THE BEST GIFT OF ALL...

A MERRY & SAFE HOLIDAY!

2nd annual RECIPES
THE ROAD

An Original Collection of Non-Alcoholic Drinks from Restaurants Throughout the First Coast.
Thank you for supporting the 2nd Annual Recipes 4 the Road. The success of last year’s program has brought some exciting additions to this book. We are thrilled to have WJXT Channel 4 on board as a title sponsor. I would like to thank them and Rooster Country 107 for their commitment to promoting the program. This will ensure that the booklets are going to get into the hands of as many conscientious party givers as we can accommodate, and help us decrease the number of alcohol related accidents this holiday season. According to the Florida Department of Highway Safety & Motor Vehicles, the statistics for alcohol-related traffic fatalities in Florida during the Christmas and New Year holidays increase from 32% to almost 50%!

Everything improves with age, and this book is no exception. We almost tripled the number of restaurants contributing recipes this year and included more pertinent and helpful safety information.

With parties and celebrations all around them, people are most likely to drink and drive during the holidays. The key to reducing the number of alcohol-related crashes and fatalities is to keep the celebration safe. That’s why several area government agencies and private organizations have come together once again to bring you, the host, Recipes 4 the Road. This booklet contains new and creative non-alcoholic drink recipes you can make and offer to designated drivers and guests who don’t want to drink alcoholic beverages.

I would like to thank Butler Graphics, Mac Papers, Media Design, the Duval County Traffic Safety Team, the Northeast Florida Safety Council, the Florida Highway Patrol, the Jacksonville Sheriff’s Office and the Florida Restaurant Association for their contributions and continued support of the program. In addition, I’d like to give special recognition to all of the restaurant owners, managers and bartenders who took time out of their busy schedules to provide us with some of the most delicious and inventive non-alcoholic recipes found anywhere.

We hope you enjoy the 2nd Annual Recipes 4 the Road as much as we enjoyed putting it together. And remember the best gift of all is a Merry and Safe Holiday.

Ward Huntley, President of South Lubes, Inc./Jiffy Lube
**Snowy Navel**
- 3 oz. Peach Nectar
- 3 oz. Orange Juice
- 1 tbsp. Lemon Juice
- Splash of Grenadine
- Coconut Flakes

Mix the juices together; shake with ice and strain into a wineglass. Sprinkle with coconut flakes and garnish with an orange slice.

**Golden Star**
- 1 & 1/2 pints Grapefruit Juice
- 1 cup Orange Juice
- 2 oz. Honey
- 4 Egg Yolks (Beaten)
- 4 Egg Whites (Beat until stiff)
- Salt to taste

Blend the egg yolks with the juices, add the honey and a pinch of salt. Blend until the honey dissolves. Carefully fold in the stiff egg whites and serve immediately in chilled wineglasses.

**Christmas Tree Tea**
- 2 oz. Aromatic Tea (Brewed and Chilled)
- 2 oz. Apple Juice
- 1 oz. Pineapple Juice

Combine and serve over ice.

**Elfsicle**
- 8 oz. Milk
- 2 oz. Orange Juice
- 1 oz. Lemon Lime soda
- 1/2 scoop Vanilla Ice Cream
- Splash of Grenadine
- Whipped cream

Blend the ice cream, milk and orange juice until smooth. Pour into parfait glass, add soda and top with whipped cream. Slowly pour the grenadine over the whipped cream and top with a cherry.

**Santa’s Sleigh**
- 4 oz. V-8 Juice
- 2 drops Lemon Juice
- 2 drops Tabasco Sauce
- Dash of Worcestershire Sauce

Mix together in a hi-ball glass, stir in ice cubes and garnish with a celery stalk.

**Apple Bobs**
- 8 oz. peeled and sliced Apples
- 4 oz. Pineapple Slices
- 8 oz. Orange Juice
- 3 oz. Lemon Juice
- Sugar (to taste)

Mix the juices with the sugar until dissolved. Add apple and pineapple slices and chill. Serve in tall glasses and top with a cherry.

**Sweet Water**
- 5 cups Water
- 12 oz. Molasses
- 1 oz. Ground Ginger
- 5 Cinnamon Sticks

Boil the water, ginger and cinnamon together for 15 minutes. Strain and let cool. Place in a punch bowl; stir in molasses until well blended. Chill and serve.

**Ribbon Wrapper**
- 1 cup Clamato Juice
- 1 oz. Fresh Lime Juice
- 4 dashes Worcestershire Sauce
- 4 dashes Tabasco Sauce
- 1/4 tsp. Horseradish
- Pepper and Celery Salt (to taste)

Mix ingredients together and shake with ice. Strain into tall glass and add ice cubes. Garnish with celery stalk and a lime wedge.
Snowbird Soda
- 3 & 1/2 oz. Grapefruit Juice
- 1 & 1/2 oz. Orange Juice
- 2 oz Sugar Syrup
- 1 tbsp. Lemon Juice
- Salt (to taste)
- Finish with Club Soda

Combine all ingredients (except club soda) and strain over crushed ice. Add 1 oz. club soda to each serving. Garnish with mint sprigs.

