Jiffy Lube’s 12th Annual
RECIPES 4 THE ROAD

North Florida’s Refreshing Non-Alcoholic Drink Recipes

Celebrate Safely…Designate A Driver

WJXT
YOUR TRAFFIC SAFETY TEAM
WAPE-FM
TRAUMAONE
jiffylube
With the fall and winter seasons comes our annual *Jiffy Lube’s Recipes 4 the Road* book. I’m proud to announce that this is our 12th edition. Despite economic pressures we are dedicated to this cause and have made sponsoring this book our priority. I would like to thank our sponsors for sharing our passion and for their continued support as well.

Throughout the book are delicious non-alcoholic drink recipes from various Northeast Florida restaurants that were kind enough to share their special ingredients. These tasty alternatives are great for designated drivers and for holiday parties.

I want to thank local law enforcement agencies for helping to keep our roads safe. It is a sad fact that drunk driving fatalities go up during the holiday season, but they help fight those statistics everyday and we appreciate their continued efforts.

We hope you enjoy this edition of *Jiffy Lube’s Recipes 4 the Road*. Please share this book with your loved ones and friends, and help us spread the message.

We hope you have a great holiday season but please remember to be responsible by not driving while intoxicated and designating a driver.

Sincerely,

Ward Huntley
President of South Lubes, Inc./Jiffy Lube

Please visit jiffylubesoutheast.com to find special Jiffy Lube offers and valuable information, such as how to prepare your car for the winter season.

Wishing You a Safe and Happy Holiday Season!
Even one drink of alcohol can affect your driving. Alcohol slows your reflexes and reaction time, reduces your ability to see clearly and makes you less alert. As the amount of alcohol in your body increases, your judgment worsens and your skills decrease. You will have trouble judging distances, speeds and the movement of other vehicles. The best advice is, if you drink alcohol, do not drive.

Know Florida’s DUI Laws

DUI in Florida: .08 is the rate • Under Florida law, a blood or breath alcohol level of .08 is evidence that a person is under the influence of alcohol to the extent that normal faculties are impaired. However, a person may be found guilty of DUI with a lower level.

Commercial drivers: .04 or more • A driver of a commercial vehicle may be found guilty of a moving violation if found with any alcohol in his/her body. A blood or breath alcohol level of .04 or above would disqualify a driver from operating a commercial vehicle for one year.

Consent to be tested • By accepting and using a Florida driver license, a person agrees to submit to an approved chemical test or physical test, including but not limited to a breath or urine test, when lawfully arrested for DUI. Refusal to take a test will result in a one-year suspension of the person’s privilege to operate a motor vehicle for the first refusal or an 18-month suspension for each subsequent refusal. These suspensions are in addition to any other penalties that may be imposed by the court upon a DUI conviction.

Pop a top, face a fine • Florida law prohibits possession of open containers of alcoholic beverages by the driver and passengers of most vehicles.

Under 21: .02 applies to you • Anyone under 21 years of age with a blood or breath alcohol level of .02 or above found driving or in actual physical control of a motor vehicle will lose his/her driving privilege for six months. A driver under 21 years of age may be charged with DUI if the law enforcement officer determines that the driver’s faculties are impaired.

As you travel this holiday season remember to dial 5-1-1 to access current information for specific routes and roadway segments, including traffic accidents and construction. The jax511.com website will also incorporate traffic camera images and links to public transportation and commuter information.

Enjoy the holidays and please remember to always Buckle Up!
Save up to $15 on your next service

Get a **$15 Gift Card** with a SynPower or **$8 Gift Card** with a MaxLife Oil Change

After a purchase of either a professionally installed Valvoline MaxLife® or SynPower® Oil Change. (Gift Card is made payable to the store location where you purchased your service, to use on your next visit toward any service.)

Visit any area Jiffy Lube location to take advantage of this offer.

Mail-in offer begins September 1, 2009 and expires December 31, 2009.

Proud Supporter of “Recipes 4 the Road”

**MINI MAGAZINE**

Your Money Saving Magazines!

