# THE TODDY IN THE LIBRARY



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#### RECIPE

1 cup tea

1 teaspoon lemon juice

1 teaspoon honey

1 cinnamon stick

Lemon wedge

Add cinnamon stick, honey and lemon to a glass and pour in hot tea. Garnish with a lemon wedge. To reduce the risk of harm from alcohol-related disease or injury, healthy adults should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.

The less you drink, the lower your risk of harm from alcohol.

#### How can you reduce your intake?

- Enjoy a mocktail!
- Drink water instead of alcohol and use it to quench your thirst.
- Sip alcoholic drinks slowly.
- Alternate alcoholic drinks with water.

### For more information visit Drug Info

druginfo.sl.nsw.gov.au

#### WINTER

THE BODY IN THE LIBRARY BY AGATHA CHRISTIE WAS ORIGINALLY PUBLISHED IN 1942.

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