



## How to 'eat on your feet' at holiday events

by: Staff Reports  
Friday, December 05, 2008

Finger foods can be a problem at holiday parties. You try to meet and greet with charm and ease while balancing your hors d'oeuvre plate, beverage and napkin without an embarrassing mishap.

But it's possible to look polished and graceful while finessing cocktail food, says Rachel Wagner. The owner of Tulsa-based Rachel Wagner Etiquette and Protocol offers the following tips for "eating on your feet" at holiday events:

Eat, then drink. It's doable, yet tricky, to hold both a small plate and beverage together in your left hand at one time. A better option is to eat first and get a beverage later. Hold the hors d'oeuvre plate in your left hand and eat with the right hand. Then dispose of your plate and get a beverage.

Hold the beverage in your left hand. This method keeps your right hand available for shaking at a moment's notice, and your palm won't be wet or sticky.

Don't hover over the food table. After serving yourself, move away. Eat and mingle in another spot. You are less likely to double dip.

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