

CAPTION 1:

Celebrate the season with delicious, alcohol-free options that everyone can enjoy—helping raise awareness for fetal alcohol spectrum disorders (FASD), a brain-based disability caused by prenatal alcohol exposure. Visit proofalliance.org to learn more about FASD and the importance of alcohol-free pregnancies.

CAPTION 2:

Mocktails: A fun and festive way to support substance-free pregnancies while joining in on the celebration. Let's spread awareness about fetal alcohol spectrum disorders (FASD) and the importance of healthy choices for expecting families. Visit proofalliance.org to learn more about FASD and the importance of alcohol-free pregnancies.

CAPTION 3:

Healthy choices today lead to brighter tomorrows. Enjoy these mocktail recipes to celebrate and support alcohol-free pregnancies, while raising awareness of fetal alcohol spectrum disorders (FASD) and its lifelong effects on brain development. Visit proofalliance.org to learn more about FASD and the importance of alcohol-free pregnancies.

CAPTION 4:

This holiday season, let's toast with mocktails to healthy beginnings. Choosing alcohol-free options helps raise awareness about fetal alcohol spectrum disorders (FASD) and supports expecting families in making safe and healthy choices. Visit proofalliance.org to learn more about FASD and the importance of alcohol-free pregnancies.

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