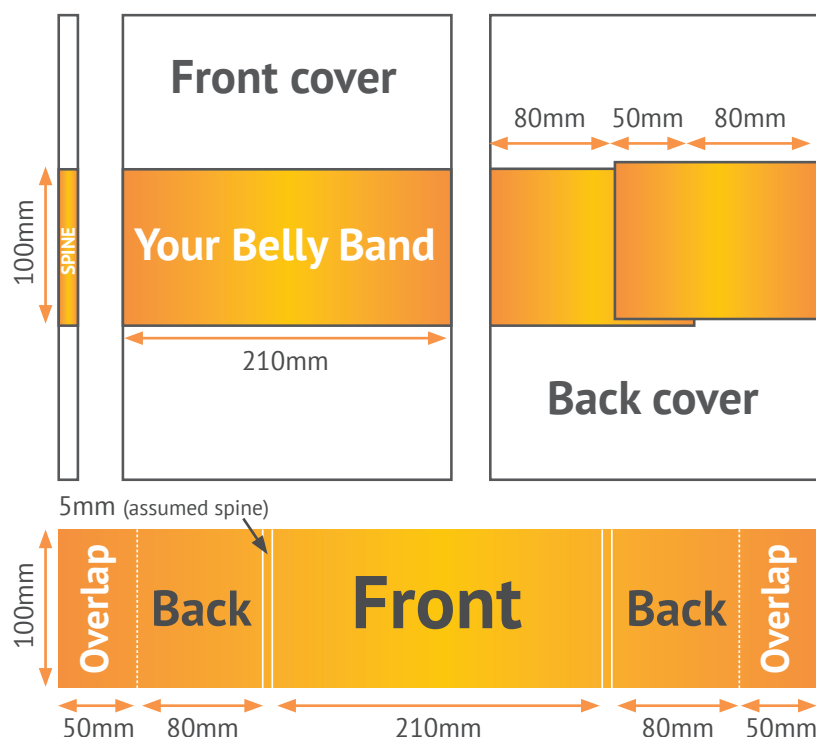


Belly Band Print Guidelines

Overlapping Belly Band



Overlapping Belly Band size

Size: **480x100mm** (allowing for a 5mm spine)
Bleed: 3mm

Artwork will be displayed on the front of the magazine, with your design continuing round the back, please use the size guide to centralise any text or imagery on your design. There will be an overlapping area of 100mm. Please leave a 10-15mm text free margin on the trim and folds. You can also use the reverse of the belly band for advertising if you wish.

Overlap area: 100mm (50mm each edge).
Total length of Belly band = 480mm

Belly Bands must not be supplied pre-glued or with any form of adhesive strip. Spot glue is only added when the belly band is attached to the publication by our printers.

Printing

Please note, unless specifically organised at the time of your booking, it is your responsibility to get the Belly Band printed and supplied to our printers:

If you are supplying your own printed artwork

Please send us the artwork for approval before sending to your printers, belly band should be trimmed to the size shown and delivered to **Stephens & George Print Group** to be attached to the magazine. Please use our inserts label available [here](#).

Stephens & George Print Group, Goat Mill Road, Dowlais, Merthyr Tydfil, Mid Glamorgan CF48 3TD

If you wish us to print the belly band for you

Quotes are available on request via our sales team. For the latest prices please call us on **01908 613323**.

Artwork check list

- Use size specified (unless otherwise directed)
- No crop marks required
- 3mm bleed
- 300dpi
- CMYK
- Accepted formats: PDF/Hi-res Jpeg/tiff

