

MINDFOOD

Media Kit

2017

MiNDFOOD



MAGAZINE



DIGITAL
WEBSITE
E-NEWSLETTER
iPAD



SOCIAL MEDIA
FACEBOOK
INSTAGRAM
TWITTER
PINTEREST



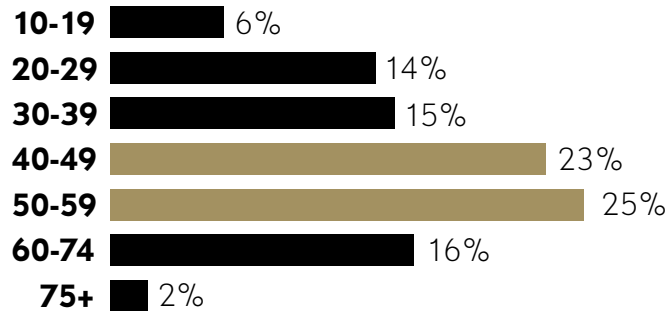
BESPOKE
CONTENT
CREATION



MiNDFOOD is an integrated media brand, delivering local and international content across a range of platforms. Smart Thinking is at the core of MiNDFOOD, attracting a highly engaged consumer, with a high disposable income and varied interests. MiNDFOOD's editorial pillars of Think, Health, Community, Beauty & Style, Décor & Travel and Food & Drink, engage the reader and introduce a world of intelligent content. MiNDFOOD's dedicated audience can be reached across a range of multimedia platforms. MiNDFOOD offers advertisers fully integrated campaigns, targeted and tailored for specific brands, products and reach.

