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 costly fine 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 windscreen; 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.
Dear Readers,

This is one of my favorite times of year and the days becoming cooler is something to celebrate. There is certainly lots of fun to be had throughout the fall and winter season. Calendars are full of holiday gatherings, festivals, fairs, and football games. The holiday season is best enjoyed when we celebrate responsibly. I want to take this moment to remind everyone to always drive safe and sober.

That's why we started Recipes 4 the Road: to help curb drinking and driving. This book, now in its 14th year, provides great alternatives for designated drivers. Just because you aren't drinking alcohol does not mean you cannot enjoy fun, tasty drinks. To help inspire everyone's mixes and appetites, we asked local restaurants to submit their best non-alcoholic recipes. In this book you'll see everything from mojitos to twists on cider recipes and martinis. There's something for every taste bud, so feel free to try them out or offer them for guests at your next get together.

Of course, I want to thank the restaurants and sponsors who have participated in this book, and a special mention to The Florida Department of Transportation, TraumaOne, Channel 4 and WAPE, who have been our long-term partners and been instrumental in helping us put this book together and letting the community know about it. We are appreciative and thankful of those who share our passion to keep our roads safe during this holiday season.

Sincerely,

[Signature]

President of South Lubes, Inc./Jiffy Lube Southeast

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

The Dangers of Drinking & Driving

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 than .08.

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.

Pop a top, face a fine

Florida law prohibits possession of open containers of alcoholic beverages by the driver and passengers of most vehicles.

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.

Under 21: .02 applies to you

Anyone under 21 years of age with a blood or breath alcohol level of .02 or above who is found driving or in actual physical control of a motor vehicle will lose his/her driving privilege for 6 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.

Wishing You a Safe and Happy Holiday Season!

Report impaired drivers. Dial 911. FHP on your cell phone.
The synthetic so advanced, it's used right off the shelf in Roger Penske's IndyCars:
pennzoil.com

**Ingredients:**
- 2 Chai Tea Bags
- 3 cups Vanilla Ice Cream
- 5 Ice Cubes
- 1 dash Pumpkin Pie Spice
- 1 cup Boiling Water
- Whipped Cream

**Preparation:**
Steep tea bags in water for 5 minutes. Discard tea bags and let cool. Blend tea and ice cubes. Add ice cream and pie spices and blend again. Serve in a tall glass topped with whipped cream.

**MEDIA DESIGN**
5569-5 Bowden Rd.
Jacksonville, FL
Phone: 904-636-5131
contact@mediadesignjax.com

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**All Purpose Iced Tea**

**Ingredients:**
- 8 Tea Bags
- 1 cup Sugar
- 1 gal. Water
- 1 small can of Lemonade Concentrate

**Preparation:**
Place tea bags in a pan. Add only enough water to cover bags, bring to a boil. Drain tea bags and add sugar. Add to 1 gallon water - stir in lemonade and chill. If you want tea stronger, let tea bags stand in the refrigerator.

** MEDIA DESIGN**
3521 St. Augustine Rd.
Jacksonville, FL
Phone: 904-346-0999
sales@appagi.com

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**Celebrate safely this year...**

**Don't Drink and Drive**

**LANDSTAR**
www.landstar.com

Making Safety First Every Day of the Year!
**Ingredients:**
1 Lime
1 tsp. Sugar

**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.

---

**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.

---

**Cantina LAREDO**

**Ingredients:**
2 oz. Pina Colada
2 oz. Mango Puree
2 oz. Strawberry Puree
2 oz. Cranberry Juice

**Preparation:** Blend all ingredients with ice and pour into service piece. Garnish with an orange wheel and a cherry.

---

**Key Lime Delight**

**Ingredients:**
2 14 oz. Cans Sweetened Condensed Milk
4 oz. Sweetened Lime Juice
Rose’s Lime Juice

**Preparation:** Mix sweetened condensed milk with lime juice. Fill a 16 oz. glass with ice. Fill glass half full with the mix. Add a splash of Rose’s lime juice, add splash of simple syrup. Top off with Sprite. Shake or Blend. Serve with a lime wedge and rim the glass with crushed Graham cracker crumbs.

