**College Ambassador Program**

**Past Grantee Highlights**

Proof Alliance encourages grant applicants to develop creative, out-of-the-box ideas for their events that highlight the importance of planned and alcohol-free pregnancies. Below are highlights of some particularly successful grantee events that were creative, community-focused, and centered on FASD prevention.

Mocktail Making Contest

*St. Cloud State University*

UCHOOSE partnered with Celebrate! St. Cloud State University to host “Mocktail Wars,” a mocktail competition that was the kick-off event for Winter Celebrate. Over 25 teams were registered for the event, and each team was asked to create their best mocktail with a variety of ingredients to choose from. A panel of judges chose their favorites. Between making mocktails and decorating onesies (provided by Proof Alliance), students had the opportunity to receive education on FASD and the effects of prenatal alcohol exposure at their tables. Each table also had goody bags with Proof Alliance education materials that students took with them. Later in the semester, SCSU had a mocktail taste-testing competition during the Spring Health Fair.

When COVID-19 hit and SCSU could no longer hold in-person events, they created a video about how to talk with your friends about alcohol-free pregnancies, as a way to further share this important public health messaging. You can [view the video here](https://www.youtube.com/watch?v=7uLLGEnTquI&feature=share).

Prevention Health Fair

*Minnesota State University, Mankato*

Minnesota State University, Mankato, hosted “Rethink Your Drink,” an alcohol education event. This interactive fair-style event encouraged students to learn about alcohol and participate in alcohol education booths. Examples of the booths include: “What’s Your Sweet Spot,” which focused on BAC education; “Size It Right,” which is a serving size/pouring exercise; “No-Booze Cruise,” a prize wheel and board game similar to the Game of Life, featuring reasons/situations to abstain from drinking, including during pregnancy; “Photo Booth,” which featured a FASD prevention message on props and buttons and also included a hashtag contest and prizes; and “Kegs and Eggs,” a Greek-sponsored root beer keg that included alcohol information.