Alcohol involvement remains the leading factor in motor vehicle deaths. 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.

Enjoy your holiday season. Be responsible and do not drink and drive.
RECIPES 4 THE ROAD

According to the Florida Department of Highway Safety and Motor Vehicles, the statistics for alcoholic-related traffic fatalities in Florida during the Christmas and New Year holidays increase from 32% to almost 50%! It is important to keep celebrations safe and fatalities down, which is why several area government agencies and private organizations have come together once again to bring you the 8th annual Recipes 4 the Road.

I would like to thank the sponsors and participants for helping us make this book a success. Numerous conscientious business owners have joined our booklet adding to a growing list of sponsors. Channel 4 and Lite 96.1 have been our valued media sponsors for many years and we are grateful for their continuous support and help in promoting our message. In addition I would like to give special recognition to all of the restaurant owners, managers and bartenders who provided us with their delicious and original non-alcoholic recipes, and the law enforcement and government agencies for their assistance. We are honored to have them as a part of Recipes 4 the Road.

Jiffy Lube is proud to endorse such a wonderful program. This cause not only includes Recipes 4 the Road but also the Department of Transportation’s Celebrate Safety campaign, which encompasses the Designated Driver program and MADD’s Tie One On For Safety. Celebrate Safety is a comprehensive community program that has made great strides towards increasing awareness and reducing drinking and driving.

This book is filled with unique and creative recipes that are quick and easy to prepare, which will be sure to please your party guests at your next holiday event. Also included are helpful tips and information to make sure you have a safe and enjoyable holiday season. We hope you enjoy Jiffy Lube’s 8th annual Recipes 4 the Road and please make sure to do your part this holiday by not drinking and driving, designating a driver, being a conscientious host, and having a safe and happy holiday! Please stop by any Jacksonville and Gainesville Jiffy Lube or one of the participating restaurants to pick up your free book.

Sincerely,

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

THANK YOU TO THE FOLLOWING FOR THEIR SPONSORSHIP & SUPPORT

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.

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 driver’s license 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.

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.

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.
In an effort to reduce alcohol-related traffic injuries, restaurants in the community have been asked to participate in our Celebrate Safely: Designated Driver public service campaign. During the month of December through New Year's Day, these establishments have agreed to serve non-alcoholic beverages free of charge to patrons who identify themselves as the designated driver. We would like to thank these restaurants for their commitment to reducing alcohol-related traffic deaths and injuries and we ask that you visit them and try one of their great, non-alcoholic drinks.

**Chocolate Sparkler**
2 pints Chocolate Ice Cream
1/2 cup Fudge Sauce (at room temp.)
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 swirl in another tablespoon of fudge sauce over each. Top with whipped cream.

**RED DREAM**
2 oz. Orange Juice
2 oz. Half & Half
3 oz. Strawberries

Blend with ice until slushy.

**Jaxson's Island Oasis**
2 oz. Coconut Cream
2 oz. Orange Juice
4 oz. Pineapple Juice
Nutmeg

Stir all ingredients in a glass with ice. Sprinkle nutmeg on top and serve.

**Mock Champagne**
4 oz. White Grape Juice
4 oz. Grapefruit Juice
Few drops of Concentrated Lime Juice
Angostura Bitters

Combine the juices and stir well. Before serving add the club soda. Stir gently. Touch each serving up with a dash or two of bitters. (Make sure you chill all ingredients extremely well before serving.)
SOVEREIGN BANANA SPLIT
1/2 Banana
1/4 cup Cooked Strawberries in Syrup
1 scoop of Chocolate Ice Cream
1 slice Canned Pineapple
Whipped Cream
Cherry

Place banana, strawberries & syrup, ice cream and pineapple in blender. Blend until smooth, then pour into a hurricane glass. Top with a rosette of whipped cream and garnish with a cherry.

ORANGE BLOSSOM
8 oz. Orange Juice
1 Egg White
1/2 tsp. Sugar

Blend all ingredients with ice.

STRAWBERRY SHORTCAKE
Strawberry Daiquiri Mix
Cream and Whipped Cream
3 Fresh Strawberries
1 1/2 cups Vanilla Ice Cream

Blend strawberry daiquiri mix, ice cream, strawberries and cream. Top with whipped cream and decorate with strawberries.

BLUE SNOW
Pina Colada Mix
Pineapple Juice
Rose's Blue Raspberry Mix

Mix equal parts in blender with ice.

