

Professional Printing Instructions



FOOD CARDS

- ▶ Food Cards have **both sodium and color symbols** on the card
- ▶ There are 9 types of Food Cards:
 - Green + Low sodium
 - Green + Moderate sodium
 - Green + High sodium
 - Yellow + Low sodium
 - Yellow + Moderate sodium
 - Yellow + High sodium
 - Red + Low sodium
 - Red + Moderate sodium
 - Red + High sodium

Food Cards, small

- ▶ Finished size: business card size, 2" x 3.5"
- ▶ 1-sided
- ▶ 4/0 (4-color process, 1 side only)
- ▶ Full bleed
- ▶ Paper stock: Use printer recommendation for firm paper stock—for constant re-use, wear, and tear—but will be laminated
 - **Suggest:** Matte coated cover stock; 80-lb
- ▶ Laminated and trimmed

Food Cards, large

- ▶ Finished size: index card size, 3" x 5"
- ▶ 1-sided
- ▶ 4/0 (4-color process, 1 side only)
- ▶ Full bleed
- ▶ Paper stock: Use printer recommendation for firm paper stock—for constant re-use, wear, and tear—but will be laminated
 - **Suggest:** Matte coated cover stock; 80-lb
- ▶ Laminated and trimmed

BEVERAGE CARDS

- ▶ Beverage Cards have **only color symbol** on card
- ▶ There are 3 types of Beverage Cards:
 - Green
 - Yellow
 - Red

Beverage Cards, small, rectangular:

- ▶ Finished size: business card size, 2" x 3.5"
- ▶ 1-sided
- ▶ 4/0 (4-color process, 1 side only)
- ▶ Full bleed
- ▶ Paper stock: Use printer recommendation for firm paper stock—for constant re-use, wear, and tear—but will be laminated
 - **Suggest:** Matte coated cover stock; 80-lb
- ▶ Laminated and trimmed

Beverage Cards, large, rectangular:

- ▶ Finished size: index card size, 3" x 5"
- ▶ 1-sided
- ▶ 4/0 (4-color process, 1 side only)
- ▶ Full bleed
- ▶ Paper stock: Use printer recommendation for firm paper stock—for constant re-use, wear, and tear—but will be laminated
 - **Suggest:** Matte coated cover stock; 80-lb
- ▶ Laminated and trimmed

POSTERS

Posters, medium

- ▶ Finished size: 11" x 17"
- ▶ 1-sided
- ▶ 4/0 (4-color process, 1 side only)
- ▶ Full bleed
- ▶ Paper stock: Use printer recommendation for durable paper
 - **Suggest:** Acid-free paper, matte, UV coated stock; 80-lb, 90-lb, or 100-lb

Posters, large

- ▶ Finished size: 24" x 36"
- ▶ 1-sided
- ▶ 4/0 (4-color process, 1 side only)
- ▶ Full bleed
- ▶ Paper stock: Use printer recommendation for durable paper
 - **Suggest:** Acid-free paper, matte, UV coated stock; 80-lb, 90-lb, or 100-lb

TABLE TENTS

- ▶ Finished size: 4" x 6" product, with a 2.5" base on both sides; printing dimensions will be 4" x 17"
- ▶ 1-sided image
- ▶ 4/0 (4-color process, 1 side only)
- ▶ Full bleed
- ▶ Paper stock: Use printer recommendation for firm paper stock—for constant re-use, wear, and tear—but will be laminated
 - **Suggest:** Matte, coated cover stock; 80-lb.

TRIFOLD BROCHURE

Title: Introduction to G4G

- ▶ Finished size: standard paper size (8.5" x 11")
- ▶ 2-sided
- ▶ 4/4 (4-color process, 2 sides)
- ▶ Full bleed
- ▶ Paper stock: Use printer recommendation
 - **Suggest:** Matte, UV coated, text stock; 80-lb or 100-lb
- ▶ After printing instructions: fold on tri-fold.