Reader Profile

THE **AVERAGE AGE** OF THE MINDFOOD READER IS **45**



63%

MAIN HOUSEHOLD SHOPPERS

MINDFOOD READERS ARE HEAVY MEDIA USERS. THEY ARE **46%** MORE LIKELY TO BE HEAVY CINEMA VIEWERS*

*Compared to all people 10+

49%

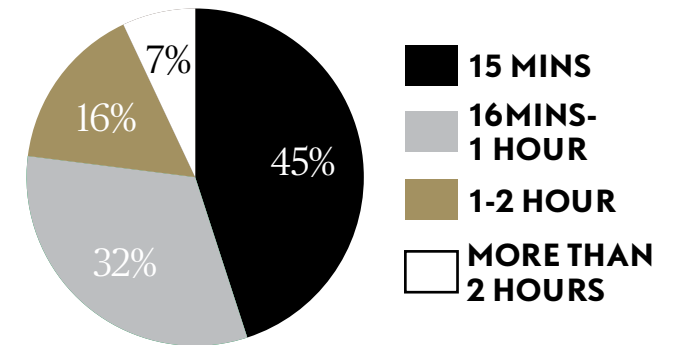
READERS HAVE CHILDREN LIVING AT HOME

65%

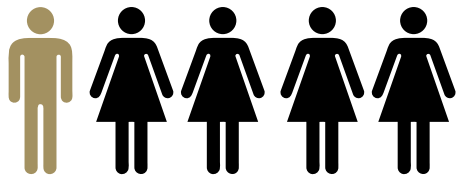
ARE LONG STANDING AND LOYAL

*Have Been Reading Mindfood Food For 1-5 Years

\$110.8K
AVERAGE HOUSEHOLD INCOME



READERS OF MINDFOOD WILL PICK UP AN ISSUE ON AVERAGE **2 TIMES**



19% MALE | 81% FEMALE

Source: Nielson Media CMI July 2014-June 2015

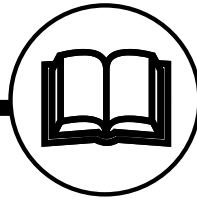
64%

LIVE IN METROPOLITAN AREAS

Reader Insights

SHOPPING	HEALTH	BEAUTY	TRAVEL	FOOD & DRINK
<p>51% Enjoy shopping for clothes and other personal items</p> <p>32% Agree that going shopping is a favourite pastime</p> <p>42% are prepared to pay more for fairtrade products</p> <p>65% Have savings or investments</p> <p>13% Intend to purchase/sell a house/flat in the next 12 months</p>	<p>58% Make an effort to eat 5+ serves of fruit and vegetables a day</p> <p>57% Believe food should be additive free</p> <p>58% Are concerned about the amount of sugar in their diet</p> <p>56% Buy household products that won't pollute the environment</p>	<p>30% Wear make-up every day</p> <p>57% Like to use products derived from nature</p> <p>44% Are prepared to pay more for better quality products</p> <p>30% Prefer to buy beauty products where they get expert advice</p> <p>40% Like to use products that reduce the signs of ageing</p>	<p>54% Are intending to making a trip overseas in the next 12 months</p> <p>44% Are likely to go on indulgent, high-end luxury and pampering holidays</p> <p>59% Like holidays where they can experience the local culture</p> <p>95% Stated personal rather than business as their main reason for travel in the last 12 months</p>	<p>58% Agree they like to try new types of foods</p> <p>49% Choose to pay more for top quality food</p> <p>33% Choose to pay more for premium quality wine</p> <p>51% Are prepared to pay more for free-range produce</p> <p>44% Like reading new recipes and trying them out</p>

Source: Nielson Media CMI July 2014-June2015



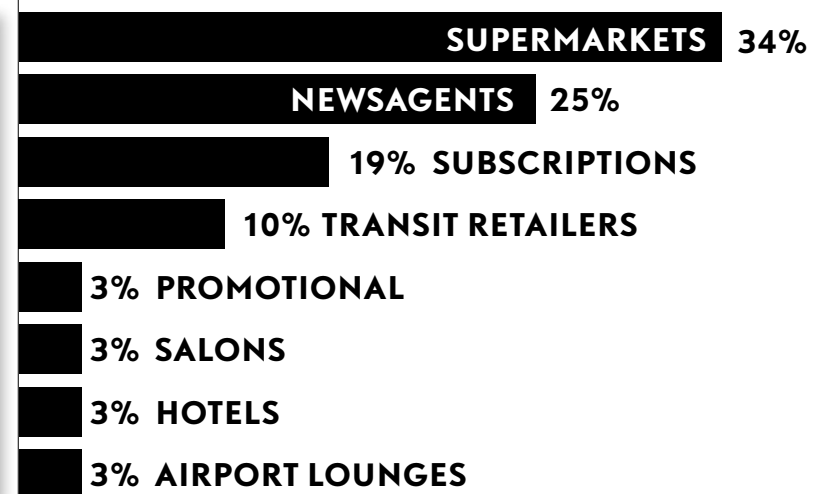
Magazine

Magazine

MiNDFOOD Magazine frequency is 11 issues per year (plus biannual titles, MiNDFOOD STYLE, and MiNDFOOD DÉCOR, in the New Zealand marketplace). Ranged nationally across all supermarket, newsagents and airport stores, MiNDFOOD magazine has almost 20% of its circulation in subscriptions. Printed on thick 118gsm paper stock and a 350gsm cover stock, the magazine welcomes readers with a beautiful design, using images that jump off the page. There is a section of matte stock at the back for all the puzzle and colouring-in pages. The cover is a satin stock, and as readers have said “When I first open up MiNDFOOD I find myself stroking the cover, I just love the feel of it.” The magazine engages the reader through a clean, modern design and journalism that makes readers think about their own lives and those around them. International and local content gives the reader the best in Smart Thinking.



Circulation Channels



Chapters

MiNDFOOD content is broken down into different chapters much like a book, so readers can easily navigate their way through the magazine, and know where to find their favourite sections. A tear-out bookmark is included in every issue, to be used with the magazine or elsewhere.



CHAPTER 1: THINK

Connecting our readers to the latest global ideas and news, including a Smart Thinking opener, World Watch (amazing images from around the world) and the cover story, featuring well-known identities doing things differently.



CHAPTER 2: COMMUNITY

Focusing on culture, the arts, global issues and the environment, this section opens with the news-based Smart Thinking community pages, followed by an in-depth feature and then “My Story”, a first-person piece from a reader about their life. Book Club introduces our readers to new fiction and non-fiction books each month.



