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 outside 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 (at least SPF 15 or higher; ideally SPF 30)
- Eating/serving utensils
- Cups, plates, napkins
- Valid ID (student ID is not legal proof of age)

On the following pages are tips for a safe Foxfield, a catering estimation guide and links to local catering menus. 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).

We wish you a safe and happy Foxfield!

--- The members of ADAPT
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 Bagel
Chipotle
Jason’s Deli
Panera
Subway
Take It Away

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

- **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. Plan to have enough food for everyone in your group.

- **Bring a valid ID**
  Always carry a photo ID and make sure your friends carry an ID with them in case they become incapacitated for any reason. A college ID is NOT legal proof of age.

- **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 to get home safely**
  If your group is driving, decide now who will be the sober 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. Prepare for a 30-60 minute wait for cabs.

**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 factory seals intact upon entry.

**Know the PUBS signs of alcohol overdose - call 911 if you see even one of these signs.**

- **Unresponsive (to pinching)**
- **Breathing (irregular)**
- **Puking (while passed out)**
- **Skin (cold or clammy)**
- **Unsure? Call Poison Control 1-800-222-1222**
- **Call 911**

**If a friend has too much to drink:**

- **Slow the person down** – 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 snack foods. Look for the ADAPT flag at our tent near the tower.

- **Stay the person – BAC can continue to rise after someone stops drinking.**

- **Go to the First Aid Station** – There is a station on the paddock line between the orange and green sections. It’s fully staffed by medical personnel.

- **In an emergency, or 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.

- **No cell phone service?** Find anyone wearing a yellow or grey Event Staff shirt and they will radio in your request. Don’t hesitate to get help.

#HoosGotYourBack
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>12</td>
<td>3 lb.</td>
<td>36 wings</td>
<td>1 lb.</td>
<td>3 lb.</td>
<td>36 slices</td>
<td>1-2 dozen</td>
<td>1.5 lb</td>
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<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>
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<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>
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<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>
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<tr>
<td>60</td>
<td>15 lb.</td>
<td>180 wings</td>
<td>5.5 lb.</td>
<td>15 lb.</td>
<td>180 slices</td>
<td>5-10 dozen</td>
<td>8 lb.</td>
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<td>80</td>
<td>20 lb.</td>
<td>240 wings</td>
<td>7.5 lb.</td>
<td>20 lb.</td>
<td>240 slices</td>
<td>7-12 dozen</td>
<td>10 lb.</td>
</tr>
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<td>100</td>
<td>25 lb.</td>
<td>300 wings</td>
<td>9 lb.</td>
<td>25 lb.</td>
<td>300 slices</td>
<td>9-16 dozen</td>
<td>12 lb.</td>
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<tr>
<td>120</td>
<td>30 lb.</td>
<td>360 wings</td>
<td>11 lb.</td>
<td>30 lb.</td>
<td>360 slices</td>
<td>10-20 dozen</td>
<td>16 lb.</td>
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<tr>
<td>Appetizers before a meal</td>
<td>2-3 pieces per person per hour</td>
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<tr>
<td>Appetizers as a meal</td>
<td>5-6 pieces per person per hour</td>
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<tr>
<td>Chilled Salads</td>
<td>4 ounces per person</td>
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<td>Hot Side Dishes</td>
<td>3-4 ounces per person (depending on number of side dishes)</td>
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<tr>
<td>Pasta as an entrée</td>
<td>6-8 ounces per person</td>
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<tr>
<td>Pasta as a side dish</td>
<td>3-4 ounces per person</td>
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<tr>
<td>Lunch Entrée Portion</td>
<td>4-6 ounces per person</td>
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<tr>
<td>Dinner Entrée Portion</td>
<td>6-8 ounces per person</td>
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<td></td>
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<tr>
<td>Dessert</td>
<td>3-4 ounces per person</td>
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<td></td>
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<tr>
<td>Rolls/Bread</td>
<td>2 per person</td>
<td></td>
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<tr>
<td><strong>Beverages</strong></td>
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<tr>
<td>Soda or water</td>
<td>A 2 liter bottle serves 10 8-ounce cups</td>
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</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
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
Phone: (4340 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