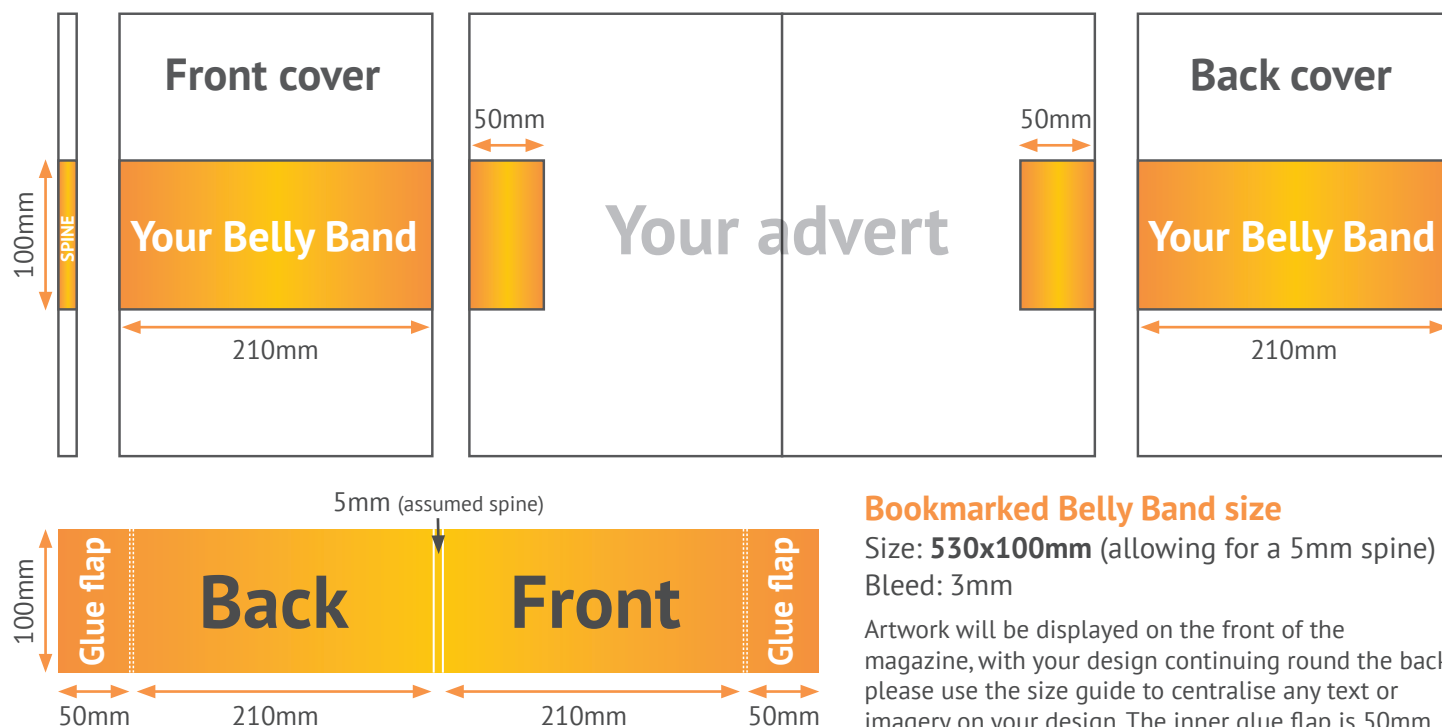


For our full inserts specifications visit our online media pack at:

<https://mediapack.foodmanagement.today>

Belly Band Print Guidelines

Bookmarked Belly Band (Glued In)



Bookmarked Belly Band size

Size: **530x100mm** (allowing for a 5mm spine)
Bleed: 3mm

Artwork will be displayed on the front of the magazine, with your design continuing round the back, please use the size guide to centralise any text or imagery on your design. The inner glue flap is 50mm. Please leave a 10-15mm text free margin on the trim and folds. You can also use the reverse of the belly band for advertising if you wish.

Inner glue flap: 50mm each side.
Total length of Belly band = 530mm

Bookmarked Belly Bands must not be supplied pre-glued or with any form of adhesive strip. Spot glue is only added when the belly band is attached to the publication by our printers.

Printing

Please note, unless specifically organised at the time of your booking, it is your responsibility to get the Belly Band printed and supplied to our printers:

If you are supplying your own printed artwork

Please send us the artwork for approval before sending to your printers, belly band should be trimmed to the size shown and delivered to **Stephens & George Print Group** to be attached to the magazine. Please use our inserts label available [here](#).

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If you wish us to print the belly band for you

Quotes are available on request via our sales team. For the latest prices please call us on **01908 613323**.

Artwork check list

- Use size specified (unless otherwise directed)
- No crop marks required
- 3mm bleed
- 300dpi
- CMYK
- Accepted formats: PDF/Hi-res Jpeg/tiff