SPICED MOCHA MIX
1 1/2 cups Non-Dairy Creamer
3/4 cup Sugar
1/2 cup Instant Coffee Granules or crystals
1/2 cup Unsweetened Cocoa
1 1/2 tsp. Cinnamon

In a large bowl or container combine all ingredients, mix well and store mix in tightly covered container. To serve, spoon 3 tablespoons mix into mug. Add 1 cup boiling water, stir to blend. If desired, garnish with dollop of sour cream.

MOJITO
1 Lime
1 tsp. Sugar
6 Mint Leaves
Sprite

Fill half highball glass with ice. Squeeze the lime juice in and add the sugar and mint. 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.

TOASTED ALMOND
3 scoops Vanilla Ice Cream
3 tsp. Amaretto Flavored Syrup
2 tsp. Coffee Flavored Syrup
Toasted Coconut
Whipped Cream

Blend ice cream and syrups together. Top with whipped cream and toasted coconut.

AMARETTO COOKIE
3 oz. Espresso
2 oz. Non Alcoholic Amaretto (Almond) flavoring
3 oz. Half and Half Cream

Mix all ingredients in blender with ice. Serve in margarita glass rimmed with sugar.
TROPICAL 36

1/2 Banana
1 dozen Fresh Strawberries
8 oz. Pineapple Juice
1 tsp. Sugar

Blend all ingredients with ice. Serve in a large snifter.

CITRUS CIDER

2 quarts Apple Cider or Apple Juice
3 cups Water
1 6-oz. can Frozen Orange-Pineapple Juice Concentrate, thawed
1/2 cup Light Molasses
4 inches Stick Cinnamon
1 tsp. Whole Cloves

Combine cider, water, juice concentrate, molasses, cinnamon and cloves. Stir for 30 minutes. If desired, float apple slices on top of cider. Makes 24 servings.

PEPPERMINT PUNCH

1 quart Peppermint Ice Cream
1 cup Cold Milk
2 liters Chilled Ginger Ale

Place ice cream in a punch bowl and allow to soften. Blend in milk and ginger ale. Stir until frothy. Serve at once or keep chilled until ready to serve.

THE VINTAGE CRUSH

Cranberry Juice
4 oz. Orange Juice
4 oz. Sweet & Sour Mix
4 oz. Pina Colada Mix
3 slices Banana
6 Strawberries
4 oz. Grenadine

Fill up blender with ice and add all ingredients. Blend until thick. Top off with a splash of cranberry juice. If too thin, add more ice. Makes 4 servings.

Florida Association of DUI Programs, Inc.

MYFIRSTLICENSE.COM

Northeast Florida Safety Council

Camellia Court Cafe

Harn Museum, University of Florida Campus
Gainesville • 352.392.3463

CITRUS CLUB SODA

Orange Juice
Sour Mix
Lemonade
Sprite

Mix equal parts over ice and top with splash of sprite. Garnish with orange and lemon squeeze.

THAI GINGER FLOAT

Stuart’s Ginger Beer
Ginger Ice Cream

Put two scoops ginger ice cream in a pint glass or mug and fill with Stuart’s ginger beer.

THE RITZ

185 3rd Ave N. • Jacksonville Beach
246-2255

1974 San Marco Blvd • 358-0269
Jacksonville

FROZEN MANGO (MOJO)

2 Ripe Mangos (Peeled)
1 Serrano Pepper (seeds removed and minced)
1 Vanilla Bean (split and remove pulp)
1 tsp. Almond Extract
Craberry Juice
Orange Juice
Ginger Ale

Puree mangos, serrano pepper, and pulp from the vanilla bean. Let stand for one minute. Add almond extract, ice, and a splash of orange and cranberry juices. Add ginger ale for an extra "kick."

JUICE COCKTAIL

1 doz. Fresh Strawberries
1/2 Fresh Banana
4 oz. Pineapple Juice
4 oz. Orange Juice
1/2 tsp. Sugar
4 oz. Half & Half

Blend all ingredients with ice. Serve in a large snifter. Serves 2.

CAMERON COURT CAFE

Ham Museum, University of Florida Campus
Gainesville • 352.392.3463

FROZEN MANGO (MOJO)

2 Ripe Mangos (Peeled)
1 Serrano Pepper (seeds removed and minced)
1 Vanilla Bean (split and remove pulp)
1 tsp. Almond Extract
Craberry Juice
Orange Juice
Ginger Ale

Puree mangos, serrano pepper, and pulp from the vanilla bean. Let stand for one minute. Add almond extract, ice, and a splash of orange and cranberry juices. Add ginger ale for an extra "kick."

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1/2 Fresh Banana
4 oz. Pineapple Juice
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Blend all ingredients with ice. Serve in a large snifter. Serves 2.

