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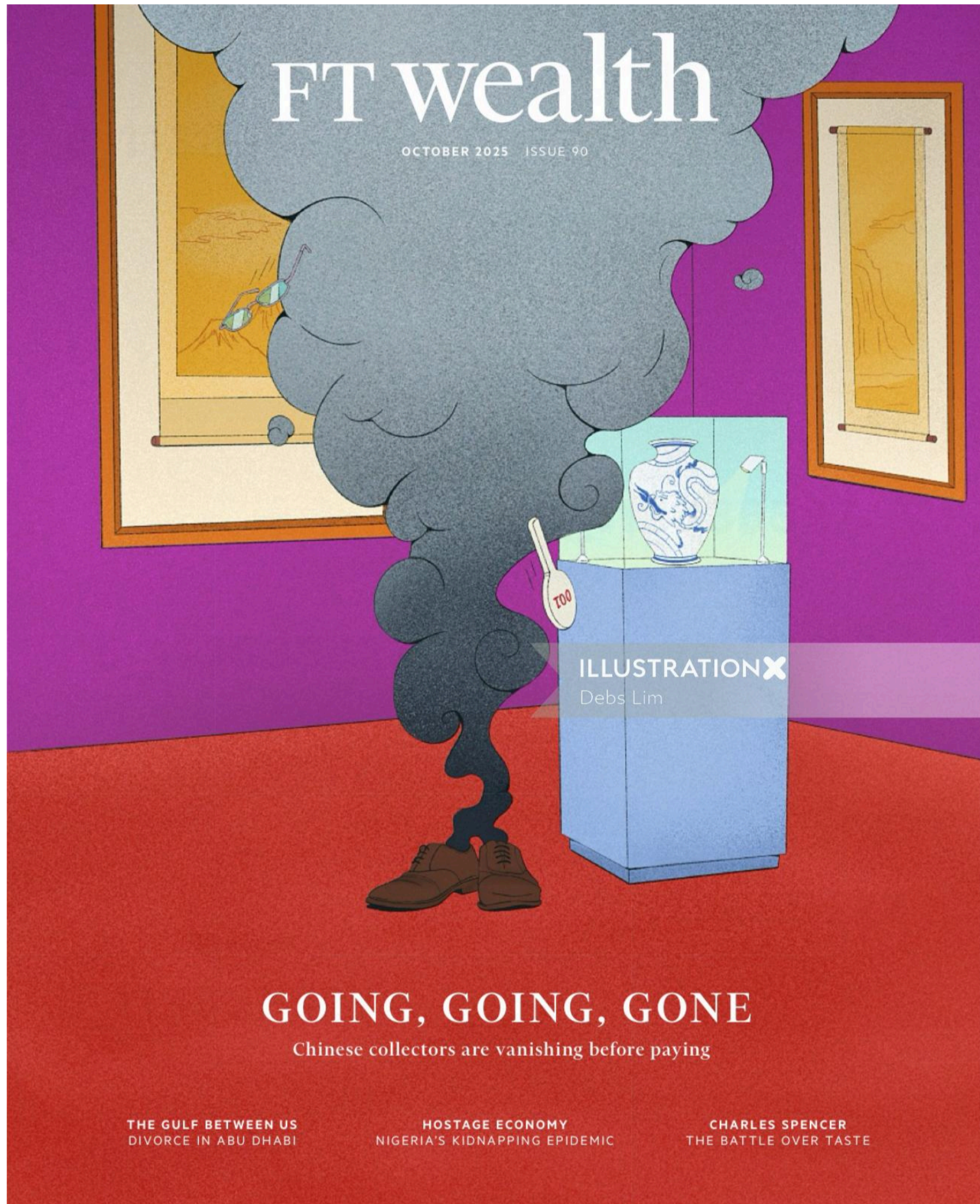
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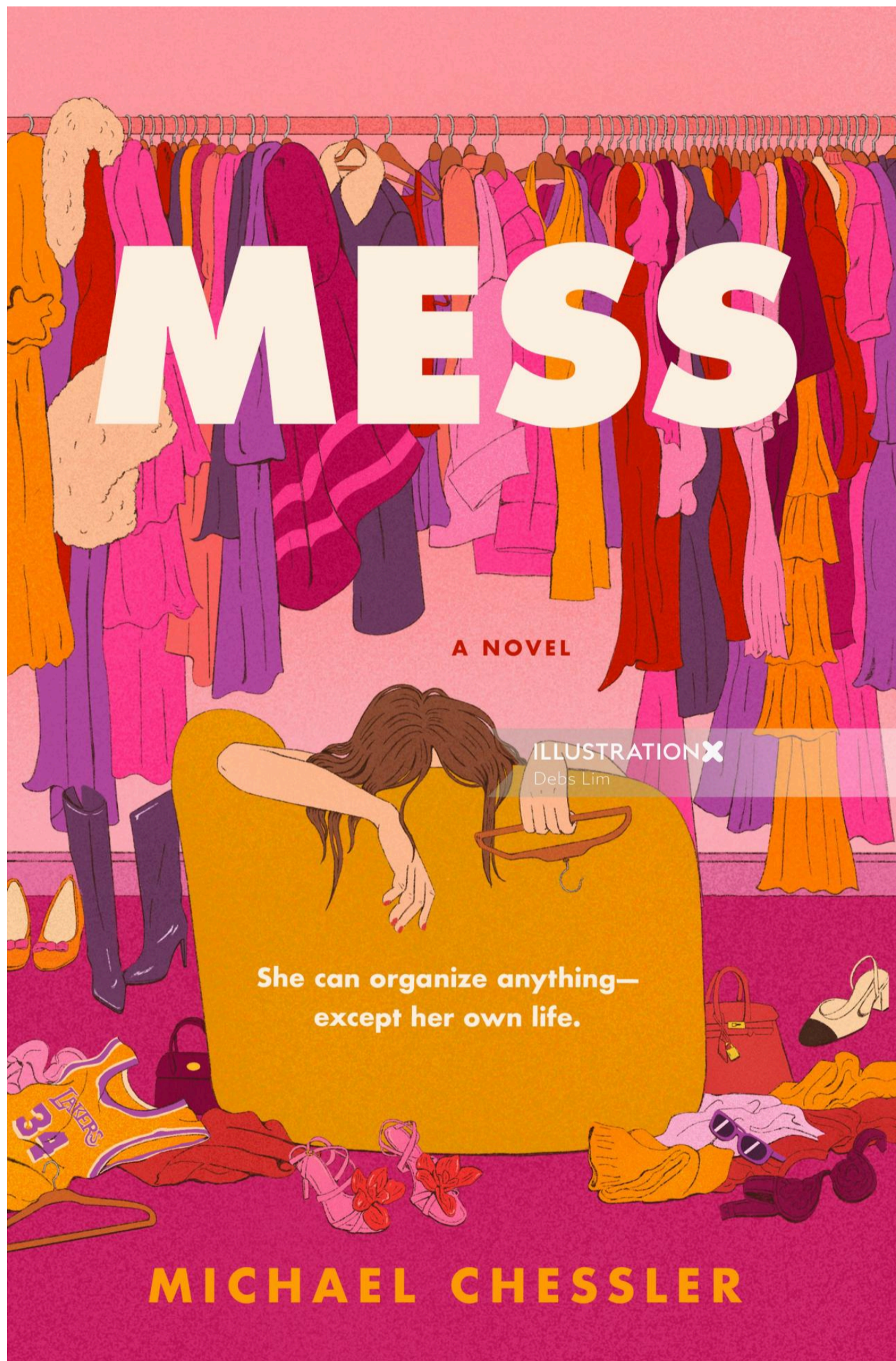
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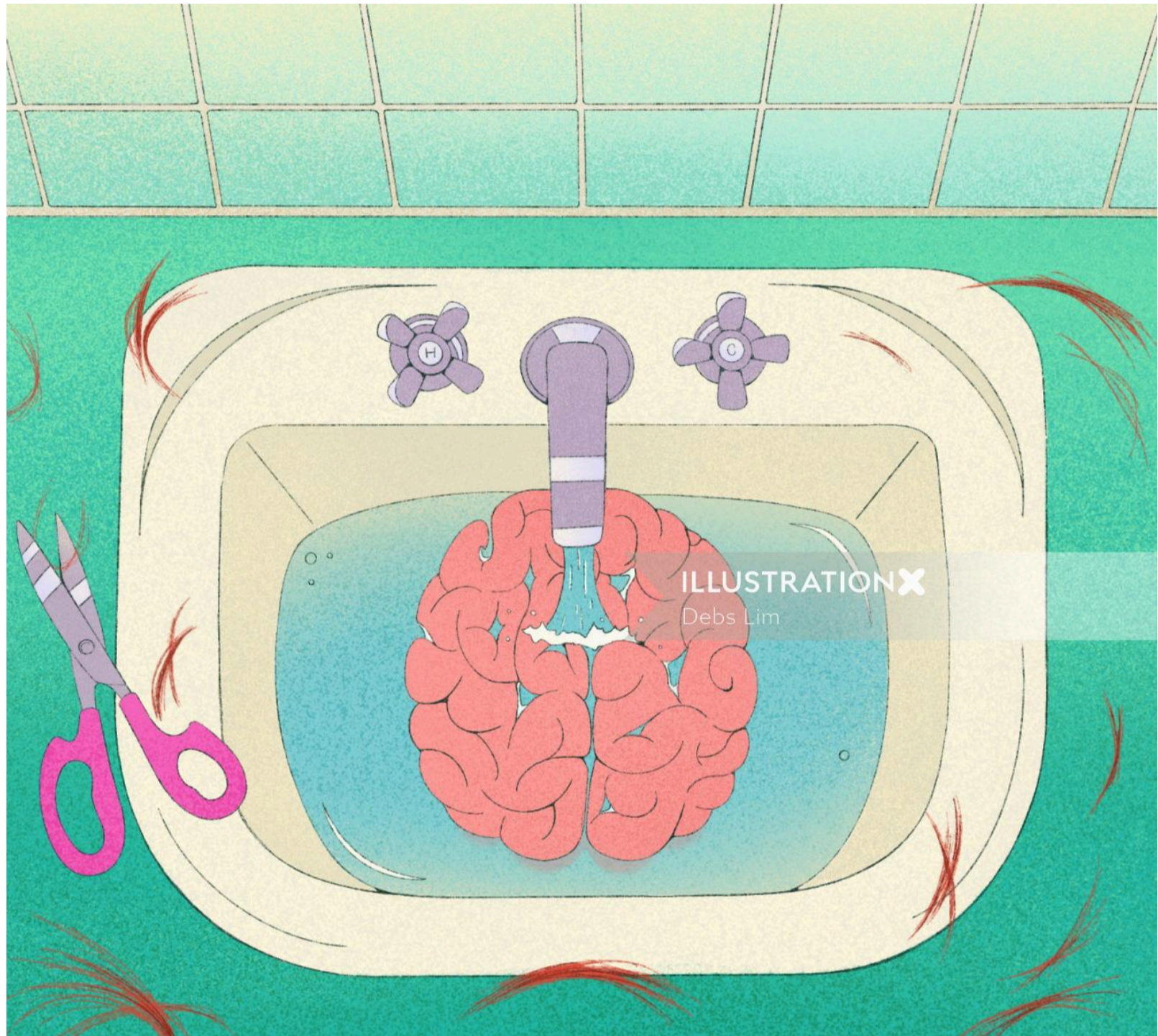