For Advertising Information Call **(352)-371-3106**

Serving Gainesville and Surrounding Counties Since 1979!
Holiday safety is nothing to toy with...

Celebrate a safe and sober holiday season!

Had too much to drink?
Get a FREE ride home for you and your car.

Don’t take chances behind the wheel.
CALL TOW TO GO
1-800-AAA-HELP

Tow To Go Available On:
- Thanksgiving – New Year’s Day
- Super Bowl Weekend
- Cinco de Mayo
- Memorial Day Weekend
- Independence Day Weekend
- Labor Day Weekend
- Halloween

Because Everyone Deserves to Get Home Safely.
Ohana

Ingredients:
8 oz. Pineapple Juice
4 Mint Leaves
Dash of Sprite

Preparation: Chill a martini glass. In an ice shaker, pour in pineapple juice, muddled mint and sprite. Shake well and pour in martini glass. Garnish with mint sprig and pineapple wheel.

1019 Hendricks Ave
Jacksonville, FL
904-306-0100

Merry Sunrise

Ingredients:
3 oz. Sunny Delight
3 oz. Ocean Spray Cranberry Juice
Splash of 7-Up

Preparation: Pour equal parts of Sunny Delight and cranberry juice into a double, old-fashioned glass. Top off with splash of 7-Up. Garnish with orange slice or cherry.

3644 St Johns Ave
Jacksonville, FL
904-389-1131

Ponche Crema

Ingredients:
4 Eggs
2 cups Whole Milk
1 tsp. of Sugar
1 tsp. Vanilla Extract
12 fl. oz. Condensed Milk

Preparation: Mix eggs, milk, sugar and vanilla extract. Put the container with this mix in the oven, in a tray with hot water. Leave in oven for about an hour at 350°. Let cool. Place in refrigerator until it hardens (at least 2 hours). Blend with condensed milk. (It is a thick drink.)

11233 Beach Blvd
Jacksonville
904-642-3741

Hoppy Holidays

Ingredients:
2 oz. Orange Juice
2 oz. Sour Mix
1 oz. Pineapple Juice
Splash of Grenadine
Splash of 7-Up
Orange
Cherry

Preparation: Build first five ingredients on ice. Chill, shake and strain. Garnish with orange and cherry.

300 2nd St N
Jacksonville Beach, FL
904-241-4668

Brix Taphouse

67% of people actually make 3 or more New Year’s resolutions.
Mojito

Ingredients:
1 Lime
1 tsp. Sugar
6 Mint Leaves
Sprite

Preparation: Fill half highball glass with ice. Squeeze the lime juice in and add the sugar and mint leaves. With a spoon, crush the mint leaves with the ice so the aroma of the mint will spread. Add the sprite and some more ice.

Phish Punch

Ingredients:
Pineapple Juice
Orange Juice
Lemon Juice
Grenadine

Preparation: Layer juices over ice. Stir, add splash of grenadine and enjoy (safely)!

1445 SW Main Blvd, Ste 170
Lake City, FL
386-755-0490

63% of people are still keeping their resolutions after the first two months.
Many cultures believe that anything in the shape of a ring is good luck...

**Citrus Club Soda**

**Ingredients:**
- Lemonade
- 3 oz. Sweet & Sour Mix
- 2 oz. Orange Juice
- 2 oz. Pineapple Juice
- Splash of Sprite
- 1 Orange

**Preparation:** Combine and pour lemonade, sour mix, orange juice, pineapple and sprite over ice in a pint glass. Squeeze orange wedge on glass.

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**Ida’s Strawberry Punch**

**Ingredients:**
- 4 packages Strawberry Jello
- 3 large cans Pineapple Juice
- 10 oz. bottle Lemon Juice
- 2 cups Cold Water
- 6 cups Boiling Water
- 3 2-liter bottles Ginger Ale
- 5 cups Sugar

**Preparation:** Combine jello and sugar. Add boiling water first, then cold water, lemon juice and pineapple juice. Refrigerate. Add ginger ale just before serving.