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**Ingredients:**
2 oz. Pina Colada
2 oz. Mango Puree
2 oz. Strawberry Puree
2 oz. Cranberry Juice

**Preparation:** Blend all ingredients with ice and pour into service piece. Garnish with an orange wheel and a cherry.

---

**Purity Pearzartini**

**Ingredients:**
Pear Puree
Splash Sour
Sweet Syrup
Pear Slice

**Preparation:** Combine first three ingredients. Garnish with pear slice.

---

**The Buckman**

**Ingredients:**
Fresh Strawberries
4-6 Fresh Mint Leaves
2 slices of Lemon

**Preparation:** Muddle all ingredients in a pint glass. Shake and strain over ice. Top with a splash of soda water.

---

**Hibiscus Lemonade**

**Ingredients:**
6 quarts Ice Cold Water
3 oz. Hibiscus Leaves (Dried)
2 cups Lemon Juice
1 cup Water
1 cup Sugar

**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.

---

**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.

---

**Calypso Cove Martini**

**Ingredients:**
2 oz. Clove
1 cup Water
1 cup Sugar
1 shot Espresso (or strong coffee)

**Preparation:** To make clove simple syrup heat clove, water, and sugar in pan until sugar dissolves. In tumbler add ice, espresso, clove simple syrup, and juice of orange. Shake well and strain into chilled martini glass. Garnish with an orange twist.

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**Kingfish Grill**

**Ingredients:**
2 oz. Pina Colada
2 oz. Mango Puree
2 oz. Strawberry Puree
2 oz. Cranberry Juice

**Preparation:** Blend all ingredients with ice and pour into service piece. Garnish with an orange wheel and a cherry.

---

**Purity Pearzartini**

**Ingredients:**
Pear Puree
Splash Sour
Sweet Syrup
Pear Slice

**Preparation:** Combine first three ingredients. Garnish with pear slice.

---

**The Buckman**

**Ingredients:**
Fresh Strawberries
4-6 Fresh Mint Leaves
2 slices of Lemon

**Preparation:** Muddle all ingredients in a pint glass. Shake and strain over ice. Top with a splash of soda water.
**Creamsicle Mojito**

**Ingredients:**
- 1 oz. Vanilla Simple Syrup
- Handful of Mint
- Handful of Sliced Strawberries
- Club Soda & Sprite

**Preparation:** In a pint glass, muddle strawberries, mint and vanilla syrup. Fill with ice to the brim. Add orange juice to ¼ of the glass. Top off with Sprite and club soda. Stir and garnish before serving.

**Taverna**
1986 San Marco Blvd.
Jacksonville, FL
904-398-3005

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**Gingerbread Surprise**

**Ingredients:**
- 2 tbsp. Ginger Syrup
- ½ cup Sparkling Apple Cider
- Cinnamon Sticks
- Crystallized Ginger
- Soda Water

**Preparation:** Mix ginger syrup and cider with splash of soda water. Shake with ice. Garnish with cinnamon stick and fresh ginger.

**Bistro Aix**
1440 San Marco Blvd.
Jacksonville, FL
904-398-1949

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**Pom Lemonade**

**Ingredients:**
- ½ oz. Agave Nectar
- 5-6 Freshly Picked Mint Leaves
- 6 Pomegranate Seeds
- Mint Sprig

**Preparation:** In a cocktail shaker, muddle fresh mint leaves. Combine all other ingredients in the shaker and shake gently. Pour into a tall pint glass and garnish with a fresh mint sprig.

**Bistro Aix**
1440 San Marco Blvd.
Jacksonville, FL
904-398-1949

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**Cappuccino Cooler**

**Ingredients:**
- 4½ cups Cold Coffee
- 4½ cups Chocolate Ice Cream
- ¼ cup Hershey's Chocolate Syrup
- Crushed Ice
- Whipped Cream

**Preparation:** In blender, place coffee, ice cream and syrup. Cover; blend until smooth. Serve 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

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**Blueberry Hill**

**Ingredients:**
- 6 Blueberries
- 1 oz. Agave Nectar
- ½ oz. Fresh Lemon Juice
- ½ oz. Fresh Lime Juice
- 6 oz. Soda Water

**Preparation:** Muddle blueberries with agave nectar, add fresh juices then club soda. Stir and enjoy.

**Matthew's Restaurant**
2107 Hendricks Ave.
Jacksonville, FL
904-396-9922

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**Cranberry Punch**

**Ingredients:**
- 10 cups Cranberry Juice
- 5 cups Mineral Water
- Lemon Slices
- Cranberry Juice Ice Cubes

**Preparation:** In punch bowl, pour cranberry juice over cranberry ice cubes. Stir in mineral water. Garnish with slices of lemon.

