

# Recipes for the ROAD

A Digital Collection





# IT BEGAN WITH A RECIPE-AND A PURPOSE

In 2004, Tindale Oliver (now Benesch) partnered with FDOT District 7 Community Traffic Safety Team (CTST) Coordinator Jeanette Rouse to launch Recipes for the Road. Jeanette adopted the concept from FDOT District 2 and tailored it to reflect the unique character of District 7.

When the program began, we partnered with restaurants across Hillsborough, Pinellas, Hernando, Pasco, and Citrus counties, inviting them to contribute non-alcoholic drink recipes. The goal was simple: promote sober driving during the holidays in a creative and engaging way.

Jeanette was a longtime FDOT employee and one of the original founders of the CTST program in Florida. Known for her creativity and dedication to traffic safety, she left a lasting impact on the community and the program she helped build.

In recognition of her contributions, the state established the Jeanette Rouse Award in 2022. This annual honor celebrates individuals who embody her passion and innovation in advancing traffic safety efforts.



JEANETTE ROUSE



## OUR HISTORY

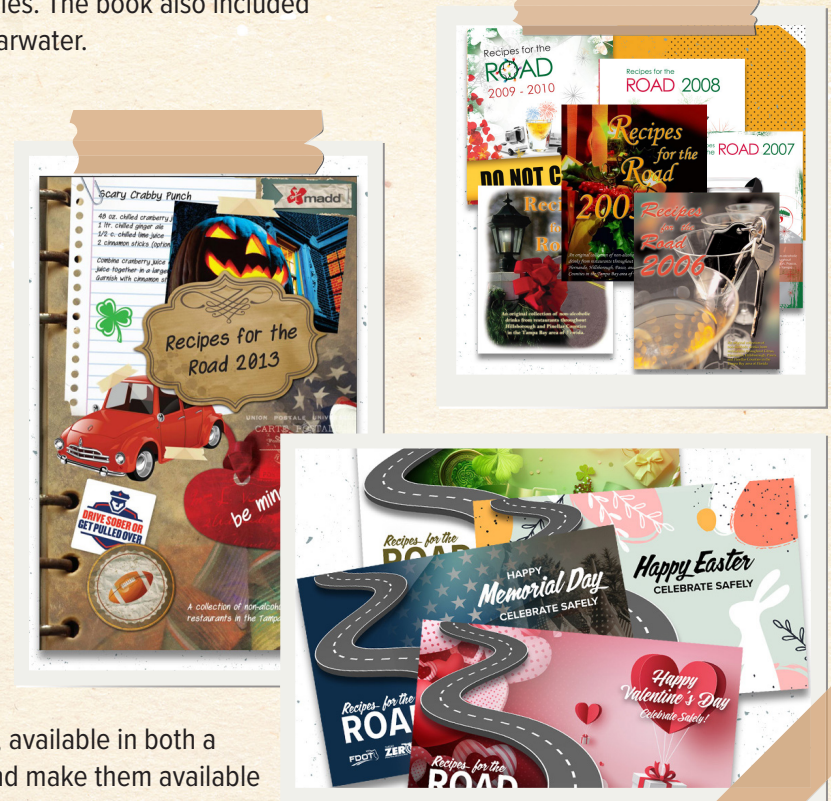
In the program's early days, we invited local restaurants to submit non-alcoholic drink recipes for a small printed booklet. In exchange, they received 25 complimentary copies of the Recipes for the Road printed book. Keeping in mind it was 2004, we created a form so the restaurants could FAX us a copy of their recipe and logo for inclusion in the recipe books. The biggest hurdle was convincing restaurant owners the offer was truly free. That year, the book was only 10 pages, and we distributed 3,000 copies. The book also included traffic safety tips and letters from the Mayors of Tampa, St. Petersburg, and Clearwater.

Our distribution network included participating restaurants, AAA, Safety Council, MADD, Tampa Alcohol Coalition, our law enforcement connections, libraries, hospitals, the District Attorney's office, and CTST members.

Recipes for the Road had several successful years, with a new book produced annually. By 2010, the book had grown to 27 pages and was themed with holiday mocktails. We focused on the deadliest holidays in terms of impaired driving and alcohol-related crashes: Superbowl, Valentine's Day, St. Patrick's Day, Cinco De Mayo, 4th of July, Halloween, Thanksgiving, and Christmas. We began to feature true stories from MADD victims, giving the entire booklet a more profound meaning and impact. The powerful stories interwoven into the pages of non-alcoholic drink recipes really underscored the significance of the Recipes for the Road program. Distribution that year reached 20,000 copies.

Fast forward to present day, two decades after inception, we are still going strong. Recipes for the Road is now produced in the form of recipe cards, available in both a printed and digital format. We print the cards in-house, 300 for each holiday, and make them available in the FDOT District 7 headquarters' lobby. The digital cards are featured on the CTST website and in monthly team email blasts. The recipe cards still contain traffic safety tips, a mocktail recipe, an appetizer recipe, and traffic statistics for the featured holiday. Past Recipes for the Road postcards are available in digital format by request.

We're excited to share a digital compilation of our Recipes for the Road postcards from the past few years — featuring festive covers, delicious recipes and mocktails, and seasonal traffic safety messages to help you celebrate safely. You'll also find additional NHTSA-inspired safety messages to keep your travels safe year-round.





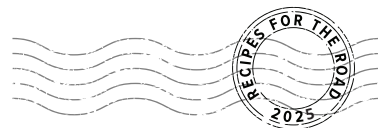
JANUARY

## Recipes for the ROAD

Ahoy, mateys! Stay safe and prepared with these helpful tips:

- **Plan Ahead and Arrive Early:** Check parade route maps and schedule your travel time to avoid last-minute traffic.
- **Parking Strategy:** Park farther from the parade route and walk or use public transportation to reach your spot.
- **Designate a Sober Driver:** If you plan to drink, arrange for a sober driver or use ride-sharing services.
- **Follow Traffic Laws:** Observe speed limits and obey all traffic signals.
- **Watch for Pedestrians:** Stay vigilant near crowds and at street crossings.