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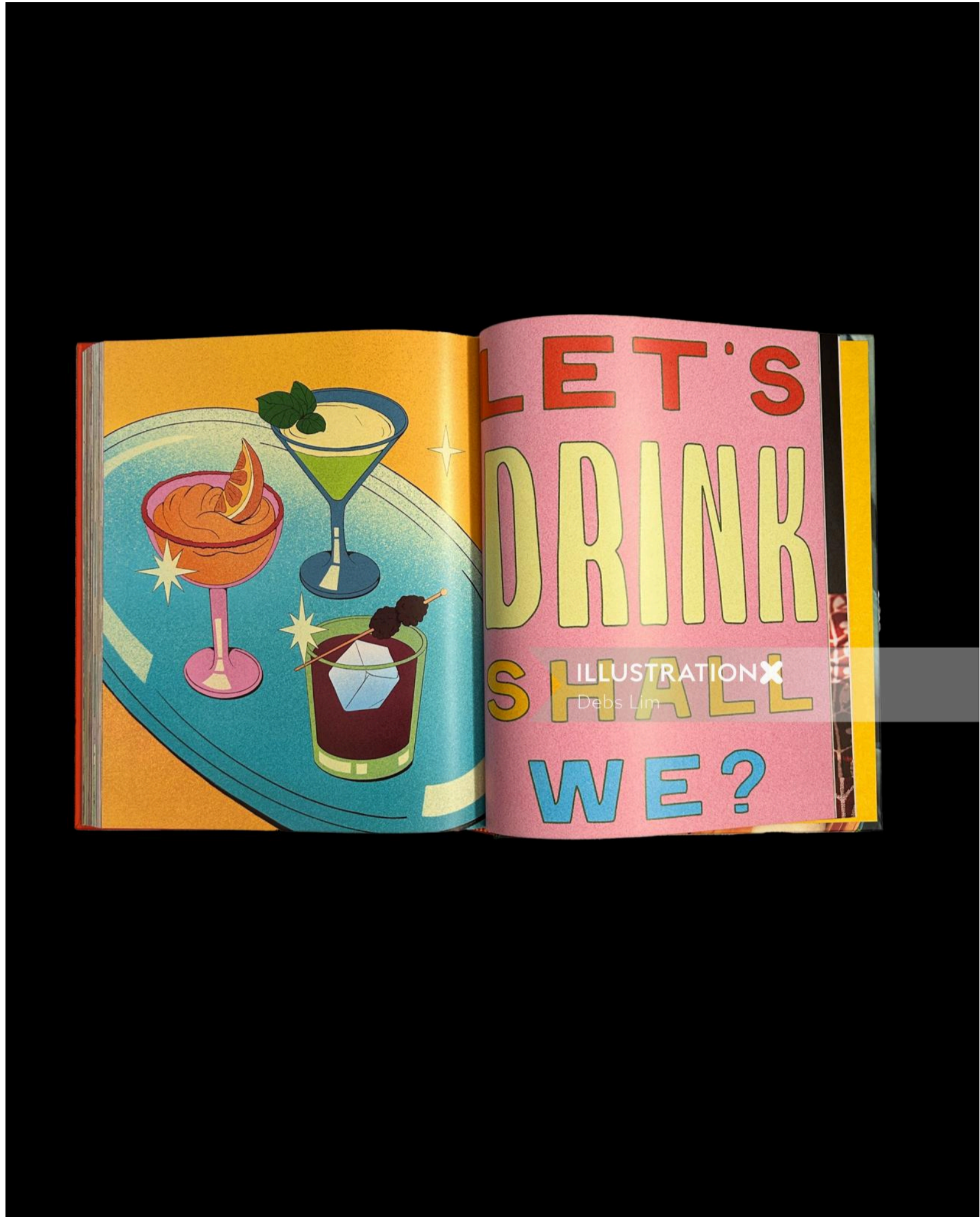
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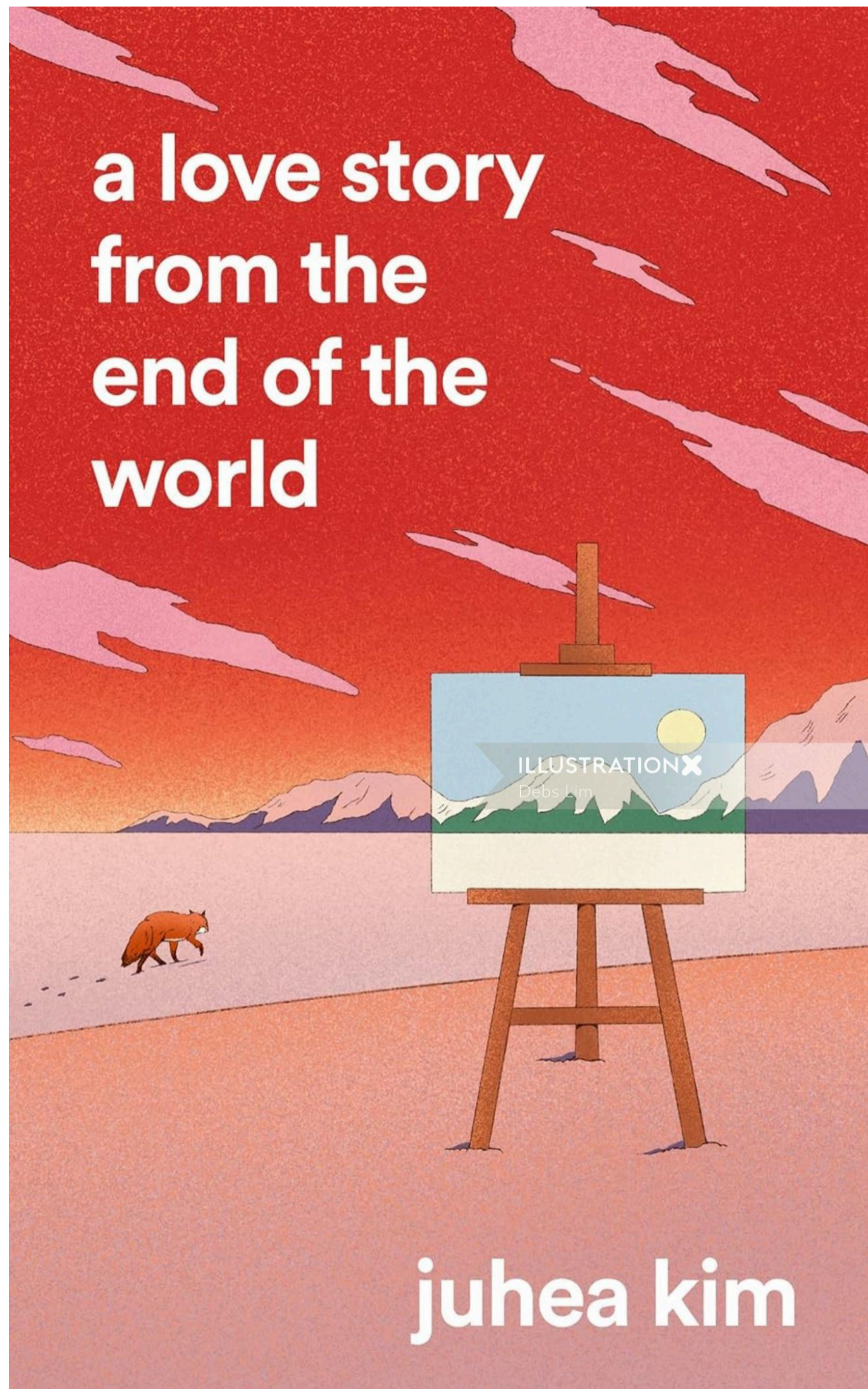
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The Washington Post
FOOD
WEDNESDAY, JANUARY 14, 2026