**Mitchell's Fish Market**
5205 Big Island Drive
Jacksonville, FL
904-645-3474

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**Whitey's Tiki Daiquiri**

**Ingredients:**
- 12 oz. 7-Up or Sprite
- Splash of Grenadine
- ½ oz. Strawberry Daiquiri Mix

**Preparation:** Mix all ingredients. Garnish with cherry and strawberry.

**Mellow Mushroom Pizza Kitchen**
9734 Deer Lake Court
Jacksonville, FL
904-997-1955

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**Strawberry Sunset**

**Ingredients:**
- 2 oz Strawberry Puree
- Orange Juice
- Sour Mix
- Orange Slice
- Soda Water

**Preparation:** In a pint glass, add strawberry puree into bottom of glass. Fill a shaker tin with ice and mix equal parts orange juice and sour mix and stir. Pour mix with ice into pint glass over strawberry. Top with soda water and garnish with an orange slice.

**Mellow Mushroom Pizza Kitchen**
9734 Deer Lake Court
Jacksonville, FL
904-997-1955

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**Pomegranate Fauxjito**

**Ingredients:**
- 1 oz. Simple Syrup
- 4 Fresh Mint Leaves
- ½ 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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**All Jacked Up!**

**Ingredients:**
- 3 oz. Pineapple Juice
- 6 oz. Mountain Dew
- Splash of Grenadine
- Granulated Sugar
- Maraschino Cherry
- Wedge of Lime

**Preparation:** Rim the glasses 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.

---

**Calendar's Spritzer**

**Ingredients:**
- 3 oz. Sprite
- Lime
- 1 oz. Cranberry Juice
- Orange Slice
- 1 oz. Strawberry
- Cherry

**Preparation:** Mix first three ingredients and add a twist of lime. Garnish with an orange slice and cherry.

---

**Blood Orange Smash**

**Ingredients:**
- 3 Blood Orange Slices
- Fresh Mint
- ½ oz. Simple Syrup
- 1 oz. Lime Juice
- 1 oz. Lemon Juice

**Preparation:** In a pint glass muddle blood orange slices with fresh mint leaves, simple syrup, lemon juice and lime juice. Add ice & shake. Fill with soda water and enjoy!

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**Merry Sunrise**

**Ingredients:**
- 3 oz. Sunny Delight
- 3 oz. Cranberry Juice
- Splash of 7-Up
- Orange Slice or Cherry

**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.

---

**Big Easy Driver**

**Ingredients:**
- 1½ cups Lemon Juice
- ½ cup Sugar
- 6 cups Water
- 1 cup Tom Fresh Mint Leaves
- 24 oz. Club Soda
- Lemon Slices

**Preparation:** Place the lemon juice, sugar and 1 cup water in a large pitcher. Stir until the sugar dissolves, then add 5 more cups water, mint leaves, club soda and a few lemon slices to garnish.

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**Peppermint Hot Chocolate**

**Ingredients:**
- 1/3 cup Unsweetened Cocoa Powder
- 4 cups Milk
- 1/3 cup Semi Sweet Chocolate Chips
- ½ cup Crushed Peppermint Sticks
- Pinch of Salt
- Whipped Cream
- Marshmallows

**Preparation:** Heat milk in a medium saucepan and slowly mix in cocoa powder until dissolved. Add semisweet chocolate and peppermint. simmer over medium heat until it starts to boil. Remove from heat, add salt, stir and pour into mugs. Top with whipped cream and marshmallows.

---

**Avocado Aperitif**

**Ingredients:**
- 1 Medium Avocado
- 1 Large Cucumber
- Juice of 1 Lemon
- 1/2 cup Chopped Parsley
- 2 cups Crushed Ice

**Preparation:** Peel avocado and cucumber; chop in chunks and place in blender. Add parsley and lemon, blend until smooth. Add crushed ice and blend again. Strain into glasses. Garnish with cucumber peel.

---

**Calendar's Pizzeria & Sports Bar**

**20 S College Street**
**Macon, LA**
**904-259-1212**

**Calendar’s Pizzeria & Sports Bar**

**835 Museum Circle**
**Jacksonville, FL**
**904-398-2299**

**River City Bar & Grill**

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

**Mullin County Travel Safety Team**

**Dixie, Levy, Gilchrist, and Lafayette**
### Banana Orange Junior

**Ingredients:**
- 1/2 cup Milk
- 1/2 cup Orange Juice
- 2 cups Orange Sherbet
- 1 Banana

**Preparation:** Blend milk, orange juice, banana and 1 cup orange sherbet in blender for 10 seconds on high speed. Pour into 3 glasses and top with one scoop orange sherbet.

