may bring additional **coolers of any size with food** and/or non-alcoholic beverages only.



Alcoholic beverages exceeding the policy limits will be **confiscated and discarded**.



All beverages, alcoholic and non-alcoholic, **must remain unopened** with factory seals intact upon entry.



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ESTIMATING QUANTITIES

- 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.

No. of people	Meats	Wings	Cheese	Salads	Bread: 3 slices per person	Rolls: 1-2 per person	Chips
4	1 lb.	12 wings	6 oz.	1 lb.	12 slices	4 - 8	8 oz.
8	2 lb.	24 wings	.75 lb.	2 lb.	24 slices	8 - 16	1 lb.
12	3 lb.	36 wings	1-1/8 lb.	3 lb.	36 slices	1 - 2 dozen	1.5 lb.
16	4 lb.	48 wings	1.5 lb.	4 lb.	48 slices	1.5 - 3 dozen	2 lb.
24	6 lb.	72 wings	2.25 lb.	6 lb.	72 slices	2 - 4 dozen	3 lb.
32	8 lb.	96 wings	3 lb.	8 lb.	96 slices	3 - 6 dozen	4 lb.
40	10 lb.	120 wings	3.75 lb.	10 lb.	120 slices	4 - 7 dozen	5 lb.
48	12 lb.	144 wings	4.5 lb.	12 lb.	144 slices	4 - 8 dozen	6 lb.

Appetizers before a meal	2-3 pieces per person per hour
Appetizers as a meal	5-6 pieces per person per hour
Chilled Salads	4 ounces per person
Hot Side Dishes	3-4 ounces per person (depending on number of side dishes)
Pasta as an entrée	6-8 ounces per person
Pasta as a side dish	3-4 ounces per person
Lunch Entrée Portion	4-6 ounces per person
Dinner Entrée Portion	6-8 ounces per person
Dessert	3-4 ounces per person
Rolls/Bread	2 per person
Beverages	
Coffee/1 pound	Serves 50 one-cup servings
Punch/1 gallon	Serves 32 4-ounce servings
Soda/2 liter	Serves 11 6-ounce glasses Serves 10 8-ounce glasses

CHICKEN



Chick-fil-A

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



Wayside

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



Raising Cane's

1805 Emmet Street N
Charlottesville, VA 22901
Phone: (434) 293-4331



Wings Over Charlottesville

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

GROCERY STORES



Harris Teeter

Barracks Rd - #177
22901
975 Emmet St
Charlottesville, VA 22905
Phone: (434) 984-2900



Whole Foods

1797 Hydraulic Rd, Charlottesville, VA
Charlottesville, VA 22905
(434)973-4900



Kroger

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



Costco

The Shops at Stonefield
3171 District Ave, Charlottesville, VA
22901



Sam's Club

970 Hilton Heights Road
Charlottesville, VA 22903
Phone: (434) 978-2122



Wegman's

100 Wegmans Way
Charlottesville, VA 22902
Phone: (434) 529-3200

SANDWICHES



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



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



Zazus

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



Chipotle

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



Zoe's Kitchen

973 Emmet St. N Suite D
Charlottesville, VA 22903
Phone: (434) 995-5334



Mezeh

The Shops at Stonefield, 2015 Bond St #180
Charlottesville, VA 22901
Phone: (434) 202-1446