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ILLUSTRATION BY DEBS LIM FOR THE WASHINGTON POST

Low alcohol, high reward

These low-ABV wines are perfect for a not-quite-dry January



Wine
EMILY
SALADINO

There are lots of reasons to try a Dry January. Maybe you went too hard over the past few months, or you're reevaluating your relationship with alcohol. Perhaps you caught a glimpse of your post-holidays bank balance and figured it's a great time to embrace tap water.

But there are different ways to approach moderation. If an all-or-nothing Dry January isn't for you, consider a Damp January instead. Sure, the name is a little goofy, but so are a lot of monikers we eventually adopt without question. (Looking

at you, Urban Outfitters and Chick-fil-A.)

A Damp January entails drinking less throughout the month, and it's worth noting that there's nothing stopping you from doing this at any time of the year. It doesn't have to feel like deprivation, thanks to the availability of excellent low-alcohol wines. These bottles contain less booze than many other wines, and you can find them across varying styles — and at prices that won't dry out your savings.

At Maxwell Park, a wine bar in D.C., sommelier and partner JT Garczynski says he is constantly fielding requests for low-alcohol wines. This month, the bar's themed menu focuses on wines with 13 percent alcohol by

volume (ABV) or less. "People are interested in these wines for a lot of reasons," he says, including health consciousness and the generational shift toward drinking less alcohol.