Camellia Court Cafe

Harn Museum, University of Florida Campus
Gainesville • 352.392.3463

CITRUS CLUB SODA

Orange Juice
Sour Mix
Lemonade
Sprite

Mix equal parts over ice and top with splash of sprite. Garnish with orange and lemon squeeze.

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1/2 tsp. Sugar
4 oz. Half & Half

Blend all ingredients with ice. Serve in a large snifter. Serves 2.
<table>
<thead>
<tr>
<th>CHERRY CIDER</th>
<th>GINGER MINT</th>
<th>FROSTY MOCHA</th>
<th>TONGA TWIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 quart Apple Cider</td>
<td>1 whole Fresh Lime</td>
<td>1/2 gal. Chocolate Ice Cream (Softened)</td>
<td>3 oz. Pineapple Juice</td>
</tr>
<tr>
<td>1 each 3-Inch Cinnamon Stick</td>
<td>Ginger Ale</td>
<td>8 cups Coffee, chilled</td>
<td>3 oz. Grapefruit Juice</td>
</tr>
<tr>
<td>3 oz package Cherry-Flavored Gelatin</td>
<td>Fresh Mint</td>
<td>1 pint Half &amp; Half</td>
<td>1/2 oz. Grenadine</td>
</tr>
</tbody>
</table>

Combine apple cider and cinnamon stick in a saucepan; bring to a boil. Reduce heat, and simmer 15 minutes. Add gelatin, stirring 2 minutes or until gelatin dissolves. Serve beverage hot. Yield: 2 quarts.

**Alachua Traffic Safety Team**
Including: Alachua Co. Sheriff’s Office, Gainesville Police Department, UF Police Department, Alachua Police Department, Florida Highway Patrol

**St. Johns Traffic Safety Team**
Including: St. Johns Sheriff’s Office, Florida Highway Patrol

**Nassau Traffic Safety Team**
Including: Fernandina Beach Police Department, Florida Highway Patrol

**Bradford Traffic Safety Team**
Including: Starke Police Department, Bradford Co. Sheriff’s Office, Florida Highway Patrol

**CHRISTMAS COCKTAIL**

<table>
<thead>
<tr>
<th>MELON HEAVEN</th>
<th>CROWN CALYPSO</th>
<th>SONOMA SONATA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup Sugar</td>
<td>1 Large, Ripe Cantaloupe</td>
<td>4 oz. Grape Juice</td>
</tr>
<tr>
<td>2/3 cup Water</td>
<td>2 quarts Cold Water</td>
<td>4 oz. Ginger Juice</td>
</tr>
<tr>
<td>2/3 cup Unsweetened Pineapple Juice</td>
<td>1 Large Honeydew Melon</td>
<td>Serve in a tall wine glass, over ice cubes. Garnish with orange slice.</td>
</tr>
<tr>
<td>1 1/2 oz. Almond Extract</td>
<td>Blend all Ingredients. Serve in a tall glass. Garnish with orange wedge, banana chunk and mint.</td>
<td></td>
</tr>
<tr>
<td>2 tsp. Lemon Juice</td>
<td>Grate cantaloupe and place in a 3-quart pitcher. Fill the pitcher with water and place in the refrigerator overnight. Use a balling spoon to make little balls out of the honeydew melon. Add the honeydew melon balls to the cantaloupe mixture just before serving.</td>
<td></td>
</tr>
<tr>
<td>2 tsp. Bottled Lime Juice</td>
<td>With mixer at low speed, beat ice cream and 3 cups coffee until smooth. In chilled 5-6 quart punch bowl, stir ice cream mixture, half &amp; half, almond extract, salt and 5 cups coffee until blended. Sprinkle top with grated chocolate and cinnamon. Makes 16 8-oz. servings.</td>
<td></td>
</tr>
<tr>
<td>2 unbeaten Egg whites</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 cups Finely Crushed Ice Maraschino Cherries</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cook sugar and water 5 minutes; chill. Shake all ingredients except cherries in jar until light and frothy. Top with a cherry. Serve immediately.