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**Lemon Bar**

**Ingredients:**
- 2 oz. Orange Juice
- 2 oz. Pineapple Juice
- 2 oz. Soda Water
- Splash of Grenadine

**Preparation:** Build orange juice, pineapple juice and soda water on ice. Chill, shake and strain. Add splash of grenadine for color.

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**Ocean Breeze**

**Ingredients:**
- 1 oz. Simple Syrup
- 4 Fresh Mint Leaves
- 1/2 Lime – Sliced
- 4 oz. Club Soda
- 1 oz. Pomegranate Juice

**Preparation:** Muddle first three ingredients. Add club soda. Fill with ice. Shake. Top with an ounce of pomegranate juice and serve.

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**Pomegranate Fauxjito**

**Ingredients:**
- 1 oz. Simple Syrup
- 4 Fresh Mint Leaves
- 1/2 Lime – Sliced
- 4 oz. Club Soda
- 1 oz. Pomegranate Juice

**Preparation:** Muddle first three ingredients. Add club soda. Fill with ice. Shake. Top with an ounce of pomegranate juice and serve.

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**The Ritz Lounge**

**Ingredients:**
- 2 oz. Orange Juice
- 2 oz. Pineapple Juice
- 2 oz. Soda Water
- Splash of Grenadine

**Preparation:** Build orange juice, pineapple juice and soda water on ice. Chill, shake and strain. Add splash of grenadine for color.
Gum Drop Drink

**Ingredients:**
- Sprite
- Raspberry Syrup
- 1/2 shot Grenadine
- Dash of Sour Mix
- Pina Colada Mix

**Preparation:** In blender mix ice with the above ingredients and serve in chilled martini glass with a slice of lime.

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Tucker’s Fruit Sensation

**Ingredients:**
- 2 oz. Pineapple Juice
- 2 oz. Cranberry Juice
- 2 oz. Orange Juice
- Splash of Club Soda

**Preparation:** Combine all and shake with ice. Pour in 8 oz. glass. Garnish with orange slice, lemon or lime. Top with cherry.

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Sparkling Lemonade

**Ingredients:**
- 1 oz. Pomegranate or Cherry Syrup
- 5 oz. Lemonade
- 1 oz. Club Soda Water

**Preparation:** Fill water glass with ice. Add lemonade and club soda water. Top with your syrup of choice. Garnish with a large black straw.

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Italian Caramel Apple Soda

**Ingredients:**
- 1 tbsp. Sugar
- 2 tsp. Cinnamon
- Rose Lime Juice
- 1 oz. Monin Carmel Syrup (one squirt)
- 1 oz. Monin Granny Smith Apple Syrup (one squirt)
- 6 oz. Soda Water

**Preparation:** Mix sugar and cinnamon. Dip the rim of glass into a shallow well of Rose Lime Juice to moisten the rim, then in the cinnamon sugar to coat. Combine syrups and soda water, then pour into prepared glass.
During the holiday season, Visa cards alone are used 5,340 times every minute in the US.

**Hibiscus Lemonade**

**Ingredients:**
- 6 quarts Ice Cold Water
- 3 oz. Hibiscus Leaves (Dried)
- 2 cups Lemon Juice
- 2 cups Sugar
- 2 oz. Orange Blossom Honey
- Zest of 2 Lemons

**Preparation:** Bring 4 quarts water, lemon zest, and hibiscus leaves to a boil. Reduce by half. Strain. Combine with remaining 2 quarts water, sugar, honey, and lemon juice. Stir until honey and sugar are dissolved. Refrigerate until cool. Serve chilled on the rocks. Garnish with fresh mint sprig and lemon wedge.