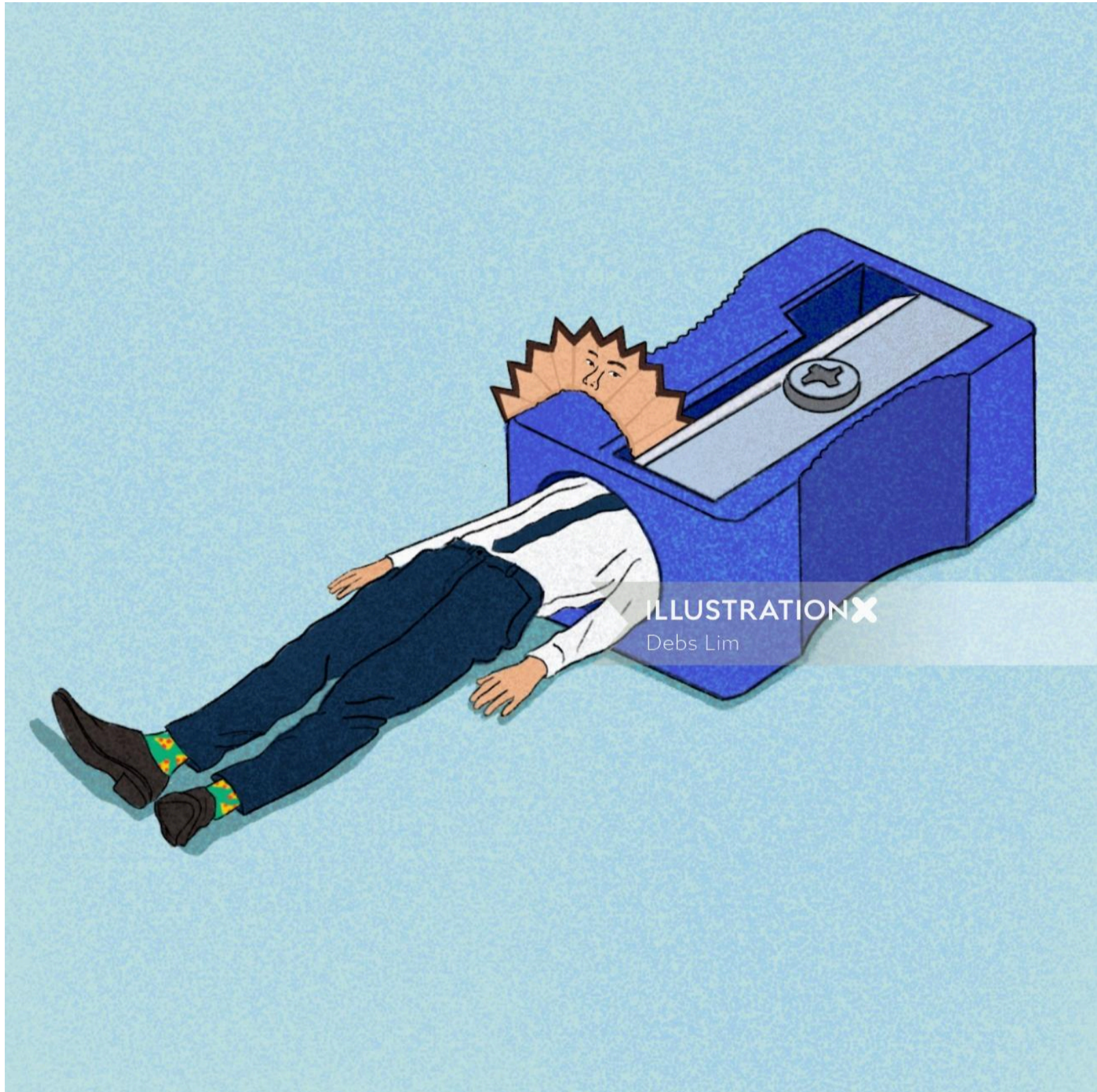
Garczynski sees a correlation between this growing enthusiasm for low-alcohol wines and the sustained popularity of chilled reds. The latter introduced many people to approachable, food-friendly bottles with around 12 percent ABV, a noticeable difference from muscular shirazes or cabernets, which can climb up to 15 percent ABV.

