THE BEST GIFT OF ALL...

A MERRY & SAFE HOLIDAY!

Northeast Florida's Jiffy Lube centers are proud to be the host of Recipes 4 the Road for the last three years.

WE NOT ONLY CARE ABOUT YOUR CAR...

...WE CARE ABOUT THOSE TRAVELING IN IT.

Start the new year out right with safety. Use this booklet for great non-alcoholic drinks and go to Jiffy Lube for your Signature Service Oil Change where a professional technician will check all your vital fluids, belts, hoses and tires in addition to changing your filter and oil with premium motor oil.

An original collection of non-alcoholic drinks from restaurants throughout the First Coast.
Thank you for your interest and support of Jiffy Lube's 3rd Annual Recipes 4 the Road. With parties and celebrations all around, 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 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.

We would like to thank our sponsors and participants, WJXT Channel 4, The Promise 106.5FM, St. Vincent's Hospital, the Duval Community Traffic Safety Team, the Northeast Florida Safety Council, the Florida Highway Patrol, the Jacksonville Sheriff's Office, Mothers Against Drunk Drivers, IPTM, Shands Hospital, Don Flynn Pictures, Media Design 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.

Together we will ensure that Jiffy Lube's Recipes 4 the Road booklets get into the hands of as many conscientious party givers as possible, 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%!

We hope you enjoy Jiffy Lube's 3rd Annual Recipes 4 the Road as much as we enjoyed putting it together. Remember the best gift of all is a Merry and Safe Christmas and New Year!

Ward Huntley
President of South Lubes, Inc./Jiffy Lube
FROZEN MANGO (Mojo)
- 2 Ripe Mangos (peeled)
- 1 Serrano Pepper (seeds removed & minced)
- 1 Vanilla Bean (split and remove pulp)
- 1 cup Ice
- 1 tsp. Almond Extract
- Cranberry Juice
- Orange Juice

Purée mangoes, serrano pepper, and pulp from the vanilla bean. Let stand for 1 (one) minute. Add almond extract, Ice, and a splash of orange and cranberry Juices. Add Ginger Ale for an extra “kick.”

ALOHA PUNCH
- 8 oz. Orange Juice
- 8 oz. Pineapple Juice
- Splash of Grenadine
- Ice
- Orchid/Tropical Flavor to Garnish

Mix together and serve.

WARM BANANA SPLIT
- 8 oz. Milk
- 1 tbsp. Chocolate Syrup
- 1 tbsp. Caramel Syrup
- 1 tsp. Banana Extract
- Whipped Cream
- 1 Cherry
- Powdered Chocolate

Add chocolate and caramel syrups to milk. Steam until hot. Add banana extract and top with whipped cream, cherry, and sprinkle with powdered chocolate.

RAINBOW SHERBET PUNCH
- 8 oz. Orange Juice
- 8 oz. Pineapple Juice
- 1 quart Hawaiian Punch
- 1 quart Rainbow Sherbet
- 1 bottle Club Soda
- 1 bottle Ginger Ale

Combine juices in a punch bowl over ice. Before serving, add soda and scoops of sherbet in each drink.

HOLIDAY DELIGHT
- 1/2 cup Orange Juice
- 1/4 cup Strawberries (frozen)
- 1/4 cup Cranapple Juice
- 1/4 cup Half and Half
- 1/2 Banana

Blend together and pour into a tall glass.

BOMBAY’S TROPICAL SUNRISE
- 2 scoops Vanilla Ice Cream
- 4 oz. Orange Juice
- 1.5 oz. Grenadine

Mix in blender until smooth and creamy. Garnish rim with an orange slice and a cherry.

TEA PUNCH
- 1 1/2 cups Raspberry Tea (strong)
- 1 cup Sugar
- 1 cup Lemon Juice
- 3 cups Orange Juice
- 1 cup Pineapple Juice
- 1 liter Ginger Ale
- 1 liter Soda Water
- 1/4 cup Grenadine
- 1 cup Cherries
- 1 Orange
- 1 Lemon
- Fresh Mint Sprigs

Mix juices, tea and sugar together. Freeze ice ring with water. Add Fruit (cut in slices) and fresh mint sprigs. When ready to serve add soda water and Ginger Ale. Garnish with mint sprigs.

MARGARITA FRAPPÈS
- 2 Bananas (medium size)
- 3 cups Pineapple Juice (chilled & unsweetened)
- 4 oz. LimeAde Concentrate
- 3/4 cup Low-Fat Plain Yogurt
- 1/2 cup Heavy Cream (chilled well)
- 1-2 drops Green Food Coloring
- 8 Lime Wedges

Break banana into pieces and purée with remaining ingredients (except lime wedges). Pour frappé into 4 to 6 stemmed glasses and garnish with lime wedges.
**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.

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**Driver Fatigue**

Northeast Florida Safety Council

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 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. You start day dreaming
  3. You wander over the centerline or off the road.
  4. Your reactions slow down
  5. Your body feels stiff and your eyes feel heavy.

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

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**Report Impaired Drivers**

DIAL *FHP on your cell phone

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**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!

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**Buttery Mocha**

The RITZ-CARLTON
Café 4750

- 1/2 shot Vanilla Syrup
- 1/2 shot Caramel Syrup
- 1 shot Espresso
- 1 oz. Chocolate syrup
- 1 oz. Milk (steamed)

Combine ingredients in glass and garnish with froth or whipped cream and cinnamon.