Stay safe and enjoy Gasparilla!



Photos used on postcard front cover courtesy of Keir Magoulas, Visit Tampa Bay



# MOCKTAILS & APPETIZERS



## Pirate Punch

### Ingredients

- 3 cups orange juice
- 3 cups grapefruit juice
- Splash of ginger ale

### Directions

In a large punch bowl, combine 3 cups of orange juice and 3 cups of grapefruit juice. Cover and chill in the refrigerator until ready to serve. Slice fresh orange, lime, and grapefruit wedges to use as garnishes for the glasses. For a fun Gasparilla twist, attach pirate flags to the glasses for garnishes. Fill individual glasses with ice. Use a ladle to pour the chilled juice mixture over the ice. Top each glass with ginger ale for a fizzy finish.

Optional: Add a splash of pineapple or pomegranate juice for extra flavor. Swap orange juice for lemonade to create a refreshing variation.



## Ravioli Pops

### Ingredients

- 1/2 cup breadcrumbs
- 2 tsp. pepper
- 1-1/2 tsp. each: oregano, parsley flakes
- 1 tsp. each: salt, crushed red pepper flakes
- 1/3 cup flour
- 2 large eggs, beaten
- 1 (9 oz.) package cheese ravioli
- Oil for frying
- Parmesan cheese (optional)
- 42 lollipop sticks
- Marinara & pesto for dipping

### Directions

Mix breadcrumbs with seasonings in a bowl. Set aside bowls of flour and beaten eggs. Coat each ravioli in flour, then egg, and finally the breadcrumb mixture. Heat 1/2 inch of oil to 375°F and fry the ravioli for 1-2 minutes on each side until golden. Drain on paper towels.



FEBRUARY



# DRIVE SOBER OR GET PULLED OVER

During Super Bowl and Valentine's Day play it smart by committing to a winning strategy: don't drink and drive.

Impaired driving remains a major cause of fatal crashes, especially during the winter months and post-holiday celebrations.

Driving under the influence of alcohol or drugs—even some prescription or over-the-counter medications—can affect your reaction time, judgment, and coordination.

## TIPS TO STAY SAFE:

- Always drive sober—never get behind the wheel if you've been drinking or using drugs.
- Designate a sober driver before any gathering involving alcohol.
- Use a rideshare service, taxi, or public transportation if you're impaired.
- If you're hosting, help guests get home safely or offer them a place to stay.

Start the year responsibly—protect yourself and others on the road.





# POSTCARDS





# MOCKTAILS & APPETIZERS



## Easy Cherry Limeade

### Ingredients

- 1 lime, cut into wedges (optional)
- Margarita salt (optional)
- 1 (12 oz.) can frozen limeade concentrate, thawed
- 3 ½ cups cold water
- ½ cup liquid from jarred red maraschino cherries
- 2 cups sparkling water

### Directions

Rub rims of 8 chilled glasses with lime wedges, and dip rims in salt to coat, if desired. Stir together limeade concentrate and 3½ cups cold water; add liquid from maraschino cherries. Fill prepared glasses with ice. Pour limeade mixture into glasses, filling each two-thirds full; add sparkling water to fill.



## So Simple Punch

### Ingredients

- 4 (1/8 oz.) packages unsweetened strawberry drink mix
- 2 (46 fluid oz.) cans pineapple juice
- 3 cups white sugar
- 4 quarts water
- 2 liters ginger ale

### Directions

In a large punch bowl combine drink mix, pineapple juice, sugar and water. Stir until dissolved. Just before serving, stir in the ginger ale.





## Shrimp and Cucumber Canapés

### Ingredients

- 1/2 cup ketchup
- 4 teaspoons Creole seasoning, divided
- 1 tablespoon finely chopped onion
- 1 tablespoon finely chopped green pepper
- 1 tablespoon finely chopped celery
- 1/4 teaspoon hot pepper sauce
- 1 package (8 oz.) cream cheese, softened
- 24 cucumber slices
- 24 peeled and deveined cooked medium shrimp
- 2 tablespoons minced fresh parsley

### Directions

For cocktail sauce, in a bowl, combine the ketchup, 2 teaspoons Creole seasoning, onion, green pepper, celery and pepper sauce. In another bowl, combine cream cheese and the remaining 2 teaspoons Creole seasoning. Spread or pipe cream cheese mixture onto cucumber slices. Top each with cocktail sauce and a shrimp. Sprinkle with minced parsley.



## Buffalo Chicken Dip

### Ingredients

- 2 (10 oz.) cans chunk chicken, drained
- 3/4 cup hot sauce
- 2 (8 oz.) packages cream cheese, softened
- 1 cup ranch dressing
- 1 1/2 cups shredded cheddar cheese
- 1 bunch celery, cut into 4-inch pieces
- 1 (8 oz.) box chicken-flavored crackers

### Directions

Heat chicken and hot pepper sauce in a skillet over medium heat until heated through, 3 to 5 minutes. Stir in cream cheese and ranch dressing. Cook and stir until well blended and warm, 3 to 5 minutes. Mix in 1/2 of the cheddar cheese and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over top. Cover and cook on low until dip is hot and bubbly, about 35 minutes.



MARCH

# STAY ALERT FOR CHANGING ROADS AND SPRING BREAK TRAVEL

As winter transitions to spring, road conditions and travel patterns shift. Spring break brings increased traffic, especially near tourist areas and along highways. At the same time, more pedestrians, cyclists, and motorcyclists begin returning to the road.