"People are starting to be more aware that

SEE WINE ON E5

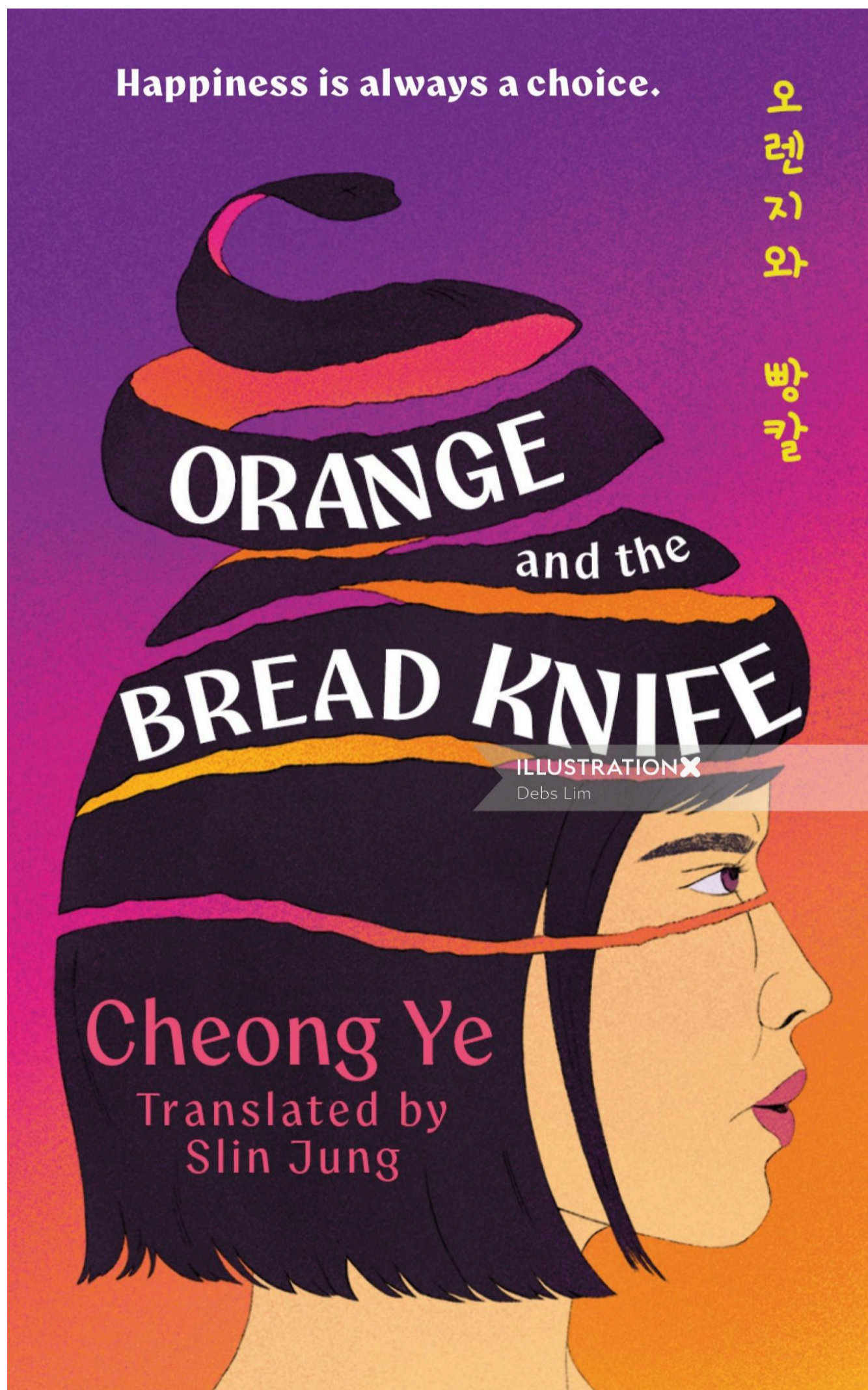
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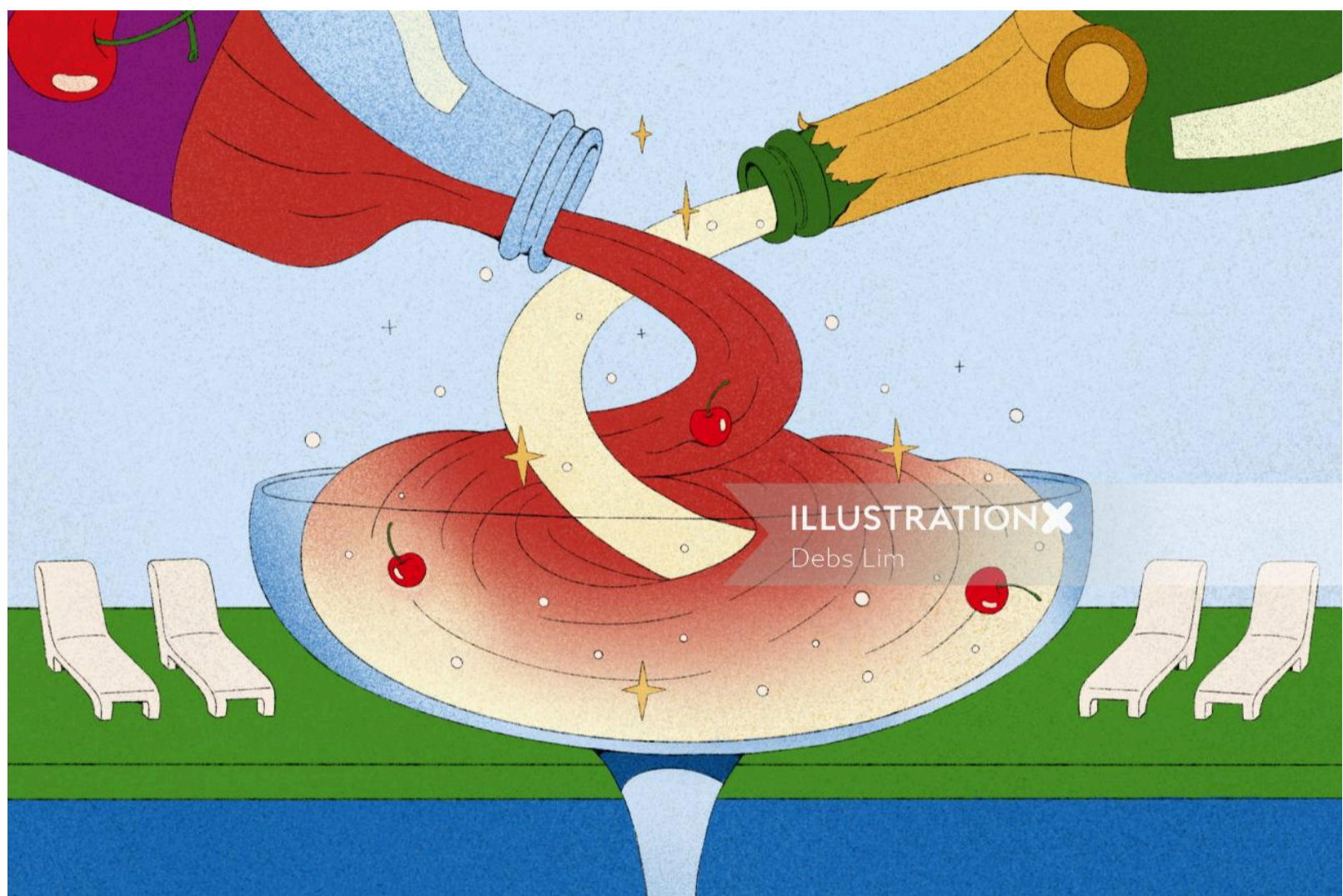
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main characters



