SIP ON THIS

BORGS (Black-Out Rage Gallons) are drink mixtures in gallon jugs. While pouring your own booze can be a harm reduction practice, BORGs often contain far more alcohol than most Stanford students drink when they go out. SUPER Cups are a more effective strategy to stay safe when choosing to drink.





EANABs > BORGs

- SUPER Cups are free, sustainable, and help you measure your drinks more effectively
- ► EANABs (Equally Attractive Non-Alcoholic Beverages) are a Stanford staple at gatherings and parties and help you pace and hydrate!





For more harm reduction strategies: vaden.stanford.edu/harm-reduction-tools-program