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### Chocolate-Mint Tea

**Ingredients:**
- 3/4 cup Mint Flavored Tea
- 2 tbsp Chocolate Syrup
- 1/4 cup Heavy Whipped Cream
- Sweetened Chocolate Powder

**Preparation:** Make tea according to directions, pour into cup. Stir chocolate syrup into the tea. Top with whipped cream and sprinkle with chocolate powder.

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### Peppermint Mocha

**Ingredients:**
- 2 tsp Sugar
- 2 tbsp Milk
- 4 tbsp Vanilla Ice Cream
- 2 tbsp Peppermint Candies
- 2 tbsp Chocolate Syrup

**Preparation:** Mix all ingredients in blender, cover and whiz on medium speed until well blended. Pour into a cocktail glass, add straw and serve.

---

### Tomato Cocktail

**Ingredients:**
- 2 cups Tomato Juice
- 2 tbsp. Lemon Juice
- 1 dash Celery Salt

**Preparation:** Place all ingredients in a blender, cover and whiz on medium speed until well blended. Pour into a collins glass and serve.

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### Mandarin Apple Smoothie

**Ingredients:**
- 11 oz. Can Frozen Mandarins
- 1 Frozen, Chunked Banana
- 1 Frozen Gala Apple
- 1 cup Orange Juice

**Preparation:** Peel, core and chop apple. Combine all ingredients in a blender and puree until smooth. Serve in tall glasses.

---

### Strawberry-Lime Slushie

**Ingredients:**
- 2 cups Strawberry Sorbet
- 1 cup Lime Sorbet
- 2 tbsp Fresh Lime Juice
- 1/4 cup Sliced Strawberries
- 1/4 cup Orange Juice
- 2 cups Ice Cubes

**Preparation:** Place all ingredients in a blender and puree until smooth.

---

### Cider Snap

**Ingredients:**
- 2 cups Apple Cider
- 4 tsp Red Cinnamon Candies
- 1 thinly sliced Apple

**Preparation:** In a microwave-safe container, combine apple cider and cinnamon candies. Microwave uncovered for 4 to 5 minutes or until candies dissolve and cider is steaming hot, stirring once. Serve in mugs. Garnish with apple slices, if desired.

---

### Caramel Hot Cocoa

**Ingredients:**
- 1 tbsp Sugar
- 1 tbsp Unsweetened Cocoa
- 1 3/4 cups Skim Milk
- 2 tbsp Caramel Topping

**Preparation:** Combine sugar and unsweetened cocoa in small saucepan; stir in skim milk and caramel topping. Cook over medium heat, stirring constantly, until mixture is thoroughly heated and topping dissolves. Serve immediately.

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### Alachua Traffic Safety Team

### Columbia Traffic Safety Team

### Nassau Traffic Safety Team

### Putnam Traffic Safety Team

### St. Johns Traffic Safety Team

### Thomas Traffic Safety Team

### Clay Traffic Safety Team
Start a new tradition with LED holiday lights

As you plan your holiday decorations, try LED lights for both indoor and outdoor use. They use less energy and increase safety, so you can enjoy the season!

- LED lighting strings use 75% less electricity than conventional incandescent lighting strings.
- Less heat is generated by LED lighting strings, which reduces the risk of a fire hazard when placed on a tree.
- Bulbs in LED lighting strings burn out less frequently than incandescent lighting strings.
- The plastic bulbs found on LED lighting strings can be less hazardous when broken compared to the glass bulbs on conventional lighting strings.
- Do not use indoor-use-only lighting strings on the outside of your home.
- Look for a UL-approved hologram sticker on the lighting string to ensure that the product has been evaluated for fire risk and electrical shock hazards.
- Do not overload extension cords and electrical outlets or connect more than three strings of lights together.
- Turn off holiday lights while you are away from home or before going to bed at night. Consider adding a programmable timer to ensure lights are not accidentally left on.

For more safety tips, visit jea.com

Ingredients:
1 1/2 cups Apple Cider
1 1/2 tbsp. Caramel Sauce
1/2 tsp Vanilla Extract

Preparation: Combine apple cider, caramel and vanilla into a saucepan. Heat over medium-high heat, stirring constantly, until apple cider is hot and caramel has melted. Pour into a mug and enjoy!