bobby palmer

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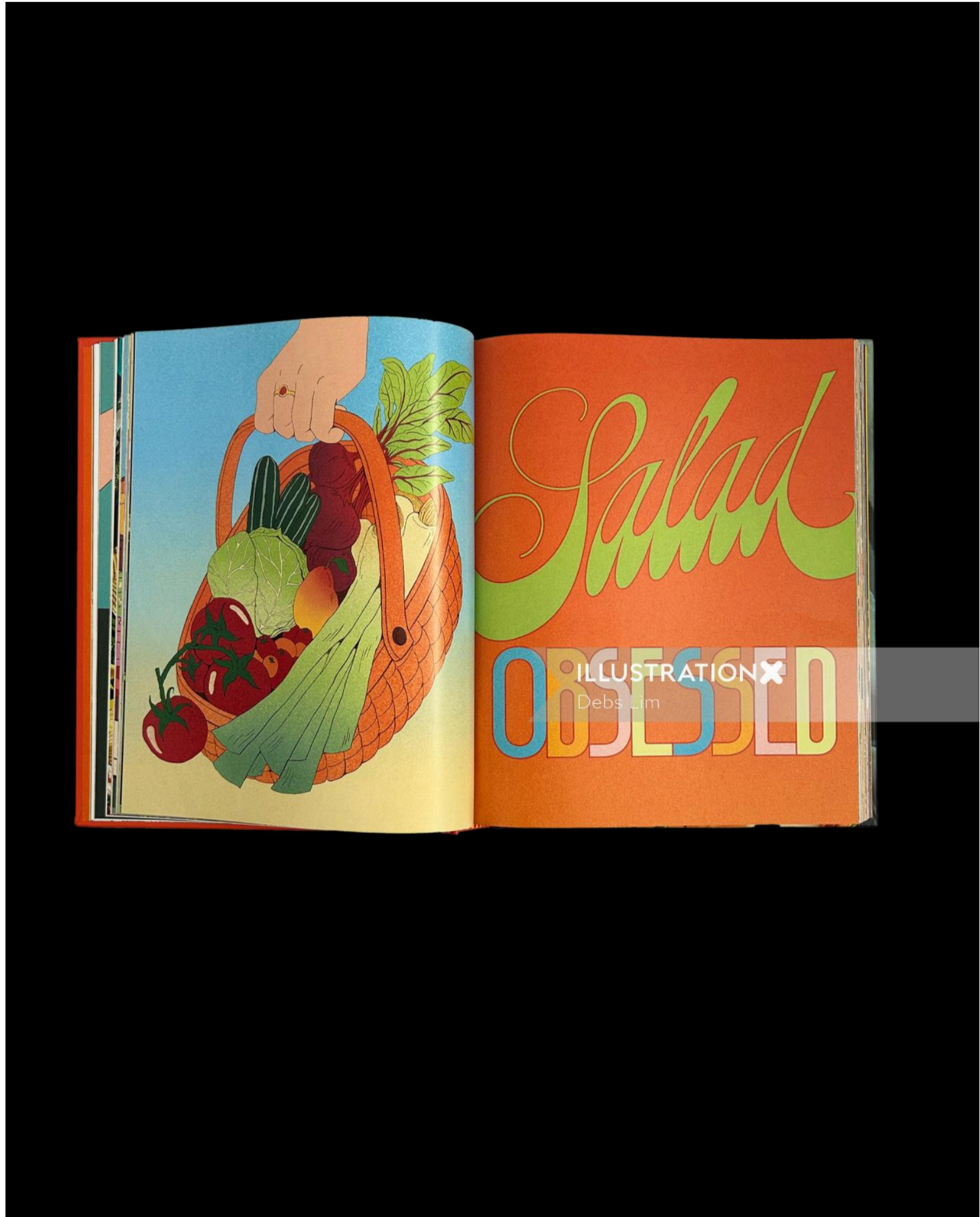
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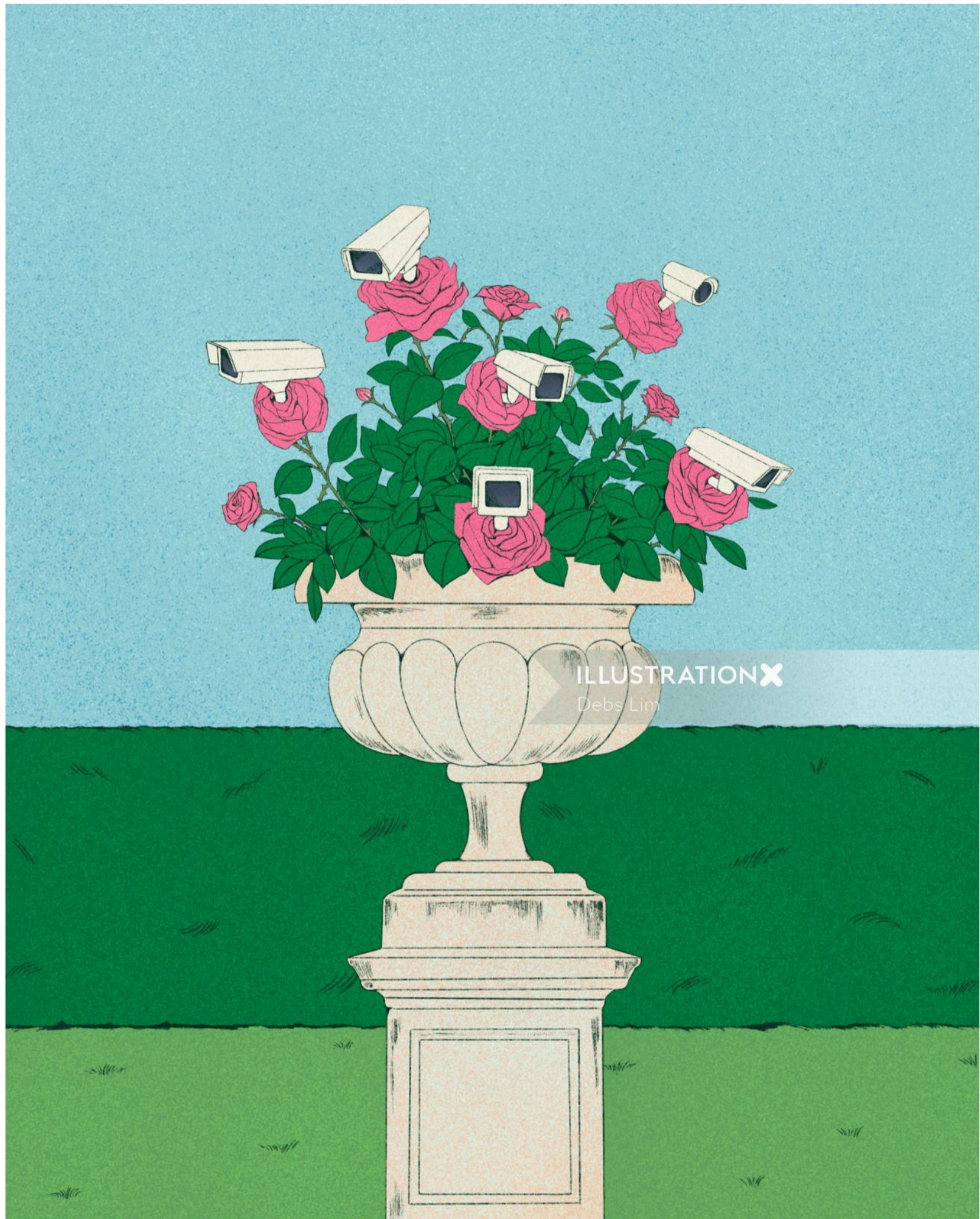
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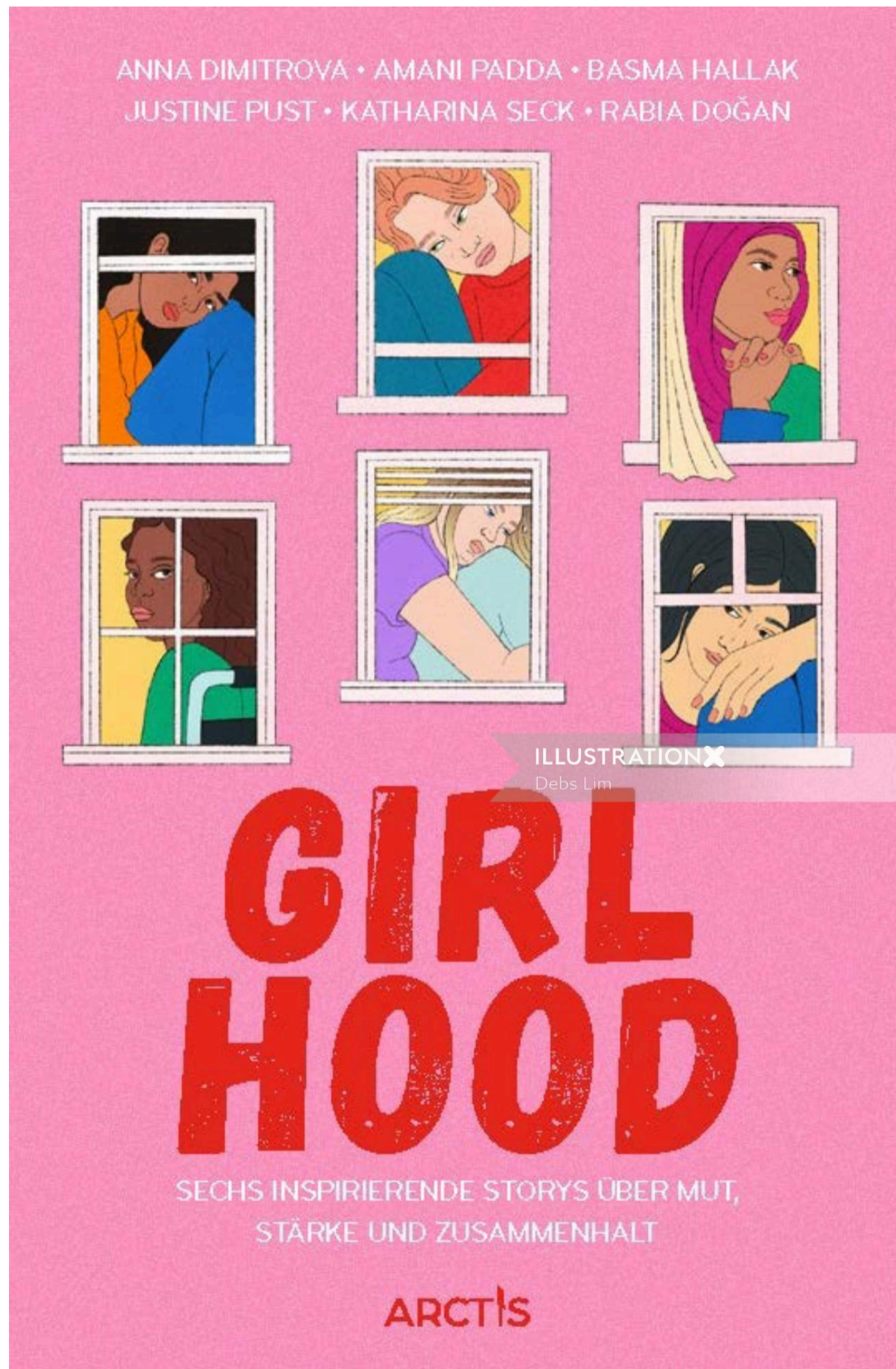