CHAPTER 3: HEALTH

These Smart Thinking pages include reports on latest research, while an in-depth feature takes a closer look at a particular issue. Our resident psychologist looks at topics relating to mental health such as trust and connection, while “Smart Eating” considers different ailments and the foods that help keep them at bay. On the fitness pages, personal trainers illustrate how to do exercises that relate to everyday problems.



CHAPTER 4: BEAUTY & STYLE

This chapter opens with a short piece on a beauty muse, trend or new product, followed by “Most Wanted”, a round-up of new products, and a themed beauty shoot looking at fragrances, lip products etc. Our beauty feature reports on topics such as buying products online or the latest in anti-ageing technology. An industry interview is an opportunity to put a face to a particular brand while offering practical ideas to readers.



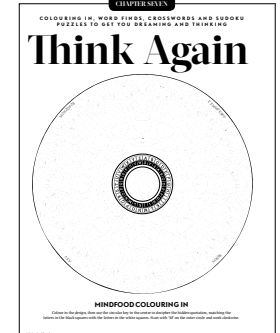
CHAPTER 5: DÉCOR & TRAVEL

Content in this chapter ranges from trends in travel and home décor, to new hotels, tours and homewares. “Keeping it Local” is a guide from a local perspective, while the travel feature gives an in-depth look at one destination. Our new “Décor Update” section is a themed page of the latest, and our favourite, homewares, furniture and designers. The house feature takes a look inside inspiring homes around the globe.



CHAPTER 6: FOOD & DRINK

MiNDFOOD is known for its original recipes and feature-length stories that introduce the producers that supply organic produce. Following the Smart Thinking opener filled with news items, three main sections provide recipes: “In Season”, based on produce available at the time the issue is out; “Weekly Menu” with recipes for every day of the week; and “Whole Kitchen”, a step-by-step guide on how to make a recipe from scratch.



CHAPTER 7: THINK AGAIN

This section provides colouring-in, puzzles and sudoku. Readers have an opportunity to submit non-fiction writing for our “Short Story” competition, while the “Smart Thinker” page is a profile of people who are doing amazing things around the world. The MiNDFOOD Extra (NZ only) and competition pages provide a platform for advertisers to introduce new products to readers.



BOOKMARK

Inspirational quotes on a bookmark, which can be kept or given away.

Magazine Advertising Rates & Deadlines

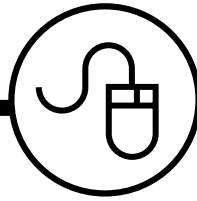
Advertising Rates

ADVERTISEMENT	RATE
DOUBLE PAGE SPREAD	\$14,750 +GST
FULL PAGE	\$7,500 +GST
HALF PAGE (H/V)	\$4,300 +GST
THIRD PAGE (H/V)	\$2,860 +GST
INSIDE FRONT COVER, DPS	\$17,700 +GST
OUTSIDE BACK COVER	\$9,000 +GST



Deadlines & On-Sale Dates

	MAR 2017	APR 2017	MAY 2017	JUNE 2017	JULY 2017	AUG 2017	SEPT 2017	OCT 2017	NOV 2017	DEC 2017
ADVERTISING BOOKING DEADLINE	11-Jan	9-Feb	8-Mar	6-Apr	10-May	7-Jun	12-Jul	9-Aug	6-Sep	11-Oct
ADVERTISING MATERIAL DEADLINE	13-Jan	11-Feb	10-Mar	7-Apr	12-May	9-Jun	14-Jul	11-Aug	8-Sep	13-Oct
ADVERTORIAL BOOKING DEADLINE	28-Dec	26-Jan	23-Feb	22-Mar	26-Apr	24-May	28-Jun	26-Jul	23-Aug	27-Sep
CANCELLATION DEADLINE	16-Dec	14-Jan	11-Feb	10-Mar	14-Apr	12-May	16-Jun	14-Jul	11-Aug	15-Sep
ON-SALE DATE	9-Feb	9-Mar	6-Apr	4-May	8-Jun	6-Jul	10-Aug	7-Sep	5-Oct	9-Nov



Digital

MiNDFOOD.COM ♦ E-NEWSLETTER ♦ iPad ♦ MiNDFOODTV ♦ MiNDFOOD RADIO

MiNDFOOD.com



Smart Thinking content is produced across the MiNDFOOD media platforms throughout the day to offer readers a stimulating and interactive complement to the magazine. In addition to editorial, mindfood.com features a range of galleries, videos and podcasts. A rich media experience adds an extra dimension in bringing brands to the MiNDFOOD audience. Mindfood.com offers a mobile compatible site.

