

*Stay hydrated
this summer!*

Recipes for the
ROAD





Citrus Breeze

Looking for a refreshing, no-fuss summer mocktail? This citrusy cooler is bright, bubbly, and perfect for sipping on a hot day.

Ingredients

- Ice
- 1 can or orange soda
- 1 can of 7UP (optional)
- Fresh mint or lime for garnish

Directions

Fill a short glass with ice, pour half a can of orange soda. Add a splash of 7UP for extra fizz. Garnish with a fresh mint leaf and slice of lime. Enjoy!



Spicy Shrimp

Creamy, zesty, and packed with flavor—this chilled dip is perfect for summer gatherings.

Ingredients

- $\frac{3}{4}$ cup real mayo
- 8 oz. cream cheese, softened
- $\frac{1}{4}$ cup sun-dried tomatoes (drained)
- 2 Tbsp. cayenne pepper sauce
- 1 cup chopped cooked shrimp
- $\frac{1}{3}$ cup chopped fresh basil
- 2 Tbsp. chopped red onion

Directions

Blend mayo, cream cheese, tomatoes, and hot sauce until smooth. Stir in shrimp, basil, and onion. Chill for 1 hour. Serve with veggies, crackers, or pita chips.



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The “dog days” of summer—those hot, sticky weeks in July and August—can take a toll on your body. Staying properly hydrated is one of the simplest and most effective ways to beat the heat and keep your energy levels steady. Water supports essential functions like regulating body temperature, circulating nutrients, and flushing out toxins. As temperatures rise, your body loses more fluids through sweat, even if you don’t notice it.

Simple ways to stay hydrated:

- Keep a water bottle with you and sip throughout the day.
- Choose hydrating foods like watermelon, cucumbers, and leafy greens.
- Limit dehydrating drinks such as alcohol or heavily caffeinated beverages.
- Drink more when you’re active or spending time outdoors.
- Listen to your body—signs like fatigue, headache, or dry mouth can mean you need more fluids.
- When the heat is at its peak, a little extra attention to hydration goes a long way. Stay cool, stay refreshed, and take care of yourself this summer.