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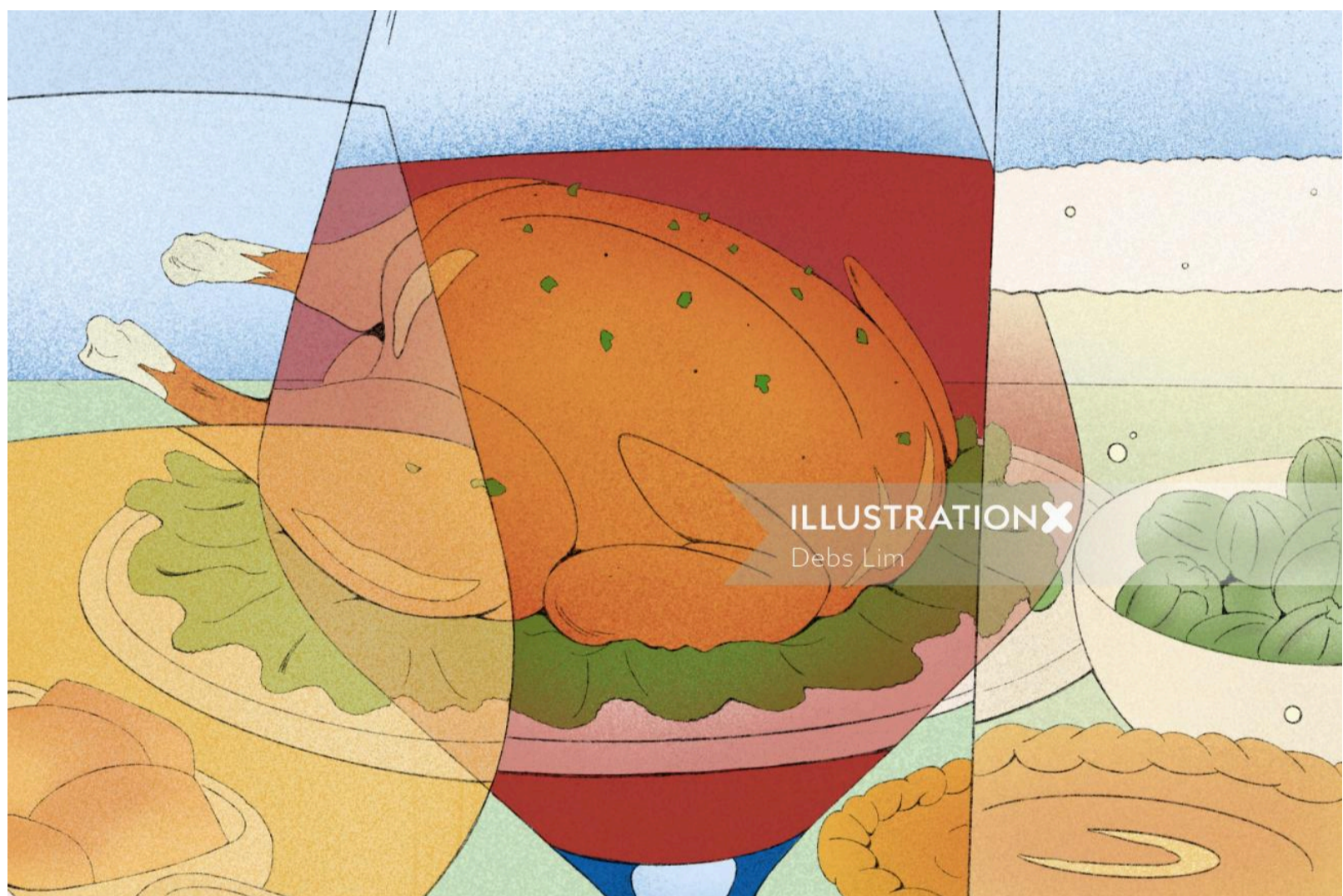
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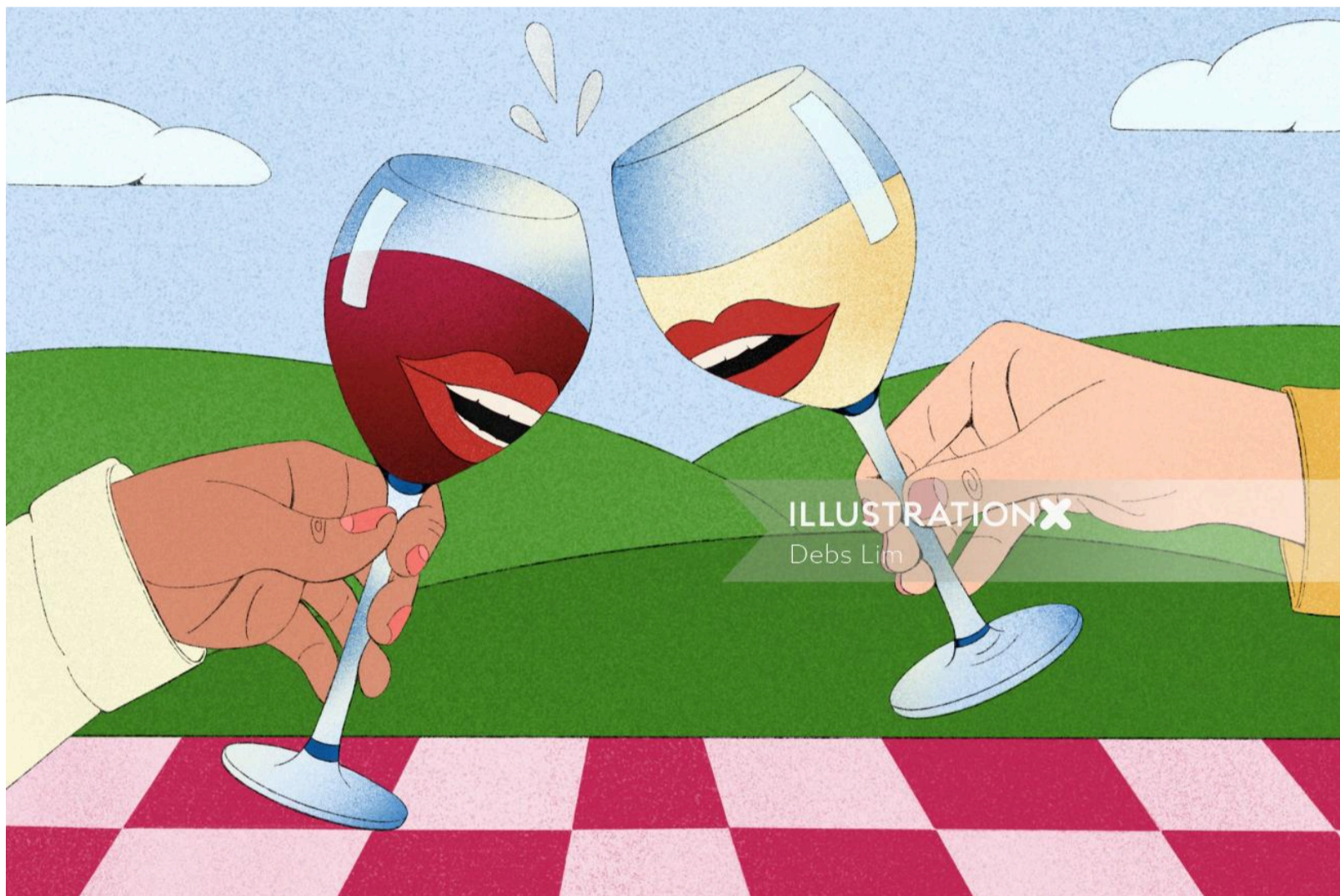
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H A E - I N