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**Island Sunrise**

- 2 oz. Pineapple Juice
- 6 oz. Vanilla Bar Mix or Condensed Milk
- 1 1/2 cup Ice (crushed)

Blend ingredients to smoothie-like consistency. Serve in a tall glass. Top with whipped cream and garnish with pineapple wedge and serve.

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**Report Impaired Drivers**

DIAL *FHP on your cell phone
**MULLED CRANBERRY CIDER**

- 6 oz. Cranberry Juice
- Splash of Lemon Juice
- 1 tsp. Nutmeg
- Honey (to taste)
- 2 whole Cloves
- 1 Cinnamon Stick

Combine ingredients in saucepan and simmer. Do not boil. Pour into mug rimmed with sugar and cinnamon. Dash top with nutmeg. Garnish with cinnamon stick.

**VERY BERRY PUNCH**

- 10 oz. Frozen Strawberries in Syrup (thaw)
- a 12 oz. Can of Frozen Cranberry Juice Cocktail (concentrate)
- a 12 oz. Can of Frozen Raspberry Juice Cocktail (concentrate)
- 1 liter Ginger Ale
- 2 liter Seltzer Water

Puree strawberries. Combine all ingredients. Garnish with any fruit.

**BANANA BACKFLIP**

- 1/2 Banana (fresh)
- 4 oz. Orange Juice
- 3/4 Simple Syrup (sugar, water)
- 1 1/2 oz. Honey
- 1 glass Ice

Blend all of the ingredients for 20 seconds.

**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 & sprinkle with nutmeg.

**THINK BEFORE YOU DRINK & DRIVE**

Drunk driving is the nation’s most frequently committed violent crime. Three out of every ten Americans will be affected by impaired driving at some time in their lives. Approximately every 30 minutes, someone in America is killed in an alcohol-related crash. Every two minutes, someone is injured. Each year nearly 16,000 people are killed and 600,000 others are injured due to alcohol-related crashes. Driving under the Influence (DUI) or driving while intoxicated (DWI) is responsible for more arrests than all other reported criminal offenses (except larceny and theft). We need to be especially aware during the holidays because statistics show that the number of incidences 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 offenders’ 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.

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

**MYTHS & FACTS ABOUT DRINKING & DRIVING**

**Myth:** Coffee can sober up someone who has had too much to drink.

**Fact:** Only time sobers. It takes about one hour to oxidize each drink.

**Myth:** Hard Liquor is more intoxicating than beer or wine.

**Fact:** A 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler, and an ounce-and-a-half of liquor contain the same amount of alcohol with the same intoxication potential.

**Myth:** Someone who has had too much to drink will look intoxicated.

**Fact:** Judgment is the first thing affected when someone has been drinking. Important motor skills are next. Even one drink can impair someone’s ability to drive. Someone’s physical appearance can be misleading.
**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 juices. Add club soda and ice and serve.

**VIRGIN HOPSICLE**
- 6 oz. Vanilla Ice Cream
- (2 sm. scoops)
- 1 oz. Orange Juice
- (fresh squeezed)
- 1/2 oz. Coco Lopez

Blend. Top with whipped cream, toasted coconut and garnish with orange wedge.

**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.

**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 wine glasses.

**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.

**KIWI SLUSHEE**
- 5 Kiwi (peeled and diced)
- 1 qt. Ice
- 1 qt. Syrup (sugar and water)
- Mint (sliced)
- Grenadine

Blend all but mint and Grenadine. Top with Grenadine and garnish with mint.

**DOWN UNDER**
**SNOWBIRD SODA**
- 5 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.

**FROZEN HAZELNUT CAPPUCINO**
- 8 oz. Espresso
- Hazelnut Syrup
- Chocolate Syrup
- Whipped Cream
- Shaved Chocolate

Blend all ingredients except whipped cream and shaved chocolate with ice. Add hazelnut and chocolate syrup to taste. Pour into glass. Top with whipped cream & shaved chocolate.
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.
BEHIND THE STATISTICS

Tens of thousands of people are killed each year in motor vehicle crashes. Through the various Public Service Announcements and safety awareness projects we have produced, we have witnessed first-hand many horrific crashes. As one of a select few of non-law enforcement respondents, it is our opinion every driver can never get enough safety information.

Many times the statistics just get recorded into our minds as numbers, facts and figures with little impact. The faces behind these numbers are embedded into our minds and the minds of those left with major disabilities, or worse yet, left behind. This holiday season drive with care, drive defensively and drive sober. Don’t become the next face we see behind the statistics.

Here are some helpful guidelines to follow:

• Don’t start the engine without securing each passenger in the car, including children and pets. Safety belts save thousands of lives each year!
• Remember that driving too fast or too slow can increase the likelihood of collisions.
• Don’t kid yourself. If you plan to drink, designate a driver who won’t drink. Alcohol is a factor in almost half of all fatal motor vehicle crashes.
• Be alert! If you notice that a car is straddling the center line, weaving, making wide turns, stopping abruptly or responding slowly to traffic signals, the driver may be impaired.
• Avoid an impaired driver by turning right at the nearest corner or exiting at the nearest exit. If it appears that an oncoming car is crossing into your lane, pull over to the roadside, sound the horn and flash your lights.
• Notify the police immediately after seeing a motorist who is driving suspiciously.
• Follow the rules of the road. Don’t contest the “right of way” or try to race another car during a merge.
• Drive Defensively. Take responsibility not only for yourself and your actions, but also keep an eye on “the other guy”. Be respectful of other motorists.
• While driving, be cautious, aware and responsible.

*Guidelines compiled by the National Safety Council

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