ADVERTISEMENT	RATE
LEADERBOARD (on homepage or specific category page)	\$30 cpm
MREC (on homepage or specific category page)	\$30 cpm
SKINS (homepage only)	\$60 cpm
EDITORIAL POST	\$1,500

Website DEADLINES

Same as print advertisements, please refer to page 8.

- Prices exclude GST.
- Minimum 10,000 page impressions bookings.
- URL link through to nominated website.
- Advertisement can be animated.

439,940

PAGE VIEWS PER MONTH

90,571

Users per month

2.73

Pages per session

2.5mins

Average time on site

Statistics from January 2016

E-Newsletter

MiNDFOOD sends out 360,000+ e-newsletters each week to an ever increasing opt-in database. Advertising is available across these e-newsletters. E-newsletters allow us to drive exposure to a brand campaign instantly and drive traffic to nominated websites.

MiNDFOOD Daily Recipe

31K+

SUBSCRIBERS
MAILED EVERY DAY

(12K+ Australian Subscribers)

17.64%

OPEN RATE



MiNDFOOD Style & Décor

15K+

SUBSCRIBERS
MAILED THURSDAY

16.32%

OPEN RATE



ADVERTISEMENT	RATE
DAILY RECIPE E-NEWSLETTER LEADERBOARD, MREC OR CONTENT	\$500 (Aust. subscribers only)
WEEKLY E-NEWSLETTER LEADERBOARD, MREC OR CONTENT	\$750 (Aust. subscribers only)
STYLE & DÉCOR E-NEWSLETTER LEADERBOARD, MREC OR CONTENT	\$500 (Aust, NZ & Intl. subscribers)

- Prices exclude GST.
- Deadlines – Material is required two weeks prior to advertisement going live.

360,000+
E-NEWSLETTERS
SENT EACH WEEK

Weekly

47K+

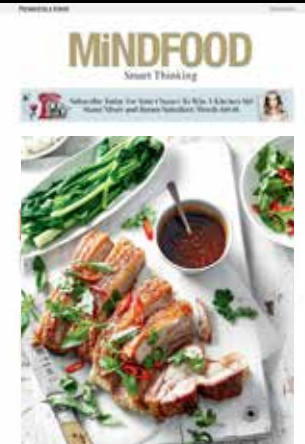
SUBSCRIBERS
(20K+ Australian Subscribers)

16.78%

OPEN RATE

MAILED

- M:** Weekly menu planner
- W:** Health update
- F:** News round-up



Broccoli Croquettes With Salmon & Lemon & Capers Dressing

Warning: crispier and perfectly cooked salmon is perfect pairing for salmon health. Here with a simple salad and dressing. See it on a simple and delicious website.



Chicken Casserole Deviled Eggs Two Ways



Tomato & Basil Gnocchi Greens and Grain Salad



Lemon Spring Cake Mexican Corn & Chicken Soup



What is it all for? It's all for you!



iPAD

Swipe Your Way to Smart Thinking

Launched in 2012 and awarded the Best App two years running by the Apple Store, the MiNDFOOD app provides a platform that perfectly integrates MiNDFOOD content. In addition to editorial, the app is a media rich experience, with video, podcasts and galleries embedded throughout. There are opportunities for app sponsorship through integrated advertising campaigns.

iPAD RATES

Full Page only – \$1,000 + GST.

iPAD DEADLINES

Same as print deadlines, please refer to page 8.