Hae-in, what are your plans for this evening?'
'No plans. My work event ended early so I'm done for the day. Want to grab dinner?'

'Sounds good. Let's meet at seven at the laundry on the way home. Your hyung here has a major announcement to make! Ha ha ha.'

'Sounds like good news. Sure, let's meet at the laundry. Does it have food?'

'It's not just *any* laundry. You'll find out later. Bring something to share. A potluck party, OK? Ha ha ha.'

Hae-in smiled inwardly at the excitement colouring Jaeha's voice. Jaeha and Yeonhee had grown up together, while he had only moved into his grandmother's house in a new neighbourhood in Grade 3, when he was ten. His mum, a pianist, had met his dad, a piano major, at a band performance where he played the keyboard. They'd fallen in love, and

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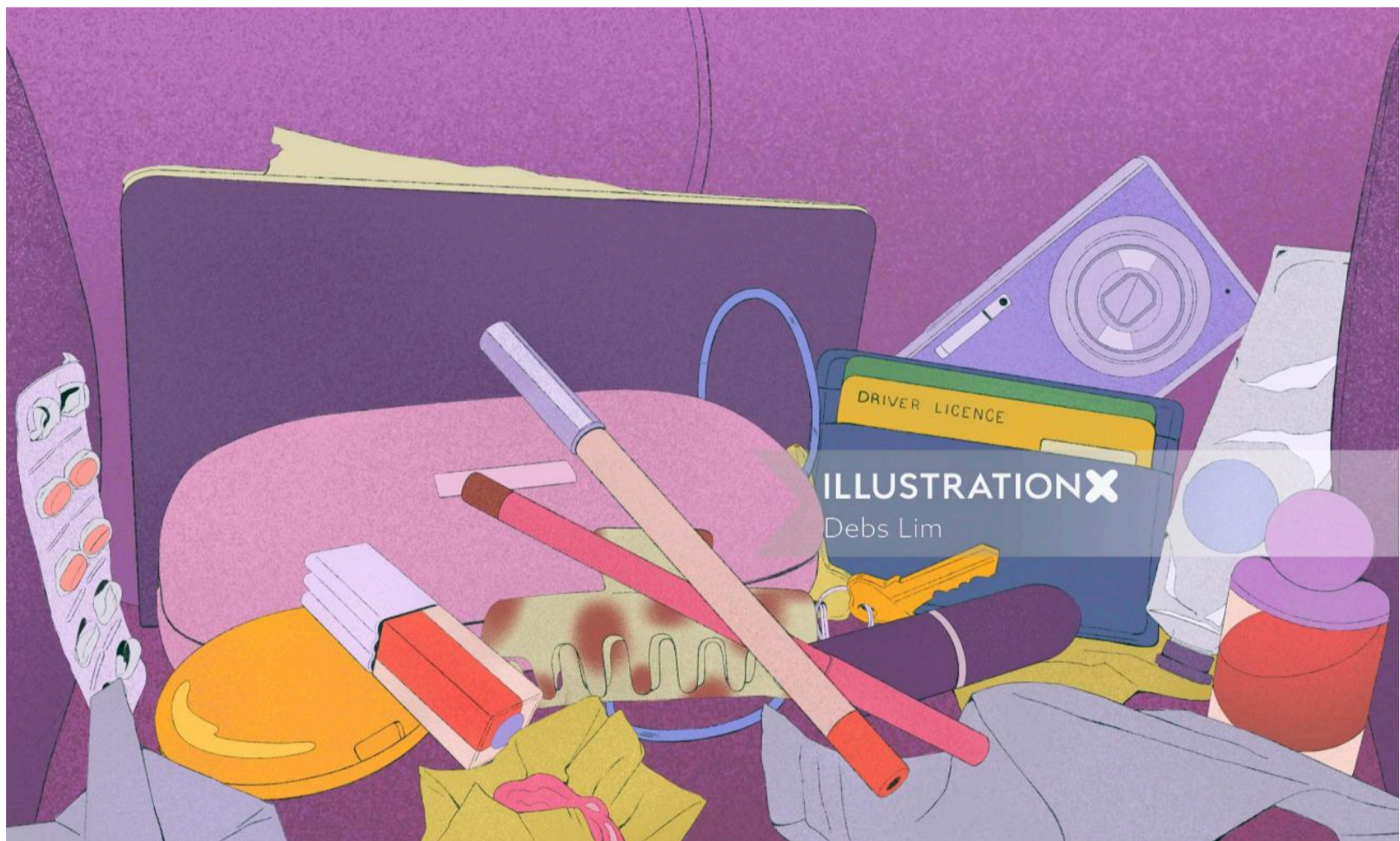
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