**The Blue Crab Crabhouse**

3057 Julington Creek Rd
Jacksonville, FL
904-269-4198

**Hibiscus Lemonade**

**Ingredients:**
- 6 quarts Ice Cold Water
- 3 oz. Hibiscus Leaves (Dried)
- 2 cups Lemon Juice
- 2 cups Sugar
- 2 oz. Orange Blossom Honey
- Zest of 2 Lemons

**Preparation:** Bring 4 quarts water, lemon zest, and hibiscus leaves to a boil. Reduce by half. Strain. Combine with remaining 2 quarts water, sugar, honey, and lemon juice. Stir until honey and sugar are dissolved. Refrigerate until cool. Serve chilled on the rocks. Garnish with fresh mint sprig and lemon wedge.

**Good Time Punch**

**Ingredients:**
- 1 oz. Orange Juice
- 1 oz. Pineapple Juice
- 1 oz. Cranberry Juice
- Splash of Club Soda
- Splash of Red Bull
- Splash of Grenadine

**Preparation:** In a shaker, add ice and ingredients, shake to combine. Serve in a festive glass and garnish with a cherry.

**Snowball Punch**

**Ingredients:**
- Sour Mix
- 7-Up
- Pineapple

**Preparation:** Mix ingredients. Garnish with an orange slice and cherry. Top with snowball. Snowball: You will need a small ice cream scoop, filled with shaved ice. Put on top of the drink, like a snow cone.

**Snowball Punch**

**Ingredients:**
- Orange Juice
- Cranberry Juice
- Splash Grenadine

**Preparation:** In a tall glass (about 17 oz.) muddle first 3 ingredients until lime pieces are well mashed. Fill with ice. Add juice and top off with soda water. Mix well by tossing back and forth in another glass.

**The Blue Crab Crabhouse**

3057 Julington Creek Rd
Jacksonville, FL
904-269-4198

**Hibiscus Lemonade**

**Ingredients:**
- 6 quarts Ice Cold Water
- 3 oz. Hibiscus Leaves (Dried)
- 2 cups Lemon Juice
- 2 cups Sugar
- 2 oz. Orange Blossom Honey
- Zest of 2 Lemons

**Preparation:** Bring 4 quarts water, lemon zest, and hibiscus leaves to a boil. Reduce by half. Strain. Combine with remaining 2 quarts water, sugar, honey, and lemon juice. Stir until honey and sugar are dissolved. Refrigerate until cool. Serve chilled on the rocks. Garnish with fresh mint sprig and lemon wedge.

**Good Time Punch**

**Ingredients:**
- 1 oz. Orange Juice
- 1 oz. Pineapple Juice
- 1 oz. Cranberry Juice
- Splash of Club Soda
- Splash of Red Bull
- Splash of Grenadine

**Preparation:** In a shaker, add ice and ingredients, shake to combine. Serve in a festive glass and garnish with a cherry.

**Snowball Punch**

**Ingredients:**
- Sour Mix
- 7-Up
- Pineapple

**Preparation:** Mix ingredients. Garnish with an orange slice and cherry. Top with snowball. Snowball: You will need a small ice cream scoop, filled with shaved ice. Put on top of the drink, like a snow cone.

**The Blue Crab Crabhouse**

3057 Julington Creek Rd
Jacksonville, FL
904-269-4198
People make more resolutions to start new habits, than to break old ones.

All Jacked Up!
Ingredients:
3 oz. Pineapple Juice
6 oz. Mountain Dew
Splash of Grenadine
Granulated Sugar to Rim the Glass
Maraschino Cherry
Wedge of Lime

Preparation: Rim the glasses with sugar by placing the rim on a plate with water. Then immediately place the rim on a plate with sugar. Add crushed, shaved or cubes of ice to the glass. Add the liquid ingredients in the order listed above and stir gently. Garnish with a maraschino cherry and a wedge of lime. Warning: This contains a jolt of caffeine and a rush of sugar.

Creek Dreams
Ingredients:
Fudge
Whip Cream
Coffee
Cinnamon

Preparation: Line your glass with fudge. Then line glass with whip cream. Slowly fill with coffee. Garnish with whip cream on top and sprinkle cinnamon.