## WHY IT MATTERS:

- Spring break travel often includes long drives and unfamiliar roads.
- Drowsy, distracted, or aggressive driving increases crash risk.
- Warmer weather brings more vulnerable road users—stay alert.

## TIPS TO STAY SAFE:

- Get plenty of rest before long drives—drowsy driving can be as dangerous as drunk driving.
- Stay off your phone. Avoid texting or using GPS while moving—pull over if you need to adjust directions.
- Watch for pedestrians, cyclists, and motorcyclists, especially near schools, parks, and city streets.
- Follow posted speed limits and give yourself extra time to reach your destination.
- Safe driving starts with staying focused and anticipating what's ahead—especially during busy travel months.

Sharing the road means watching out for everyone. Be alert. Be respectful.





# POSTCARDS





# MOCKTAILS & APPETIZERS



## Spring Fever Fizz

### Ingredients

- 1/2 cup quartered thin grapefruit slices, plus more for garnish
- 1 cup sliced strawberries, plus more for garnish
- 4 cups bottled strawberry lemonade, chilled
- 1 (750-milliliter) bottle sparkling water, chilled
- 1 cup fresh grapefruit juice
- 2 tbsp. maple syrup
- 2 cups ice cubes, plus more for serving

### Directions

In a large pitcher or punch bowl, combine all ingredients and stir thoroughly. Add plenty of ice to keep it chilled. Pour over ice-filled glasses and garnish with fresh grapefruit wedges and sliced strawberries for a vibrant finishing touch. Enjoy!



## St. Patrick-tini

### Ingredients

- 2 (6 oz.) packages green Jello
- 1 packet unflavored gelatin
- 4 cups boiling water
- 3 cups vanilla ice cream
- Grapes, for garnish

### Directions

Prepare the Jello by combining the green Jello, unflavored gelatin, and boiling water. Mix well. Add the ice cream to the Jello mixture. Pour the St. Patrick-tini mixture into martini glasses and place in the refrigerator until set. The ice cream will float to the top during setting. To garnish, put one or two green grapes (instead of olives) on a cocktail pick and place it in the St. Patrick-tini. Serve and enjoy.





## 7 Layer Dip

### Ingredients

- 1 (16 oz.) can refried beans
- 2 1/2 cups sour cream
- 2 tbsp. taco seasoning
- Juice of 1/2 lime
- 2 1/2 cups guacamole
- 1 cup shredded Monterey Jack
- 1/2 cup shredded cheddar
- 1 (16 oz.) jar chunky tomato salsa
- 2 cups shredded lettuce
- 1/2 cup quartered grape tomatoes
- 1/4 cup sliced black olives
- Corn chips, for serving

### Directions

Layer refried beans in a dish. Mix sour cream, taco seasoning, and lime juice, then spread over beans. Add guacamole, then cheese, salsa, lettuce, tomatoes, and olives. Serve with corn chips.



## Easy Corned Beef and Cabbage Sliders

### Ingredients

- 2 tsp. vegetable oil
- 1 medium yellow onion, thinly sliced
- 1 1/2 cups sauerkraut (about 8 oz.), drained
- 1 (12-ct.) pkg. Hawaiian rolls
- 2 tbsp. mayonnaise
- 2 tbsp. whole grain or Dijon mustard
- 1 lb. sliced corned beef
- 1/2 lb. sliced Swiss cheese

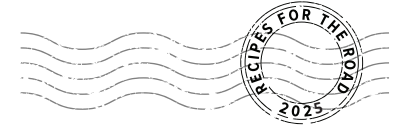
### Directions

Preheat oven to 375°. In a medium skillet over medium-low heat, heat oil and cook onions until softened, about 10 minutes. Stir in sauerkraut and set aside. Slice the rolls while still attached, parallel to the work surface. Mix mayonnaise and mustard in a small bowl and spread on the bottom half of the rolls. Layer corned beef, Swiss cheese, and the onion-sauerkraut mixture, then close with the top halves. Place on a foil-lined baking sheet and bake for about 10 minutes, until warmed through and cheese is melted. Slice into sliders and serve warm.



APRIL

## *Recipes for the* **ROAD**



Spring is a time for getaways, family visits, and road trips! If you're hitting the road to enjoy the season, stay safe, focused, and enjoy a smooth journey to your destination!

### **AAA's Tips to Avoid Distractions While Driving**

- Put aside your cell phone. Never text, read email, play video games or scroll the Internet or social media while driving.
- Store loose gear, possessions and other distractions that could roll around in the car so you do not feel tempted to reach for them on the floor or the seat.
- Secure children and pets before getting underway. If they need your attention, pull off the road safely to care for them. Reaching into the backseat can cause you to lose control of the vehicle.
- As a general rule, if you cannot devote your full attention to driving because of some other activity, it's a distraction. Take care of it before or after your trip, not while behind the wheel.





# POSTCARDS





# MOCKTAILS & APPETIZERS



## Sparkling Passion Fruit Cider

### Ingredients

- Welch's Sparkling Apple Cider
- Welch's Passion Fruit Juice
- Orange Zest Curls

### Directions

Fill your glass halfway with Welch's Passion Fruit Juice, then top off each drink with Welch's Sparkling Cider. Add a spoonful of your favorite fruit (strawberries, blueberries, and/or raspberries), and top with orange zest curls or mint leaf, or both.



## Bunny Hop Refresher

### Ingredients

- 1/2 cup quartered thin grapefruit slices, plus more for garnish
- 1 cup sliced strawberries, plus more for garnish
- 4 cups bottled strawberry lemonade, chilled
- 1 (750-milliliter) bottle sparkling water, chilled
- 1 cup fresh grapefruit juice
- 2 tbsp. maple syrup
- 2 cups ice cubes, plus more for serving

### Directions

In a large pitcher or punch bowl, combine all ingredients and stir thoroughly. Add plenty of ice to keep it chilled. Pour over ice-filled glasses and garnish with fresh grapefruit wedges and sliced strawberries for a vibrant finishing touch. Enjoy!