99,439

TOTAL APP DOWNLOADS

2,485

ISSUE DOWNLOADS PER MONTH



CHAPTER ONE
THINK



CHAPTER TWO
COMMUNITY



CHAPTER THREE
HEALTH



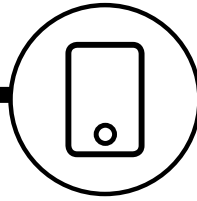
CHAPTER FOUR
BEAUTY & STYLE



CHAPTER FIVE
DÉCOR & TRAVEL



CHAPTER SIX
FOOD & DRINK



Social Media

FACEBOOK • INSTAGRAM • TWITTER • PINTEREST



Social Media



MiNDFOOD manages a suite of highly dynamic and fast-growing social media platforms, used to drive traffic to mindfood.com and spotlight news relating to the core MiNDFOOD pillars. All staff at MiNDFOOD are involved across the range of social media platforms, bringing the best and most relevant content and showcasing client products, new information and updates. MiNDFOOD consumers are active participants and are engaged with content, commenting, liking and sharing with their own communities.

SOCIAL MEDIA RATES

\$1,500 + GST Facebook Post

\$500 + GST Instagram Post

SOCIAL MEDIA DEADLINES

Material is required 2 weeks prior to activity being posted.

* Minimum \$500 boost



280K
FOLLOWERS

FACEBOOK

facebook.com/mindfoodmag

The MiNDFOOD Facebook page is a highly dynamic distributor of content. Articles that go live on mindfood.com get posted on the MiNDFOOD Facebook page.



15.4K
FOLLOWERS

INSTAGRAM

@mindfoodmag

Daily posts featuring photography from around the world, as well as recipe images and inspirational quotes.



9.1K
FOLLOWERS

TWITTER

@mindfood_mag

Official tweets on the latest happenings at MiNDFOOD magazine and website.



2.8K
FOLLOWERS

PINTEREST

pinterest.com/mindfoodmag

Vision boards to inspire MiNDFOOD readers.



Content

ADVERTORIALS ♦ **MINDFOOD EXTRA** ♦ **VIDEO CREATION** ♦ **RECIPE DEVELOPMENT**
PRODUCT PLACEMENT ♦ **COMPETITIONS**

ADVERTORIALS

MiNDFOOD creates bespoke solutions for clients and can create any style of advertorial to meet your campaign objectives. The look and feel can range from editorial to straight branding. Advertorials are a perfect way to integrate with a particular issue's editorial to achieve cut through to the reader.

MINDFOOD PROMOTION



THE SWEETEST THING

The quest for the nectar of youth has taken a delicious turn with the skincare range from BeeBio that fights the signs of ageing with manuka honey as its star ingredient.

BeeBio's range of anti-ageing products is a deliciously luxurious burst of freshness for your skin. Made using a collection of the finest natural ingredients - including 16+ (superior rating) medical-grade manuka honey, bee venom and pure royal jelly - the products are formulated with potent active botanicals, all sourced from New Zealand, to ensure the best results. A natural preservative, antibiotic, antioxidant and moisturiser, medical-grade manuka honey is a powerful force in anti-ageing. A key component of the BeeBio range, manuka honey delivers results while improving the long-term health of your skin.

BeeBio's range is about quality, not quantity, with the products chosen and developed with scientific care - exact ingredient quantities are used to ensure efficacy. This commitment to the best means that every product is genuinely special.

NEW FOR 2016
BeeBio's new Nectar V Shaping Serum is a powerful formulation of ingredients that are pure indulgence for your skin. The key component, manuka honey, is combined with New Zealand ponga fern, lemon, lime and rosewood oil, and grape seed extract - all ideal for lifting and firming the skin and helping to contour the face and neck. Light and highly absorbent, the new Nectar V Shaping Serum works fast to reduce fine lines and wrinkles, leaving your skin looking radiant, smooth and toned. The special formulation has been developed to work wonderfully on the skin of the neck and upper chest. Launched in March, the Nectar V will be closely followed by a series of mud masks.

PRESERVATION
BeeBio's new campaign images (opposite page) come courtesy of talented artist Blake Little, whose "Preservation" series saw models coated in honey. Original and eye-catching, the series reflects BeeBio's ethos when it comes to skincare: preserving skin health and enhancing natural beauty.