Cappuccino Cooler
Ingredients:
4 1/2 cups Cold Coffee
4 1/2 cups Chocolate Ice Cream
3/4 cup Hershey’s Chocolate Syrup
Crushed Ice
Whipped Cream

Preparation: In blender, place coffee, ice cream and syrup. Cover; blend until smooth. Serve immediately over crushed ice and garnish with whipped cream. Makes 3 servings.

Camellia Court Café
Harn Museum, University of Florida Campus
Gainesville, FL
352-392-2735

Strawberry Lemonade
Ingredients:
Juice of 1 Lemon
1 tbsp. Sugar
8-10 Ripe Strawberries
1 cup Water

Preparation: Place all ingredients in blender and mix until fairly smooth. Serve over ice.

Camellia Court Café
Harn Museum, University of Florida Campus
Gainesville, FL
352-392-2735

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352-392-2735

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Juice of 1 Lemon
1 tbsp. Sugar
8-10 Ripe Strawberries
1 cup Water

Preparation: Place all ingredients in blender and mix until fairly smooth. Serve over ice.

Camellia Court Café
Harn Museum, University of Florida Campus
Gainesville, FL
352-392-2735
Chocolate Peppermint Frappe

Ingredients:
4 round Peppermint Candies
1 pint Frozen Chocolate Yogurt
2 cups Cold Milk
1/2 cup Chocolate Syrup

Preparation: Place peppermint candies in a blender or food processor. Whirl until pulverized. Add frozen yogurt, milk, and chocolate syrup. Whirl until smooth. Serve at once. Garnish with peppermint candy sticks if you wish.

Makes 1 serving.

Raspberry Punch

Ingredients:
46 oz. Pink Grapefruit Juice
12 oz. Raspberry Juice
1 quart Raspberry Sherbet
2 liters Ginger Ale

Preparation: Pour pink grapefruit juice and ginger ale into a punch bowl. Add raspberry juice or 12 oz frozen raspberries (stir to un-thaw). Add sherbet and stir until melted.

Gator Smoothie

Ingredients:
2 cups Ice
2 cups Grape Gatorade Energy Drink
2 scoops Vanilla Ice Cream

Preparation: Combine ice, Gatorade and ice cream in a blender. Blend until smooth. Pour into glasses and serve.

Makes 1 serving.

Just a Moonmint

Ingredients:
2 cups Milk
Chocolate Syrup
1/4 tsp. Mint Syrup

Preparation: Place all ingredients into a blender. Cover, and use on medium speed until well blended. Pour into a Collins glass, and serve.

Makes 1 serving.

After “A Christmas Carol,” Charles Dickens wrote several other Christmas stories...
Virgin Mimosa

Ingredients:
1 cup Granulated Sugar
1/4 cup Sparkling Cider
1/4 cup Fresh Orange Juice
1/2 Lemon (juice only)
1 Lemon zest

Preparation: Pour a small amount of sugar onto a saucer. Wet rim of a champagne glass and press glass, upside down, into the sugar, “frosting” the rim. Pour in cider, orange juice and lemon juice. Garnish with lemon zest, if desired. Makes 1 serving.

Runner’s Mark

Ingredients:
4 oz. V-8 Vegetable Juice
2 drops Tabasco Sauce
2 drops Lemon Juice
1 dash Worcestershire sauce

Preparation: Combine ingredients in a glass over ice. Stir, and garnish with celery

Makes 1 serving.

Pike’s Peak Cooler

Ingredients:
1 Egg
1 tsp. Powdered Sugar
3/4 – 1 oz. Freshly Squeezed Lemon Juice
6 – 8 oz. Cider

Preparation: Shake the egg, sugar and lemon juice with ice and strain into a Collins glass with cracked ice. Fill with cider and stir. Insert a spiral orange or lemon peel and dangle over the rim of the glass.

Southern Ginger

Ingredients:
5 oz. Dry Ginger Ale
1 Mint Sprig
1/2 oz. Sugar Syrup
1/2 oz. Lemon Juice

Preparation: Crush the mint gently in a highball glass. Fill with broken ice, add remaining ingredients and mix gently. Add straws, and serve.