## Stuffed Mini Bell Pepper Carrots

### Ingredients

- 12 Mini Sweet Peppers, use only orange, measuring about 2-3 inches each, halved
- 5.2 oz. Boursin cheese round, use your favorite flavor
- ¼ cup Parmesan cheese, grated
- ⅛ cup green onions, very finely chopped
- Fresh dill, you will need 24 fresh dill fronds

### Directions

Mix Boursin cheese, Parmesan, and green onions until smooth, adding a splash of milk or water if needed. Cut off the tops of the sweet peppers, halve them, and remove the seeds. Arrange cut-side up on a platter, place a dill frond at the top of each, and fill with the cheese mixture to secure the dill in place. Repeat, chill, and serve!



## Antipasto Skewers

### Ingredients

- 1/2 cup extra-virgin olive oil
- 9 oz. fresh cheese tortellini
- 2 tbsp. balsamic vinegar
- 8 oz. moz.zarella balls
- 1/2 tsp. Italian seasoning
- 1/4 tsp. red pepper flakes
- 4 oz. sliced salami
- 1/4 lb. roasted red peppers, chopped into bite-sized pieces
- 1 bunch fresh basil
- 14 oz. artichoke hearts, drained and chopped into bite-sized pieces
- 1/4 lb. green olives

### Directions

Boil the tortellini, drain, and combine with vinegar, 1/4 cup olive oil, salt and pepper. In a separate bowl, mix moz.zarella balls, Italian seasoning, red pepper flakes, and 1/4 cup olive oil. Layer moz.zarella, salami, roasted red pepper, tortellini, basil, artichoke heart, and green olives on skewers.



MAY

# EYES ON THE ROAD: END DISTRACTED DRIVING

Distracted driving isn't just about texting—it includes anything that takes your attention off the road, like eating, adjusting the radio, or talking to passengers. In seconds, a glance at your phone can turn into a crash.

## WHY IT MATTERS:

- In 2022, over 3,000 people were killed in crashes involving distracted drivers.
- Looking at your phone for 5 seconds at 55 mph is like driving the length of a football field with your eyes closed.
- Teens and young adults are especially vulnerable to distraction-related crashes.

## TIPS TO STAY SAFE:

- Put your phone away or on “Do Not Disturb” mode before driving.
- Program GPS and playlists before you start the car.
- Avoid multitasking—wait to eat, groom, or handle distractions until you're parked.
- Set expectations with passengers: your focus is on the road.

No text, call, or song is worth a life. Stay focused. Stay safe.





# POSTCARDS





# MOCKTAILS & APPETIZERS



## Red, White and Blue Berry Coconut Slushies

### Ingredients

- 1 1/2 cups lemonade
- 1 1/2 cups frozen strawberries and/or raspberries
- 1 cup light coconut milk
- 1 1/2 cups ice
- Blueberries

### Directions

Make the red layer by blending lemonade and frozen berries to taste. Make the white layer by mixing the coconut milk and ice to taste. Pour the slushies in layers into 4 glasses and top with blueberries. Serve immediately.



## Strawberry Mango Mock Margarita

### Ingredients

- 3 cups frozen strawberries
- 3 cups ice, divided
- 1 cup water, divided
- 2/3 cup lime juice, divided
- 1/2 cup orange juice, divided
- 1/4 cup simple syrup, divided
- 3 cups frozen mango chunks

### Directions

Blend strawberries, 1 1/2 cups ice, 1/2 cup water, 1/3 cup lime juice, 1/4 cup orange juice, and 2 tablespoons simple syrup until smooth. Transfer to a pitcher. Rinse the blender, then blend mango with the remaining ingredients. Layer both mixtures in 6 glasses, keeping the layers distinct or swirled.





## Jalapeno Popper Cups

### Ingredients

- Cooking spray, Kosher salt, Freshly ground black pepper
- 1 (8 oz.) block cream cheese, softened
- 1/3 cup mayonnaise
- 1/2 tsp. garlic powder
- 2 medium jalapeños, seeded and minced
- 6 slices bacon, cooked and chopped
- 1 1/2 cups shredded cheddar
- 1 1/2 cups shredded Monterey Jack
- All-purpose flour, for surface
- 1 (8 oz.) tube crescent dough

### Directions

Preheat the oven to 375° and grease a mini muffin tin. In a bowl, mix cream cheese, mayonnaise, garlic powder, most jalapeños, bacon, cheddar, and Monterey Jack cheese. Season with salt and pepper. Roll out crescent dough, cut into 24 squares, and place in the muffin tin. Add 1 tablespoon of the dip mixture to each, then top with remaining jalapeños, bacon, and cheese. Bake for about 15 minutes until golden and melted.



## Easy Baked Brie

### Ingredients

- 1 (12 to 14 oz.) wheel of Brie
- 1/2 tsp. chopped fresh thyme leaves
- 1/2 tsp. chopped fresh rosemary leaves
- 2 tbsp. honey
- Sea salt, optional
- Toasted bread, apple slices, and/or grapes

### Directions

Remove the Brie from the refrigerator, discard the paper wrapping, and place it in its wooden box or on parchment paper. Score the top with shallow criss-cross slits every 1/2 to 1 inch. Let it rest at room temperature for 30 minutes. Preheat the oven to 350°F. Place the Brie on a sheet tray, top with thyme, rosemary, and honey, and bake for 20-25 minutes until soft. Transfer to a serving plate and serve warm with toasted bread, apple slices, and/or grapes.