BeeBio
Anti-Aging Skincare

MINDFOOD PROMOTION



ELEGANCE AND LUXURY ON THE RHINE

Boutique cruising just got even better with the launch of Uniworld's newest itinerary for 2017 on the Rhine River through Germany.

Uniworld has long been applauded for its boutique river cruising itineraries, taking guests to some of the world's most spectacular destinations in style and luxury. The company's newest route, the "Rhine-Main Discovery & Munich", is a stunning 10-day introduction to Germany, beginning in Munich and ending in Cologne aboard the River Ambassador.

ALL-INCLUSIVE LUXURY
Like all Uniworld cruises, the Rhine experience is completely inclusive, from seven nights' accommodation in a stateroom onboard and five-star hotel accommodation in Munich to all meals onboard River Ambassador (including gala arrival and farewell dinners), unlimited beverages including wine, beer and spirits, eight days of excursions led by expert guides, use of bicycles and Nordic walking sticks, free onboard Wi-Fi, local entertainment and signature lectures, and much more.

RIVER AMBASSADOR
Understated elegance makes the intimate 116-passenger River Ambassador an ideal place to enjoy Germany's breathtaking scenery and centuries-old cultural heritage. An eclectic art collection adorns the walls of the ship, and every stateroom and suite is uniquely decorated, making for a truly luxurious, one-of-a-kind sailing experience. Amenities include a lounge with full-service bar, well-equipped fitness centre, restaurant, Serenity Spa and a sun deck where you can relax and take in the ever-changing views.

ITINERARY HIGHLIGHTS
With so much to see and do over the course of the 10-day itinerary, it's not easy to pick highlights. Guests are given a vast array of choices as to how they wish to experience this part of Germany, including an in-depth exploration of its fascinating Jewish heritage. Other standouts include a visit to BMW World, Hitler's Eagle Nest, "Mad" King Ludwig's Castle Neuschwanstein and the opulent, UNESCO-designated Würzburg Residence. There will also be plenty of chances to join Uniworld's exclusive, guided, "Go Active" programme, which ranges from taking through the romantic Taubertal Valley to hiking through the Taubertal vineyards.

The 10-day "Rhine-Main Discovery & Munich" itinerary is available on River Ambassador sailings from May to November 2017. For more information, visit uniworld.com/au or call 1300 782 231.

UNIWORLD
LUXURY RIVER CRUISING

ADVERTORIAL RATES

Based on the equivalent size advertising rates (please refer to page 8) plus an additional fee for copy creation/ editing and page design. POA.

DEADLINES

Advertorial deadlines are outlined on page 8.

MiNDFOOD EXTRA

Our portfolio of advertisers brings you the best buys this month. The MiNDFOOD Extra page in the magazine is divided into sections. Each placement includes a product description, a product image and company website.

MINDFOOD EXTRA

MiNDFOOD Extra

Our portfolio of advertisers bring you the best buys this month.

LUXURIOUS SOFTNESS
The UltraSoft luxury of Paseo UltraSoft facial tissues is now available in Paseo UltraSoft Luxury Cleaning Wipes and Toilet Tissue with Aloe Vera to add a little luxury to your daily routine.



FORTIFYING
Face winter head on with certified organic LifeStream Spirulina Immunity, formulated with spirulina and natural vitamin C to energise and strengthen the immune system (from \$21.90). lifestream.co.nz



WINTER HEALTH
The Good Health Winter Survival Kit can help you stay healthy this winter. The Viralex range provides powerful immune support with Viralex everyday support, Viralex Attack rapid immune defence and Viralex Soothe throat lozenges. goodhealth.co.nz



GREAT BROWS
GrowShape Eyebrow Kit is a take-anywhere pack that includes a dual-ended applicator, transparent botanical brow wax and a pigmented brow powder, available in either blonde or brunette. \$74.80. janeretail.co.nz



SILKY HAIR
Josee's K-PAN Intense Hydrator is for frizzy, dry locks damaged by chemical treatments or winter weather. Apply generously after shampooing and allow to penetrate for five minutes to reveal silky hair with intense shine (\$33, 250ml).