Makes 1 serving.

…one holiday story each year, but none was as successful as the original.
Angels Delight
Christmas Drink

Ingredients:
1/4 cup Whipping Cream
7 scoops Ice Cream
1/2 cup Chopped Pecan Nuts
1/4 cup Chocolate Syrup
1 Banana

Preparation: Put all of these in a blender. Put whipped cream and nuts on top of glass.

Makes 1 serving.

Multi-County Traffic Safety Team
Dixie, Levy, Gilchrist, and Layfayette

Pom-Mint Mocktail

Ingredients:
5-6 Mint Leaves
2 tbsp. Fresh Pomegranate Seeds
1 oz. Agave Nectar
1/2 Lime (juiced)
Club Soda

Preparation: Muddle the above ingredients (except club soda) together. Pour ingredients into 16 oz. glass over ice and top with club soda and stir gently.

Almond Iced Coffee

Ingredients:
1 cup Strong Brewed Coffee
1 cup Skim Milk
1/2 tsp. Vanilla Extract
1/4 tsp. Almond Extract
1 tsp. Sugar
Cinnamon

Preparation: Combine strong brewed coffee with skim milk, vanilla extract, almond extract and sugar. Pour the mixture into two ice-filled 10-oz. glasses and garnish each with a light sprinkling of cinnamon.

Bistro Aix

Peach Bellini Cocktail

Ingredients:
3.5 oz. Peach Nectar (such as Looza – available at grocery or specialty stores)
3.5 oz. Club Soda
Splash (approx. 1/2 oz.) of Sprite or 7-Up

Preparation: Pour chilled ingredients into a champagne glass or over ice. Serve immediately.

Bistro Aix
1440 San Marco Boulevard
Jacksonville, FL
904-398-1949

Only male (tom) turkeys gobble. Females make a clicking noise.
Benjamin Franklin wanted the turkey to be our national bird.

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**Tasty Touchdown Smoothie**

**Ingredients:**
- 1 cup Frozen Raspberries
- 12 oz. Fat-Free Blueberry Yogurt
- 1/2 cup Fat-Free Milk
- 1 tbsp. Unsalted, Natural Almond Butter
- 1 tbsp. Honey

**Preparation:** In a blender, add frozen raspberries, yogurt, milk, almond butter and honey. Cover and puree until smooth. Pour into two tall glasses and serve.

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**“Mascot Madness”**

**Ingredients:**
- 2 cups Frozen Peaches, sliced
- 2/3 cup Fat-Free Milk
- 12 oz. Lowfat Vanilla Yogurt*
- 1 oz. Plain Instant Oatmeal, prepared with water and refrigerated**
- 2 packets Sugar Substitute
- 1/4 tsp. Pure Vanilla Extract

**Preparation:** In a blender, combine frozen peaches, milk, yogurt, chilled oatmeal, sugar substitute and vanilla extract. Cover and puree until smooth. Pour into two tall glasses and serve.

*If blender has less than a 5-cup capacity, make the smoothie without yogurt. Pour smoothie into a large pitcher and stir in yogurt.

**Recipes courtesy of the American Dairy Association & Dairy Council**

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**Wreath Ice Cream Cake**

**Ingredients:**
- 20 Chocolate Cream-Filled Sandwich Cookies
- 1 tbsp. Granulated Sugar
- 2 tbsp. Butter, melted
- 1 quart Vanilla Ice Cream, softened
- 1 1/2 cups Nondairy Whipped Topping, thawed
- few drops Green Food Coloring
- 1 (4.25 oz.) tube Red Decorating Icing
- 20 Cinnamon Red Hot Candies
- 2 tbsp. Green Colored Sugar

**Preparation:** Split 15 of the cookies; reserve the cookies halves with the filling. Crush the cookie halves without the filling and combine with sugar and butter. Press firmly onto bottom of a 9-inch springform pan.

Coarsely chop remaining whole cookies and the reserved halves with filling.