**JUNE**

# STAY ALERT AND COOL ON SUMMER ROADS

Summer means more travel, more outdoor activities, and often more distractions. Heat and fatigue can affect your focus and reaction time, making safe driving even more critical.

## WHY IT MATTERS:

- Hot weather can lead to dehydration and fatigue, reducing alertness.
- Increased traffic from vacations and events raises crash risks.
- Summer brings more pedestrians, bicyclists, and motorcyclists on the roads.

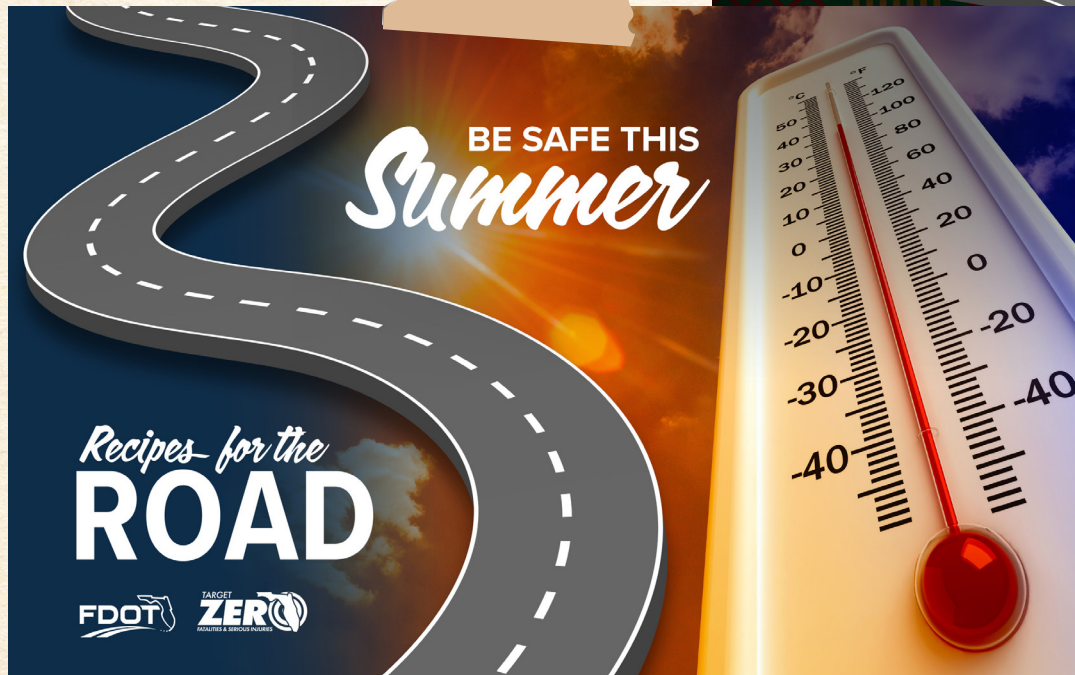
## TIPS TO STAY SAFE:

- Stay hydrated and take breaks during long drives.
- Use sunshades and wear sunglasses to reduce glare.
- Avoid driving during peak heat hours if possible.
- Watch carefully for pedestrians and cyclists, especially near parks and beaches.

Plan ahead, stay refreshed, and keep your attention on the road this summer.



# POSTCARDS





# MOCKTAILS & APPETIZERS



## Blackberry Cider Mocktail

### Ingredients

- ½ cup juicy blackberries
- 1 tbsp. apple cider vinegar
- 1 tbsp. honey or pure maple syrup
- ½ cup chilled coconut water
- ½ cup sparkling water
- Ice
- Fresh mint to top it off

### Directions

Start by gently mashing the blackberries with the honey or maple syrup at the bottom of your glass to release their flavor. Stir in the apple cider vinegar and coconut water until everything is well combined. Fill the glass with ice, then top it off with sparkling water. Give it a gentle stir, garnish with fresh mint, and enjoy a refreshing, naturally sweet drink that's perfect for any sunny day.



## Sorrel (Caribbean Red Drink)

A traditional sweet-tart hibiscus drink with Caribbean and West African roots, Sorrel is often served on Juneteenth, where red drinks symbolize resilience and remembrance.

### Ingredients (makes ~1 gallon)

- 1 gallon water
- ½ cup dried hibiscus (or 1 cup fresh)
- Whole spices: allspice, cloves, cardamom, star anise, cinnamon
- Ginger (fresh or dried)
- Black peppercorns, coriander, red pepper flakes
- Sweetener (cane juice, turbinado sugar, or agave), to taste
- Optional garnish: fresh mint or basil

### Directions

Boil all ingredients (except sweetener) for 15 minutes. Remove from heat and steep for 15–30 minutes. Strain, sweeten to taste, chill, and serve over ice. Garnish with mint leaves, if desired.





## Dad's Zesty Kabob Skewers

### Ingredients

- ¼ cup low-sodium soy sauce
- 3 tbsp. brown sugar
- 3 tbsp. white vinegar
- ½ tsp. garlic powder
- ½ tsp. seasoned salt
- ½ tsp. garlic pepper
- ½ cup lemon-lime soda
- 2 pounds beef sirloin, cut into hearty 1½-inch cubes
- 2 green bell peppers, chopped into large chunks
- About 8 skewers (wooden or metal)
- ½ pound whole mushrooms, stems removed
- 1 pint cherry or grape tomatoes
- 1 ripe pineapple, peeled, cored, and cut into bite-sized pieces

### Directions

Whisk soy sauce, brown sugar, vinegar, garlic powder, seasoned salt, garlic pepper, and lemon-lime soda. Reserve ½ cup for basting and marinate steak in the rest for 8 hours or overnight. Blanch green peppers for 1 minute. Preheat grill to high. Thread steak, peppers, mushrooms, tomatoes, and pineapple onto skewers, discarding remaining marinade. Oil the grill and cook skewers for 10 minutes, turning occasionally. Brush with reserved marinade for the last 5 minutes. Serve hot!