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MiNDFOOD EXTRA RATE

\$1,200 + GST

DEADLINE

Advertorial deadlines are outlined on page 8.

Custom Video Creation

Generating engaging, Smart Thinking content, which includes how-to material, from the source, Q&As and recipes. MiNDFOOD creates the content and the video, this can be pushed out through the MiNDFOOD channels and/or used by the client independently. MiNDFOOD channels include mindfood.com, Facebook, YouTube as well as our weekly e-newsletters (please refer to rates).

MiNDFOOD COOKING DEMO



REACH
7,344,066

VIEWS
249,000

SHARES
750

26 DECEMBER 2015

MiNDFOOD FROM THE SOURCE



REACH
1,689,769

VIEWS
40,000

SHARES
89

13 JANUARY 2016

MiNDFOOD HOLLYWOOD INTERVIEWS



REACH
169,383

VIEWS
13,900

SHARES
3

2 MARCH 2016

Hollywood Foreign Press

There are multiple opportunities where products can be seamlessly integrated into editorial content, both through the MiNDFOOD magazine and the MiNDFOOD digital and social multimedia platforms. For example:

MiNDFOOD is part of the Hollywood Foreign Press with our LA-based writer Michele Manalis, who since launch has written exclusively and interviewed the celebrities you see on the MiNDFOOD cover. MiNDFOOD not only interviews a range of celebrities each month but also videos them on MiNDFOOD TV. There is opportunity for clients to work alongside MiNDFOOD with these interviews.



CUSTOM VIDEO RATES

Please contact your account manager for rates, which are POA.

DEADLINES

TBA, dependent on activity, location etc.

Recipe Development

Recipes are created by MiNDFOOD's Food Director and are triple tested. Recipes showcase the client's products and inspire readers to engage with MiNDFOOD and the client's brands. Recipes can be used independently of MiNDFOOD or the client can pay to feature the recipe in an issue of MiNDFOOD, on mindfood.com, in an E-newsletter and/or through the MiNDFOOD social media channels. Recipe development is POA. Clients can choose recipe only, or with images and accompanying video.



RECIPE DEVELOPMENT RATES

Please contact your account manager for rates, which are POA.

DEADLINES

TBA

MINDFOOD PROMOTION

SUMMER JUST GOT HEALTHY

Tight on time in the kitchen? MiNDFOOD food director Michelle McHugh puts the Vitamix Total Nutrition Center to work and discovers how easy and healthy summer can be.

WIN YOUR OWN VITAMIX! GO TO MINDFOOD.COM AND TELL US WHY YOU SHOULD BE THE NEXT PROUD OWNER OF A VITAMIX.

VANILLA ICE-CREAM
1 cup full-cream milk; ¼ cup sugar; ¼ cup yogurt; 1 tsp vanilla extract; 4 cups ice

Place ingredients into Vitamix; select Variable 1. Turn on machine; increase speed to 10, then to high. Use tamper to ensure that mixture moves into blades. In about a minute, 4 mounds will form. Stop machine; be sure not to overmix. Serve immediately. Yum!

PINA COLADA
1 cup fresh pineapple, cut into pieces; 1 cup coconut milk; 1 cup ice; ½ cup white rum; 4 tbsp white sugar

Place all ingredients into Vitamix; secure lid. Select Variable 1. Turn on machine and quickly increase speed to 10, then to high. Blend for approximately 1 minute, or until smooth. Enjoy this cool, refreshing cocktail immediately.

YOU CAN FIND VITAMIX AT MYER AND QUALITY KITCHENWARE STORES FOR \$995. VISIT VITAMIX.COM.AU.

For all terms and conditions, see mindfood.com. The promoter is McHugh Media Limited (PID 07 632 251). Entry limited to one per person. Entries close at noon on February 4, 2015.

VITAMIX



KITCHENAID



MINDFOOD PROMOTION

GREAT GRAINS

These Spanish-inspired arancini are a delicious way to enjoy new easy-to-prepare nutritious SunRice Steamed Rice, with the added benefits of the super grain, chia.