Stir chopped cookies into ice cream. Spread over crust. Freeze until firm, about 4 hours.

To ready for serving, tint whipped topping with green food coloring to desired shade of green; spread or pipe into wreath design on top of cake.

Decorate with red gel icing, cinnamon candies and colored sugar. Remove rim of pan just before serving. Store in freezer.

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Jacksonville Suns Baseball Club
301 A. Philip Randolph Blvd
Jacksonville, FL
904-358-2846
Caramel Apple Shake

Ingredients:
1 Jell-O Creamy Caramel Pudding Snack
1/2 cup Apple Cider (plain, not sparkling)
1/4 cup freeze-dried apple pieces
1/4 cup Low-fat Vanilla Ice Cream
1/4 tsp. Cinnamon
1/8 tsp. Vanilla Extract
1 cup crushed Ice (or 5 - 8 Ice Cubes)
2 tbsp. Reddi-wip

Preparation: Place all ingredients except for Reddi-wip into a blender. Blend until smooth, and then pour into a nice tall glass. Top with Reddi-wip, stick a straw in it, and enjoy!

Strap In for Safety

Twenty-three percent of Florida’s deaths and serious injuries occur because safety belts and child restraints weren’t used. Protect your family and yourself from death or injury this holiday season. Make buckling up the first thing you do when getting into a vehicle. It will become a life saving habit and will get children to use their safety belt whether you’re there to remind them or not.

Safety belt use isn’t just a good idea:
It’s the Law!

Perfect Pumpkin Pie

Ingredients:
1 (15 oz.) can pumpkin
1 (14 oz.) can Sweetened Condensed Milk
2 large eggs
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/2 tsp. ground nutmeg
1/2 tsp. salt
1 (9 inch) unbaked pie crust

Preparation: Preheat oven to 425º. Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth. Pour into crust. Bake 15 minutes. Reduce oven temperature to 350º and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool. Garnish as desired. Store leftovers covered in refrigerator.
Safe & Healthy Holiday Wishes from:

Northeast Florida Safety Council, Inc.

Northeast Florida Safety Council (NEFSC) is a Community Owned, Not For Profit, Charitable Organization.

With over 60 years of service in Northeast Florida, our recipe ingredients for a safe and healthy Holiday Season and every day of the New Year include sufficient measures for:

- Promoting good health
- Saving lives
- Preventing accidents
- Maintaining a safe and healthy environment through education, public awareness programs and activities

NEFSC reminds you to ALWAYS BUCKLE UP, NEVER DRINK & DRIVE, & THINK “SAFETY” AT HOME, AT WORK, & AT PLAY.

Happy Holidays!

1725 Art Museum Drive • Jacksonville, FL 32207
(904) 399-3119 • Outside Area 1-888-399-1233

Visit Our Website at www.jaxsafety.com or E-Mail us at nefsc@nefsc.org

Northeast Florida Safety Council, Inc.

Safe & Healthy Holiday Wishes from:

Jesse our “mascot” & the Media Design team wish you a wonderfully safe season!

Safety Tips for Furry Friends (can also apply to our little human creatures)

Lights & Cords: Holiday lights mean extra electrical cords which can present quite tempting “chew toys.” Take an extra minute to tape down or cover cords.

Christmas Tree: Use a stable tree stand. Avoid using preservatives in the water which can cause upset stomachs. Keep tempting tinsel & decorations high up on the tree.

Quiet Place to Retreat: During holiday parties, pets may not understand why their usually quiet home is filled with people and noise. Provide pets with a quiet place to relax.

No Feasting: Pets don’t have the same digestive system as us. Try to avoid giving them tasty human treats and chocolate, which can be toxic to pets.

Holiday Plants: Keep the holly, mistletoe and poinsettia away from pets (and small children) as they are poisonous!

Jesse our “mascot” & the Media Design team wish you a wonderfully safe season!
Where Your Message Is On Display Every Day!

If you do not receive a Town Planner in the mail after December 20th, pick one up at your local Jiffy Lube or call (904) 726-5566.