## Quick Black-Eyed Peas

### Ingredients

- 1 can black-eyed peas (rinsed and drained)
- 1 tbsp. olive oil
- 1 garlic clove (minced)
- ¼ cup chopped onion
- Salt & pepper to taste
- Optional: hot sauce or chopped greens

### Directions

Heat olive oil in a pan over medium heat, then sauté the onion and garlic until soft and fragrant. Add the black-eyed peas and cook for 5–7 minutes, stirring occasionally. Season with salt, pepper, and a splash of hot sauce or some chopped greens if you like. Serve warm as a side or over rice.



JULY

## CELEBRATE SAFELY: STAY FOCUSED DURING HOLIDAY TRAVEL

July brings fireworks, barbecues, and lots of travel for Independence Day. While celebrating, remember that many crashes happen during holiday weekends due to increased traffic and impaired driving.

### WHY IT MATTERS:

- Holiday weekends see a spike in fatal crashes, especially those involving alcohol.
- Distractions and fatigue are common on long trips.
- Pedestrian and cyclist activity often increases during outdoor festivities.

### TIPS TO STAY SAFE:

- Never drink and drive—plan a sober ride home.
- Take breaks on long drives to stay alert and refreshed.
- Watch for pedestrians near event areas and residential neighborhoods.
- Secure fireworks safely and keep them away from roads and vehicles.

Enjoy your celebrations responsibly and help keep the roads safe for everyone.





# MOCKTAILS & APPETIZERS



## Patriotic Sparkler Mocktail

### Ingredients

- Cranberry juice
- Blueberry-flavored sports drink (like Gatorade or Powerade)
- Lemon-lime soda or sparkling water
- Ice cubes
- Fresh blueberries and raspberries
- Whipped cream (optional)
- Colorful sprinkles or edible glitter

### Directions

Fill a glass with ice, then pour cranberry juice until it reaches about one-third of the glass. Next, slowly pour the blueberry sports drink over the back of a spoon to create a layered effect. Top off the drink with lemon-lime soda or sparkling water for a refreshing fizz. Garnish with fresh blueberries and raspberries threaded on a skewer, and finish with a dollop of whipped cream and a sprinkle of colorful sprinkles or edible glitter for a festive touch.



## Red, White & Blue Brie Platter

### Ingredients

- 1 (35-oz.) wheel of Brie cheese
- 6 strawberries, hulled and sliced
- 1/2 cup fresh blueberries
- 1/4 cup freshly squeezed orange juice
- 2 tsp.s honey
- Crackers or graham crackers for serving

### Directions

Preheat your oven to 350°F. Carefully slice off the top rind of the Brie and place the cheese in a skillet roughly the same size. Bake it for about 15 minutes, or until the Brie is melted and bubbly all the way through. While the cheese is baking, toss the strawberries in one bowl and the blueberries in another. Drizzle half the orange juice and honey into each bowl and mix gently to coat the fruit. Once the Brie is melted, arrange the strawberries and blueberries on top in the shape of the American flag. Serve right away with your favorite crackers for dipping and enjoy!



AUGUST



## DRIVE SMART: BACK-TO-SCHOOL SAFETY

August marks the start of the school year and a surge in pedestrian and bus traffic near schools and neighborhoods. Drivers must be extra vigilant to keep kids safe.

### WHY IT MATTERS:

- Children are less predictable and harder to see, especially in early morning and late afternoon.
- School buses make frequent stops, and passing stopped buses is illegal and dangerous.
- Traffic congestion around schools increases crash risk.

### TIPS TO STAY SAFE:

- Slow down and obey all school zone speed limits.
- Stop for school buses when their stop sign arm is extended.
- Watch for kids walking or biking, especially near crosswalks and bus stops.
- Avoid distractions and stay alert during school commute times.

Protect the future—drive carefully and watch for children.



# HEALTHY TIPS!



## Preparing a Healthy Lunch

As parents and caregivers, it is our responsibility to teach our children how to eat healthy, and that starts with what we pack in their school lunches.

Here's an easy plan to follow. Fill half of their plate (or lunchbox) with colorful fruits or vegetables (try for a couple different types), one-quarter with whole grains, and the last quarter with healthy proteins. Include healthy fats and a small amount of dairy to create a delicious meal that keeps them fueled and healthy all day long.