Gingerman Juice
- 1 cup Sliced Ginger
- 1 cup Sugar
- 1 cup Water
- 1/2 cup Orange Juice
- 1/2 cup Lemon Juice
- 1 bottle Club Soda

Bring ginger, sugar and water to a boil and cook for 15 minutes. Cool. When cooled pour into punch bowl and stir in the juices. Add club soda and ice and serve.

Bananaberry Bow
- 1/2 lb. Frozen Strawberries
- 1 Frozen Banana
- 2 cups Apple Juice

Blend ingredients together until smooth and serve.

Cider Noggin
- 4 oz. Light Cream
- 1 Egg
- 1 tsp. Powdered Sugar
- Fill with Sweet Cider

Mix the sugar, cream and egg in a shaker. Add ice and shake. Strain over ice in tall glasses. Top with cider and sprinkle with nutmeg.

WOOODY’S
Black & Tan
- 1/2 glass Ginger Ale
- 1/2 glass Ginger Beer

Pour into a pilsner glass and garnish with a lime slice. DO NOT STIR.
The ABC’s Of Party Giving

ALCOHOL AWARENESS

Always serve food with alcoholic beverages. Food slows down the absorption rate of alcohol into the body.

Let guests do the mixing themselves. Have several different sizes of jiggers at the bar so drinks can be measured. Inexpensive one-ounce spouts may be purchased and placed on bottles.

If you’re serving alcoholic punch, make it with a non-carbonated base such as juice or tea. Alcohol is absorbed faster by the body if club soda or ginger ale are used in the punch. This holds true for mixed drinks, too.

Don’t be a “pour” host and force drinks on your guests. Respect the wishes of those who say “No, thanks” or “Make it coffee.” Remember that not everyone wants to drink alcoholic beverages, especially if driving. Also, people on certain medication should not drink any alcohol.

Serve a wide variety of beverages that include soft drinks, coffee, tea, juices and some drinks and punches suggested in this booklet for a successful, sober party.

As the hour becomes late, put away the alcoholic beverages but continue to offer a good supply of food. You might wish to switch to coffee and dessert well before guests start to leave.

BUFFET

Serve protein-rich and starchy foods throughout the evening. By eating first, partygoers will help retard the absorption of alcohol into their bloodstream.

Watch for overindulgers. Only time will sober up someone who has had too much to drink. It takes about one hour for an average drink or one bottle of beer to be “burned off” by the liver. Coffee, cold showers and other “remedies” do not affect the blood alcohol level or improve motor skills and reaction time.

Try to slow down the drinking rate of your guests who drink alcohol. Engage them in conversation. Offer food and soft drinks or “watered down” mixed drinks. Use water rather than carbonated soda in mixed drinks. Have activities for fun at the party.

CARPOOL

The best thing you can do as a host is to have someone who hasn’t been drinking drive drinking guests home. Call a cab or let the person sleep overnight. Give a small gift to all designated drivers at your party. Take your role as a friend seriously!

CANTINA

Cherub’s Delight

- 2 quarts White Grape Juice
- 1 quart Green Tea
- 1 pint Lemon Juice
- 8 oz. Sugar Syrup
- 2 bottles chilled Club Soda

Combine all ingredients (except club soda) and chill. Pour in punch bowl over large blocks of ice and add chilled club soda. Garnish punch cups with lemon slices.

Holiday Helper

- 2 quarts Apple Juice
- 2 quarts Cranberry Juice
- 1 cup Lemon Juice
- 1 cup Sugar
- 2 bottles Ginger Ale

Combine all ingredients (except ginger ale) in a large punch bowl. Add ice cubes (make them out of ginger ale so they don’t dilute the punch as they melt) and the Ginger Ale.

My Blue Heaven

- 1 cup Blueberries
- 1 cup Soda Water
- 2 tbsp. Honey or Sugar
- 1 tsp. Lemon Juice

Blend all ingredients together until smooth. Serve in a tall glass.

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Apricot A Lot
- 2 oz. Apricot Nectar
- 1 oz. Fresh Lemon Juice
- Top with Sparkling Water

Mix nectar and juice with ice. Strain over ice cubes in a highball glass. Fill with sparkling water and garnish with a twist of lemon.

Lemon Mint Drop
- 2 oz. Fresh Lemon Juice
- 1 tsp. Superfine Sugar
- 7 Mint Leaves
- Fill with Sparkling Water

Mix lemon juice and sugar in a tall glass. Stir until sugar is dissolved. Crush mint leaves with a bar spoon and stir in. Add ice cubes and top with sparkling water. Garnish with fresh mint sprigs and lemon twists.

