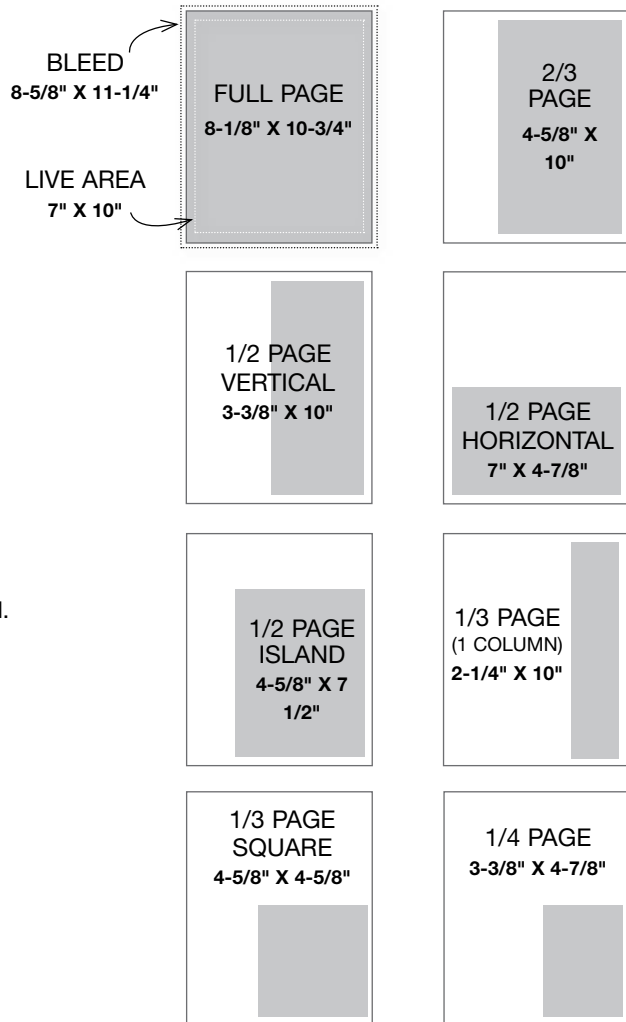


**Ad Specs** (Measurements are in inches)

Standard unit size	Width	Height
full page (trim)	8-1/8	10-3/4
full page (bleed)	8-5/8	11-1/4
full page (live area)	7	10
2/3 page	4-5/8	10
1/2 page (island)	4-5/8	7-1/2
1/2 page (horizontal)	7	4-7/8
1/2 page (vertical)	3-3/8	10
1/3 page (1 column)	2-1/4	10
1/3 page (square)	4-5/8	4-5/8
1/4 page	3-3/8	4-7/8



**Print Ad Material Requirements**

- > Please provide us with a PDF/X-1a:2001 file.
- > All fonts and images must be embedded and file flattened.
- > All colours MUST be CMYK or Grayscale.

**Where To Send Ad Materials**

> Upload your file(s) to:

<http://vip.fbcpublishing.com>

No user name or password required

**For more info contact:**

Arlene Bomback, Advertising Services Coordinator  
(204) 944-5765 arlene@fbcpublishing.com

(All rates are NET)

**2019 Magazine Rates**

	1x	3x	6x	9x
<b>Full Page</b>	7,280	7,070	6,860	6,450
<b>2/3 Page</b>	5,850	5,700	5,505	5,400
<b>1/2 Island</b>	4,995	4,835	4,680	4,470
<b>1/2 Page</b>	4,575	4,420	4,310	3,950
<b>1/3 Page</b>	3,740	3,535	3,430	3,220
<b>1/4 Page</b>	2,910	2,805	2,700	2,595

**FRENCH**

*Accent Aliments sur le Québec*

	1x	2x	4x
<b>Full Page</b>	1,765	1,660	1,555
<b>2/3</b>	1,505	1,400	1,295
<b>1/2 island</b>	1,320	1,245	1,140
<b>1/2</b>	1,350	1,035	935
<b>1/3</b>	935	880	830
<b>1/4</b>	830	750	725