## Healthy After-School Snack Ideas

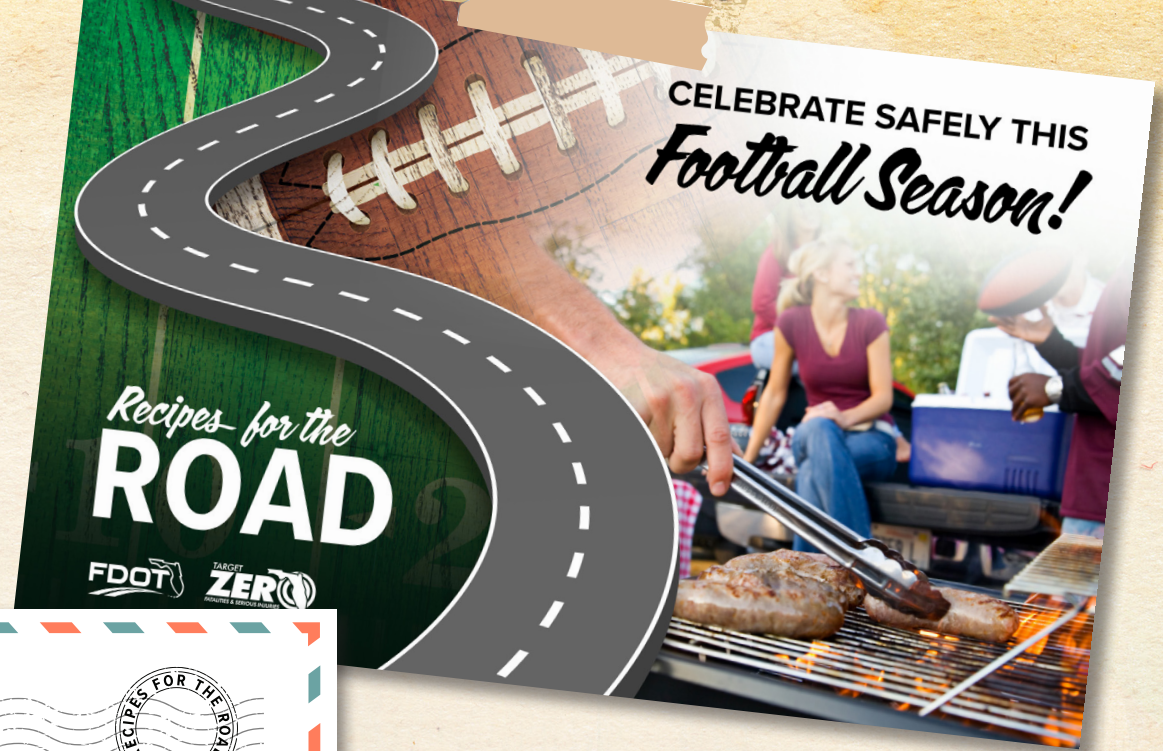
Believe it or not, popcorn is considered a whole grain and is a good source of fiber and antioxidants. Choose air-popped or lightly oil-popped varieties.

In a small bowl, mix together ½ teaspoon each of garlic powder, onion powder, dried dill and dried chives. Add a pinch of salt and pepper to taste. Sprinkle the mixture on your popcorn for a ranch-inspired twist.

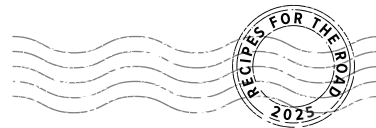
The best part is it's fast and easy to prepare and smells delicious!



SEPTEMBER



## *Recipes for the* **ROAD**



Tailgating parties have grown in popularity over the years, expanding beyond just football games to become events that can take place both before and after a game. These gatherings often revolve around food and alcohol, and unfortunately, there are many stories of tragic outcomes due to irresponsible behavior at these events. However, since tailgating is here to stay, it's important to know how to enjoy the festivities safely. Here are some tips to ensure that you, your friends, and your loved ones have a great time and make it through the game—and the entire season—safely:

- Understand the laws in your state and any local and county ordinances.
- Provide non-alcoholic beverages for those who are underage, non-drinkers or those who have already had more than their share.
- Have plenty of food so that people are not drinking on an empty stomach.

**FANS  
DON'T  
LET FANS  
DRIVE DRUNK**



# MOCKTAILS & APPETIZERS



## Ginger-Orange Mocktail

### Ingredients

- 1 (89-oz.) container orange juice or lemonade
- 1 (2 liter) bottle ginger ale, chilled
- 1 (46-oz.) can pineapple juice, chilled

### Directions

Stir together orange juice, ginger ale, and pineapple juice. Serve over ice. Enjoy!



## Grilled BBQ Chicken Kabobs

### Ingredients

- 1 tbsp. garlic powder
- 1 tbsp. smoked paprika
- 1 tbsp. salt
- 1 tsp. black pepper
- 1/4 cup olive oil
- 1/4 cup fresh squeezed lime juice
- Metal or bamboo skewers, soaked
- 1/2 red onion, cut into 2-inch pieces
- 1 lb. baby bell peppers, whole
- 1 pineapple, cut into 2" pieces
- 2 lb. chicken breast, cubed
- 3/4 cup BBQ sauce of choice
- 1 cup cilantro, packed

### Directions

To prepare the chicken breast, cut it into 1 1/4" cubes. Combine dry spices, olive oil, and lime juice to make a paste. Mix the paste with the chicken, thread the ingredients onto skewers and grill over medium heat until the chicken reaches 165°F (about 10-12 minutes).



OCTOBER



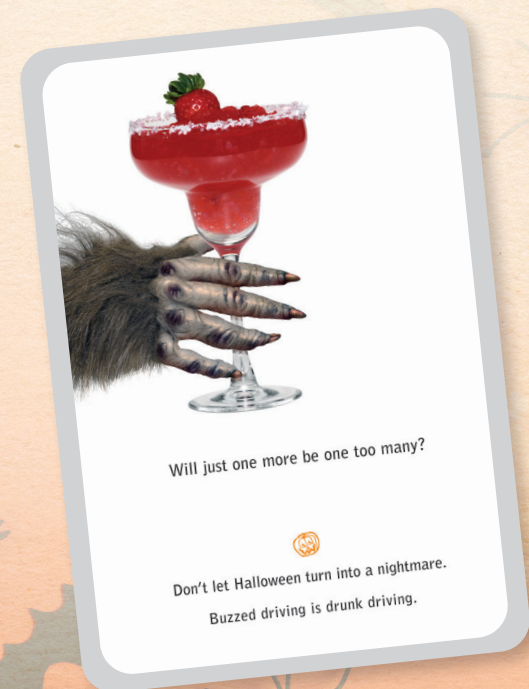
In the United States, traffic crashes claim the lives of more children each year than any other cause. The danger peaks on Halloween, when children are three times more likely to be struck and killed by a driver compared to any other day.

## SAFETY TIPS FOR DRIVERS

- Stay alert for trick-or-treaters on Halloween.
- Reduce your speed, consistently scan the road, and eliminate distractions.
- Watch for pedestrians emerging from between parked cars or behind shrubs.