For Money Saving Coupons, Trusted Businesses, Monthly Contests and Important Dates check out your Town Planner.

www.townplannerjax.com
**Holiday Hazards**

**Alcohol:**
Alcohol poisoning is a common risk for children during the holiday season. Many families host parties where alcohol is served.

- Children imitate adults, and may drink the beverages they see adults drinking.
- Remove ALL empty and partially empty cups as soon as possible.
- Children become drunk much more quickly than adults, so even a small amount of alcohol can be dangerous to them. Symptoms will resemble drunkenness and may include difficulty breathing, extreme drowsiness, difficulty walking, nausea and vomiting. Seizures may occur in some cases. Results may be life threatening, including low blood sugar and blocked airways.

**Decorations:**
- Bubble lights containing methylene chloride can be poisonous if a child drinks the fluid (even if labeled non-toxic).
- Snow sprays may be harmful if the aerosol propellants are used improperly.
- Angel Hair (made from finely spun glass) and ornament hangers may cause cuts or irritation.
- Tree ornaments, icicles and tinsel may block the airway or cause choking.

**Plants:**
Plants such as Mistletoe, Holly, Christmas Berry and Poinsettia are often used for decorations during the holidays. Like many plants, all of these are considered potentially poisonous and should be kept out of reach of children. Symptoms of plant poisoning can range from rashes to nausea, vomiting and diarrhea.

**Other:**
- Antifreeze (ethylene glycol or methanol) is extremely poisonous and may result in death if ingested, even in small amounts.
- Carbon monoxide is a colorless, odorless gas produced in fires, from car exhaust systems, faulty home heating systems and charcoal grills. Carbon monoxide poisoning is especially dangerous because it may occur while sleeping, and result in death. Early symptoms of poisoning are headache and dizziness. Recommend fresh air and medical attention if symptoms occur.
- Disc batteries for cameras, toys, calculators and hearing aids are small enough to be swallowed and in some cases can break open and cause poisoning. These and other small items are also a choking hazard.

In the event of poisoning, immediately call the **Florida/USVI Poison Information Center** at 1-800-222-1222.

*Report impaired drivers. Dial *FHP on your cell phone.*
Drunk driving is one of the deadliest crimes. Every single injury and death caused by drunk drivers is totally preventable. Unfortunately, drunk drivers caused over 30% of all traffic fatalities in Florida last year. We need to be especially aware during the holidays because statistics show that the number of incidents increases during these times.

What are the consequences of a DUI or DWI conviction? According to Florida Statute 316.193, the penalties vary by the offender’s level of Blood Alcohol Content or Breath Alcohol Content (BAC) and the number of previous convictions. For example, for the first conviction with a BAC of .08, one would receive a fine between $250 and $500 and be imprisoned for a maximum of six months. The fines and terms of imprisonment increase with subsequent occurrences. There are also additional punishments such as extra fees, increased insurance premiums, license revocation for at least 180 days, completion of an approved substance abuse education course, and impoundment of vehicles owned by the offender.

How To Spot A Drunk Driver:
These warning signs should be your signal to take down a license plate number and vehicle description to report to the proper authorities. Do not attempt to stop the vehicle.

• Wide turns
• Straddling lanes or driving on the center line
• Drifting or moving in a straight line at a slight angle to the roadway
• Driving with headlights off at night
  • Appearing to be drunk (eye fixation, face close to windshield, drinking in the vehicle)
  • Driving below the speed limit
  • Erratic braking or stopping without cause
  • Slow response to traffic signals (sudden stop, delay start)
  • Nearly striking an object, curb, etc.

Report drunk drivers immediately to area law enforcement from a car phone or pay phone with the license plate number, description of the vehicle and the direction in which it was traveling.

Enjoy your holiday season. Be responsible and do not drink and drive.

This program is sponsored by the Florida Department of Transportation.

Visit our website at trafficsafetyteam.org to learn about your area Community Traffic Safety Team and available resources.