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

Hot Caramel Apple Cider

Holiday Smoothie

Ingredients:
1/2 cup Orange Juice
1/4 cup Strawberries (fresh or frozen)
1/4 cup Cranapple Juice
1/4 cup Half and Half or Almond Milk
1/2 Frozen Banana
1 packet Stevia or Splenda (optional)
1/2 to 1 cup Ice

Preparation: Blend all until smooth and pour into a tall glass. Enjoy!

SOUTHPAW

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

Jacksonville Suns WISH YOU A SAFE AND HAPPY HOLIDAY SEASON!

PEDRO’S RULE #1 FOR THE ROAD
If you just have one, drive home carefully.
If you have two or more, call one of these:

GATOR CITY TAXI
355-8294

YELLOW CAB CO.
260-1111

CHECKER CAB
345-3333

JASON THE VALE
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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 and maintaining a safe and healthy environment through education, public awareness programs and activities.

What we do:

Driver Improvement Program

We offer several programs designed to teach the values of safe and sober driving including:

- Basic Driver Improvement Course (BDI)
- Traffic Collision Avoidance Course (TCAC)
- Advanced Driver Improvement (ADI)
- Drug, Alcohol Traffic Education Program (DATE)
- Child Restraint Offenders Program
- Reinstatement Assistance Program
- Driving Under The Influence Level I
- Driving Under The Influence Level II
- Special Supervision Services

Occupational Safety Program

It is our sincere goal to help all companies, associations, institutions, government subdivisions, schools and other organizations create a safe environment for employees. To that end, we supply a number of training and certification programs to companies as well as supply member organizations with a single source for safety reference materials and federal (Occupational Safety and Health Administration)/state/local safety information.

Community Services

Brochures/Flyers/Hand-outs and Special Event Representatives and Information. Our community service program is completely up-to-date with the latest statistics and information about safety issues; we can find answers to your questions with our vast library of federal, state and local safety databases.

1725 Art Museum Drive • Jacksonville, FL 32207
(904) 399-3119 • Toll Free 1-888-399-1233
Visit Our Website at www.jaxsafety.com
or E-Mail us at nefsc@nefsc.org

Happy Holidays!
Have a Safe & Blessed Holiday Season!

The Snyder Heating & Air Conditioning family wishes you the best in the coming New Year!

Please consider us for all your Heating & A/C needs

Have a Safe & Blessed Holiday Season!

The Snyder Heating & Air Conditioning family wishes you the best in the coming New Year!

Please consider us for all your Heating & A/C needs

Holiday Hazards

Alcohol:

- Alcohol poisoning is a common risk for children during the holiday season. Many family and holiday parties serve alcohol.
- Children imitate adults and may drink the beverages they see adults drinking.
- Remove ALL empty and partially empty cups as soon as possible.
- Children have a much lower tolerance than adults, so even a small amount of alcohol can be dangerous. Symptoms will resemble drunkenness and may include extreme drowsiness, difficulty walking, nausea, vomiting and possible seizures. Results may be life-threatening, including low blood sugar and difficulty breathing.
- Store alcohol in a locked cabinet out of reach and sight of children.
- Other potential sources of alcohol include mouthwash, cologne, perfume, after-shave lotion, rubbing alcohol and cold medicines.

Decorations:

- Bubble lights containing methylene chloride can be poisonous if a child drinks the fluid (even if labeled non-toxic).

Other Factors:

- 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, faulty home heating systems and burning charcoal. Carbon monoxide poisoning may occur while sleeping and result in death. Early symptoms of poisoning are headache and dizziness.
- Disc batteries for cameras, toys, calculators and hearing aids are small and can be swallowed. Occasionally, they may break open to cause poisoning.

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

- Plants such as Mistletoe, Holly, Christmas Berry and Poinsettia are considered potentially poisonous and should be kept out of reach of children. Symptoms of plant poisoning can range from rashes to vomiting and diarrhea.
- Snow sprays may be harmful if the aerosol propellants are used improperly.
- Angel Hair (made from finely spun glass) and ornament hangers may cut or irritate skin.
- Ornaments, icicles and tinsel may cause choking if chewed or swallowed.

Injury Free Coalition for Kids

Coalition led by Shands Jacksonville

www.injuryfree.org