Berry Blast
- 8 cups chilled Cranberry Juice
- 3 cups chilled Raspberry Soda
- 10 oz. fresh or thawed Raspberries
- 4 cups Raspberry Sherbet

Gently stir the soda and cranberry juice in a large chilled punch bowl. Pour into individual cups over a small scoop of sherbet. Garnish with raspberries. Makes about 28 servings.

Phillips Head
- 3 oz. Orange Juice
- 3 oz. Tonic Water

Mix together over ice. Tastes like a Screwdriver.

Surfing Santa
- 4 oz. Gatorade
- 1 oz. Orange Juice
- 1 oz. Pineapple Juice
- 2 oz. Sour Mix

Combine all ingredients in a cocktail shaker. Shake vigorously. Pour into a glass over ice. Garnish with a slice of lime and a cherry.

Bombay Banana Split
- 2 - 4 oz. Scoops Vanilla Ice Cream
- 4 Large Strawberries
- 4 oz. Pineapple Juice
- 1/2 Banana

Blend together. Top with whipped cream and a cherry. Drizzle with chocolate syrup.

Iced Oil Slick
- 4 oz. Strong Coffee (cooled)
- 3 oz. Milk
- 1 oz. Chocolate Syrup
- 2 Dashes Vanilla Extract

Combine ingredients over ice and shake well. Top with whipped cream and cinnamon.

Stoplight
- 2 oz. Kiwi Syrup (chilled)
- 4 oz. Pineapple Juice (chilled)
- 4 oz. Cranberry Juice (chilled)

Pour the kiwi juice in large glass. Using a spoon to diffuse the flow, pour in the pineapple juice then the cranberry juice. The three-tone effect is very festive!
**Chocolate Sparkler**

- 2 pints Chocolate Ice Cream
- 1/2 cup Fudge Sauce (at room temperature)
- Soda Water
- Whipped Cream

Place 2 scoops of ice cream into 4 tall glasses. Pour one tablespoon of fudge sauce into each glass. Fill the glasses with soda water and drizzle another tablespoon of fudge sauce over each. Top with whipped cream.

**Amelia Mud Pie**

- Scoops of Vanilla Ice Cream
- 1/2 cup of Half and Half Cream
- 1/4 cup of Crumbled Oreo Cookies

Blend all together. Pour into tall glass. Top with whipped cream and a cherry.

**LIMIT YOUR HOLIDAY CHEER**

**Drunk Drivers**, the most dangerous violators of traffic safety, contribute to almost half of all highway deaths. After midnight, one out of every ten highway drivers is impaired. It’s worse during the holidays.

**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. Play it safe. Don’t drink and drive. Choose a designated driver and have a wonderful holiday season.

**Amelia Inn Dining Room**

**Amelia Mud Pie**

- Scoops of Vanilla Ice Cream
- 1/2 cup of Half and Half Cream
- 1/4 cup of Crumbled Oreo Cookies

Blend all together. Pour into tall glass. Top with whipped cream and a cherry.

**Driver Fatigue**

The excitement of the holidays can mean we don’t get as much sleep as we may need. That can be extremely dangerous when it comes to driving. Research shows that any length trip may result in driver fatigue, here are some helpful tips to avoid it.

- For long trips plan in advance so you know where you are going to take a break.
- Take a break at least every two hours.
- Plan to stay somewhere overnight if the trip is going to be exceptionally long.
- Share the driving and make sure that you rest when you are not driving.
- Try not to drive when you would normally be asleep (early mornings and late nights).
- Watch for the warning signs of driver fatigue:
  1. You keep yawning
  2. Your reactions slow down
  3. You start day dreaming.
  4. Your body feels stiff and your eyes feel heavy.
  5. You wander over the centerline or off the road.

If you notice these symptoms, stop driving immediately! Spend the night in a motel or relinquish the driving duties.

**Community Traffic Safety Teams**

The Florida Department of Transportation views the challenge to make our public highways safer as a great opportunity - one that is well worth every individual and collective effort that we can make to spare thousands of families from human tragedies that result from motor vehicle crashes.

By reviewing high crash sections of roadway communities, DOT can make engineering changes for safer roadways. However, community involvement is essential to better identify the preferences and attitudes of all those affected by the transportation decisions, which impact their quality of life.

The basic premise of the Community Traffic Safety Team (CTST) program is local communities solving problems with state assistance. Multi-disciplinary, multi-jurisdictional teams to address highway safety problems at both the state and local levels by seeking input from enforcement, emergency services, private industry, city and state agencies, community groups and concerned citizens.

If you are interested in attending a Duval County CTST meeting, please join us the third Wednesday of every month at the Safety Council (1725 Art Museum Drive) at 10 am. For more information, call (904) 360-5416.
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.
- Store alcohol in a locked cabinet out of reach and sight of children.
- Other potential sources of alcohol poisoning include mouthwash, cologne, perfume, and after-shave lotion, rubbing alcohol and cough/cold medications.

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. Early symptoms of poisoning are headache and dizziness. Get fresh air immediately if these 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.

In the event of poisoning, immediately call the Florida Poison Information Center at 1-800-282-3171.