**Duval Traffic Safety Team**
Including: Jacksonville Sheriff’s Office, Jacksonville Beach Police Department, UNF Police Department, Florida Highway Patrol

**Columbia Traffic Safety Team**
Including: Columbia County Sheriff’s Office, Lake City Police Department, Florida Highway Patrol

**Putnam Traffic Safety Team**
Including: Putnam Co. Sheriff’s Office, Palatka Police Department, Velasco Police Department, Florida Highway Patrol

**Clay Traffic Safety Team**
Including: Clay Co. Sheriff’s Office, Orange Park Police Department, Green Cove Springs Police Department, Florida Highway Patrol

**FROSTY MOCHA**

- 1/2 gal. Chocolate Ice Cream (Softened)
- 8 cups Coffee, chilled
- 1 pint Half & Half
- 1 tsp. Almond Extract
- 1/8 tsp. Salt
- 1 square Semi-Sweet Chocolate, grated
- 1/4 tsp. Ground Cinnamon

With mixer at low speed, beat ice cream and 3 cups coffee until smooth. In chilled 5-6 quart punch bowl, stir ice cream mixture, half & half, almond extract, salt and 5 cups coffee until blended. Sprinkle top with grated chocolate and cinnamon. Makes 16 8-oz. servings.
**HOT CHOCOLATE**

2 1/2 cups Milk, scalded
2 oz. Unsweetened Chocolate
1/4 cup Sugar
1 tsp. Vanilla
1/8 tsp. Salt

In a blender combine chocolate, sugar, vanilla and salt with a 1/2 cup of milk. Blend until smooth and then add the rest of the milk. Serve immediately.

**TROPICAL SPLASH**

1 oz. Cranberry Puree
2 oz. Pineapple Juice
2 oz. Orange Juice
2 oz. Minute Maid Lemonade
Top with Sprite

Fill pint glass with ice. Pour all ingredients into blender. Flash blend for 3 seconds. Pour contents into glass.

**NON-ALCOHOLIC SWEDISH LEMONADE**

Sweet and Sour Mix
7-Up
Cranberry Juice
Lime

Fill 16 oz. hurricane glass with ice. Fill halfway with sweet and sour mix. Fill to 3/4 full with 7-Up and add a splash of cranberry juice for color. Add a squeeze of lime.

**TUCKER'S FRUIT SENSATION**

2 oz. Pineapple Juice
2 oz. Cranberry Juice
2 oz. Orange Juice
Splash of Club Soda

Shake with ice, pour in 8 oz. glass. Garnish with orange slice, lemon and lime. Top with cherry.

**EGGNOG**

1 1/4 cup Milk, chilled
1 Egg
1/4 tsp. Vanilla Extract
2 lbs. Sugar
Pinch of Ground Nutmeg

Mix all ingredients, except nutmeg, in a blender at high speed until frothy. Pour into a glass and sprinkle with ground nutmeg.

**PONCHE CREMA**

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

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).

**AMELIA PUNCH**

Equal Parts:
Orange Juice
Pineapple Juice
Cranberry Juice
1 shot of Grenadine

Mix and serve over ice.

**LEMON FREEZE**

1 oz. Ice Cream Mix
Splash Sour
Splash Cranberry
Splash Lime Juice
Small splash Orange Juice
1 heaping cup Ice

Mix Ingredients in blender, blend about 20 seconds. Pour in cup, garnish with lemon squeeze.

**REPUBLICAN PARTY**

**REPORT IMPAIRED DRIVERS**

10 DIAL *FHP ON YOUR CELL PHONE

**AMelia Inn Dining Room**

9245 Atlantic Blvd • 724-0991
Jacksonville

**DOWN UNDER MARINA RESTAURANT**

A1A at Intracoastal Waterway
Fernandina Beach • 261-1851

**DIAMOND IN A CROWD**

1 oz. Ice Cream Mix
Splash Sour
Splash Cranberry
Splash Lime Juice
Small splash Orange Juice
1 heaping cup Ice

Mix Ingredients in blender, blend about 20 seconds. Pour in cup, garnish with lemon squeeze.
**DIVINITY**

2 1/2 cups Sugar
1/2 cup Light Corn Syrup
1/2 cup Water
1 tsp. Vanilla
Pinch Salt

Combine sugar, syrup, and water in heavy saucepan. Stir over low heat until boiling. Cover and cook for 3 minutes. Remove cover and cook to soft ball stage. Beat egg whites and salt until stiff. Pour 1/2 of sugar mixture over egg whites. Cook remaining syrup until hard ball stage. Add to egg white mixture beating constantly. Add vanilla and nuts. When it begins to lose its gloss, drop by teaspoon onto waxed paper.

**HAYSTACK COOKIES**

Mix these ingredients well: Bring to a rolling ball:

3 cups Quick Oats
3 cups Sugar
3 lbs. Cocoa
1/2 cup Milk
1/2 cup Coconut
1/2 cup Butter
1/2 cup Nuts

Pour the hot candy mix into the dry ingredients and mix well. Drop by teaspoonful on waxed paper. Cool. Serve.

