

FUEL UP

WITH **Dole**



NOW IN 3D

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SUMMER ROAD TRIP GUIDE



TIP NO. 2

MOTOR MOVEMENTS

Show off your shoulder stretch.

In traffic, you can hold the steering wheel and round your back. This stretches the shoulder and back at the same time. Breathe, release and stay safe!*



TIP NO. 1

STAY HYDRO-CHARGED

For extra zing, add delicious fruits and veggies to your water bottle for fun, fresh flavor!

TIP NO. 3

TUNE UP!

Be sure to check your car's tires, fluids, belts and battery before you hit the road ... and be sure it's packed full of fun games, books and snacks for the whole fam!



TIP NO. 5

RACE-READY RECIPES

While on-the-go, try one of Dole's quick and easy recipes and sweet summer treats - like our Lightning Berry Smoothie, inspired by Disney•Pixar's *Cars 3*, with decaf green tea, DOLE blueberries, raspberries, banana and a cup of pineapples, peeled and cut into chunks!



TIP NO. 4

WIDE AWAKE

Keep your energy levels up and stay focused on the road! The natural sugar in bananas is an ideal fuel for your body and what's more they are an excellent source of vitamin B6 - important for metabolizing that sugar effectively.

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*Source: Los Angeles Times