## SAFETY TIPS FOR PEDESTRIANS

- Always walk on sidewalks when available and use crosswalks to cross safely.
- Set up a “buddy system” to ensure everyone gets home safely and no one walks alone.
- No matter the costume, ensure it offers excellent visibility in the dark.





# MOCKTAILS & APPETIZERS



## Witch's Brew

### Ingredients

- 64 oz. 100% Grape Juice
- 46 oz. Fruit Punch or Pineapple Juice
- 2 Liter Lemon Lime Soda

### Directions

Add the fruit punch concentrate and grape juice to a punch bowl or large pitcher. Stir to combine. Just before serving, add ice and chilled lemon lime soda to the pitcher. Serve as-is or with fruit pieces like blackberries and orange slices.



## Jack-o-lantern Cheese Quesadillas

### Ingredients

- 6 Foldit® Artisan Flatbread
- 4 oz. mozzarella or Monterey Jack (thinly sliced)
- 4 oz. cheddar cheese (thinly sliced)

### Directions

Preheat oven to 425°F. For the pumpkin shape, use a sharp paring knife to cut a pumpkin face into one side of each flatbread. Set aside the larger pieces to create stems. On the opposite side of the flatbread (the side without the face), layer Monterey Jack or mozzarella cheese, followed by cheddar cheese. Fold the flatbread so the cheddar cheese shows through the pumpkin face. Bake in the oven for 3-5 minutes. Once done, remove and gently press on the pumpkin face to let the cheese ooze through the cutouts.



NOVEMBER



## Recipes for the ROAD

Thanksgiving is approaching, and many travelers will be passing through Florida. This means heavy holiday traffic and a higher risk of crashes. Here are some driving tips from FDOT to keep you safe:

- **Be flexible:** Avoid peak travel times. Leaving a bit earlier can help you beat the rush.
- **Check your vehicle:** Inspect your car's engine, fluids, headlights, and tires before your trip.
- **Take breaks:** On long drives, stop regularly to stretch and stay alert.
- **Stay patient:** Don't let frustration affect your driving. Avoid speeding and unsafe maneuvers.
- **Buckle up:** Always wear your seatbelt and ensure everyone in the car does too!



# MOCKTAILS & APPETIZERS



## Blackberry & Sage Spritzers

### Ingredients

- 1/2 cup honey
- 1/2 cup water
- 3 to 4 fresh sage leaves
- 1 pound fresh or frozen blackberries
- Ice
- Sparkling water
- Extra blackberries and sage leaves for garnish (optional)

### Directions

Combine honey and water in a saucepan over medium heat, stirring until just before boiling. Remove from heat, add sage leaves and blackberries as it cools. Blend the mixture (including sage) until smooth. Strain through a fine-mesh sieve to remove seeds. For spritzers, fill a glass with ice, add 2 tablespoons to 1/4 cup of the honey syrup to taste, and top with sparkling water. Stir and garnish with extra blackberries and sage.



## Candied Walnuts

### Ingredients

- 2 tbsp. canola oil
- 2 tbsp. balsamic vinegar
- 1/8 tsp. pepper
- 2 cups walnut halves
- 1/2 cup packed brown sugar

### Directions

In a large heavy skillet, combine the oil, vinegar and pepper. Cook and stir over medium heat until blended. Add walnuts and cook over medium heat until nuts are toasted, about 4 minutes. Sprinkle with brown sugar. Cook and stir until sugar is melted, 2-4 minutes. Spread on foil to cool. Store in an airtight container.



DECEMBER



## 'TIS THE SEASON FOR HOLIDAY TRAVEL

According to the American Automobile Association (AAA), a staggering 90% of holiday travelers will be getting around by car this season, with nearly 105 million people expected to hit the road. This surge in travel will lead to significantly heavier traffic, resulting in travel times projected to be about 25% longer than usual.

To ensure a smooth journey, it's essential to plan ahead: start by checking your vehicle to ensure it's in good condition, including tires, brakes, and fluids; pack wisely with both necessities and comfort items like snacks and entertainment; and stay aware of weather conditions that may impact your route.

Additionally, using GPS or travel apps to find the best routes and taking regular breaks to rest and recharge will help keep you alert and focused, making for a safer and more enjoyable travel experience during this busy time of year.



# MOCKTAILS & APPETIZERS



## Almost Champagne Punch

### Ingredients

- 4 cups white-cranberry-strawberry juice
- 1 blood orange (a regular orange works too, with red food coloring)
- 4 cups ice
- 1/2 cup frozen cranberries
- 1 cup halved strawberries
- Club soda or Sprite

### Directions

In a large punch bowl, pour in the juice. Cut an orange in half, juicing one half directly into the bowl, and then thinly slice the other half into semicircles. Next, add the ice, cranberries, strawberries, and the orange slices. Just before serving, gently pour in the club soda or Sprite for a refreshing fizz.



## Sweet-and-Savory Peppermint Popcorn

### Ingredients

- 1-pound white chocolate, chopped
- 30 peppermint candies, crushed (3/4 cup), divided
- 10 cups popped popcorn (from about 1/3 cup kernels)
- Flaky sea salt

### Directions

Start by lining two baking sheets with parchment paper. In a microwave-safe bowl, melt the chocolate on high, stirring every 30 seconds, until it's smooth and creamy, which should take about 1 to 2 minutes. Once melted, mix in 1/2 cup of crushed peppermints. Carefully fold in the popcorn until it's well coated. Transfer the popcorn mixture onto the prepared baking sheets and sprinkle with salt and the remaining 1/4 cup of crushed peppermints. Place the sheets in the refrigerator until the chocolate has hardened, which should take about 20 minutes. Store the finished treat in an airtight container in the fridge for up to 3 days.



**For more information, please contact:**

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