**ICED TEA PUNCH**

2 quarts Flavored Topical Fruit Tea
1 quart Cranberry Juice
1 quart Ginger Ale
1 can Frozen Lemonade

Mix tea, cranberry juice, and frozen lemonade. Add ginger ale just before serving.

**PHISH HEAD’S HURRICANE**

Orange Juice
Pineapple Juice
Cranberry Juice
Grenadine

Mix equal parts orange juice, pineapple juice and cranberry juice. Add a splash of grenadine. Garnish with orange slice and a cherry.

**LANDSTAR’s Recipe for a Safe Holiday Trip**

Safe Holiday Trip

- A heap of patience and courtesy
- A dash of trip planning
- An ounce of defensive driving

Put safety first then, mix in patience, enough time for your trip and clear directions. Toss in attentive, defensive driving. Add plenty of rest and proper vehicle maintenance. For best results use seat belts. Follow the speed limit and use a safe following distance to ensure your trip is well done.

Serve with a prosperous New Year.

---

**SAFE HOLIDAY PARTY TIPS**

**THROWING A PARTY?**

- Have non-alcoholic refreshments available to those in attendance.
- Have plenty of food available for guests and encourage them to eat if they are drinking alcohol.
- Encourage guests to be non-drinking, designated drivers.
- Arrange transportation for those who may become intoxicated.

**GOING TO A PARTY?**

- Always remember to buckle up.
- If drinking, know your limit, becoming drunk may increase chance of personal injury and poor decision making.
- Never drink and drive, call a cab or designate a driver.
- If drinking, eat high protein foods that slow the absorption of alcohol, and be aware that only time will dissipate alcohol in the bloodstream.

**FLORIDA DEPARTMENT OF HEALTH ST. JOHNS COUNTY HEALTH DEPARTMENT**

1955 U.S. 1 South, Suite 100
St. Augustine, FL 32086
904-825-5055

**PUTNAM COUNTY HEALTH DEPARTMENT**

2001 Kennedy St.
Palatka, FL 32177
386-326-3200
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.
- Offer non-alcoholic beverages because some people do not drink and are the designated driver. Make guests feel welcome, no matter what they choose to drink.

BUFFET

- 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. (Be aware that none of these eliminate alcohol from the body, only time will).
- Serve protein-rich and starchy foods throughout the evening. By eating first, partygoers will help retard the absorption of alcohol into their bloodstream.

CARPOOL

- The best thing you can do as a host is to have someone who has not been drinking, drive drinking guests home.
- Call a cab or let the person sleep overnight.

1725 Art Museum Dr • Jacksonville, FL 32207
904.399.3119 • www.Jaxsafety.com
HOLIDAY HOME SAFETY

As the holidays approach, we anticipate gathering with friends and family locally and out of town. During these busy times, we must focus on safety to insure our home is protected and that the time spent together is joyous and safe. Please review these safety tips and share them with family and friends.

**TREE:**
- Buy a fresh tree with green and moist needles; when a tree is shaken, it should not lose needles.
- Secure a heavy tree stand with wide legs to increase stability and lessen the chance for a child to knock over the tree.
- Maintain proper water levels in the tree stand to prevent drying.

**LIGHTS:**
- Use lights that are designed for indoor use and have been safety tested.
- Turn off lights and decorations before retiring for the evening or leaving the home.
- Do not use candles near clothing, furniture, drapery or the Christmas tree.

**ELECTRICAL:**
- Do not overload electrical outlets, use surge protectors when necessary and check wires for frayed or loose connections.
- Check batteries in smoke detectors.

**OUT OF TOWN:**
- Make arrangements with a neighbor to bring in your mail and newspapers or have a neighbor to bring in your mail and newspapers or have a neighborhood watch program in place.

**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, 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 handlers 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 1-800-222-1222.

**HOLIDAY HAZARDS**

**INSURANCE**

Connecting families to the many wonderful resources available to them

The Northeast Florida Early Care & Education Guide is published three times a year and distributed at over 800 family-friendly locations, including your local Jiffy Lube. Call 984-345-3898, ext. 12 for more information.

**Inside this Guide, You'll Find:**

**FEBRUARY**
- Summer Camp Issue
- Listings of Summer Camps

**OCTOBER**
- Education Issue
- Private Schools
- After School Programs
- Helpful Parenting Tips
- Enrichment Section
- Children's Health and Safety
- Information de Cuidado Infantil en Español

**JUNE**
- Early Care Issue
- Complete Listing of Early Care and Education Options
- In Every Issue
- Selecting the Right Program
- for Your Child

To learn more about the Early Care & Education Guide, please visit us online at www.earlycareguide.com