ARANCINI – SPANISH RICE AND CHIA BALLS
Serves 2

250g packet of SunRice Steamed Rice & Chia
20g butter
1 tbsp olive oil
1 small brown onion, finely diced
1 small clove garlic, crushed
1 chorizo sausage
¼ cup chicken stock
pinch saffron threads, plus extra for aioli
¼ cup parmesan cheese
4 baby mozzarella balls
½ cup plain flour, plus extra for dusting
2 eggs, beaten
⅓ cup dry breadcrumbs
olive oil cooking spray
1 cup store-bought aioli
spicy tomato sauce, to serve
basil leaves, to serve
lemon wedges, to serve

WIN SUNRICE HUNDREDS OF GRAINS. MILLIONS OF POSSIBILITIES. FOR THE FULL RANGE OF PRODUCTS VISIT SUNRICE.COM.AU/PRODUCTS

STEAMED RICE JOINS THE SUNRICE FAMILY
New SunRice Steamed Rice is gently steamed to perfection delivering light, wholesome gluten-free grains with nothing artificial and endless possibilities for a quick, satisfying and nutritious meal.

COOK SunRice Steamed Rice & Chia according to the instructions on the packet.
Heat butter and oil in a frying pan over medium heat. When butter has melted and is sizzling, add onion and cook for 3 minutes or until soft. Add garlic and cook for 1 minute. Remove skin from chorizo and break sausage into small pieces. Add sausage to the pan and cook for 1 minute. Add SunRice Steamed Rice & Chia. Stir until well combined and rice is coated with butter and oils.
Add stock, saffron and parmesan. Stir until rice mixture comes together. Allow to cook. Preheat oven to 180°C. Line a baking tray with baking paper. Dust mozzarella balls with flour and cover with rice mixture to form 4 arancini balls.
Place flour into a bowl. Whisk eggs in a shallow dish. Place breadcrumbs into a bowl. Lightly coat arancini balls with flour, roll in beaten egg and then breadcrumbs. Place onto prepared tray. Spray with olive oil and bake for 15-20 minutes or until lightly golden and heated through.
To make saffron aioli, place saffron in a bowl with 1 tablespoon boiling water; let stand for 5 minutes. Add aioli and mix to combine. Serve arancini with aioli, spicy tomato sauce, basil leaves and lemon wedges.

WWW.SUNRICE.COM.AU

SUNRICE



Competitions

MiNDFOOD hosts a range of competitions each month featuring in the magazine and online. Competition entries average approximately 1300 per competition.

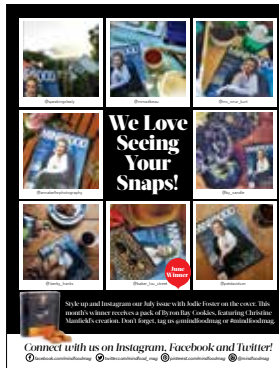
SUBS CLUB

Included in the magazine at the front of the book and also across a double page spread, as well as being included in all digital subscription marketing at mindfood.com and the MiNDFOOD e-newsletter.



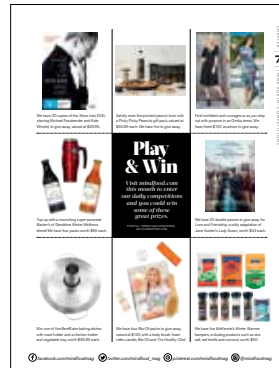
INSTA PRIZE

Promoted in the magazine across a full page. Each month we encourage readers to share images inspired by the latest issue of MiNDFOOD. We offer a prize to our favourite Instagram each month, which we publish in the magazine.



PLAY & WIN

Promoted on a full page in the magazine, with an individual competition listing and entry mechanism hosted on mindfood.com and included in e-newsletters.



E-NEWSLETTER SIGN-UP PRIZE

Included in the magazine at the front of the book and across all digital marketing to promote e-newsletter subscriptions. We promote monthly prizes to drive sign up.



Product Placement

There are multiple opportunities where products can be seamlessly integrated into editorial content both through the MiNDFOOD magazine and the MiNDFOOD digital and social multimedia platforms. For example:

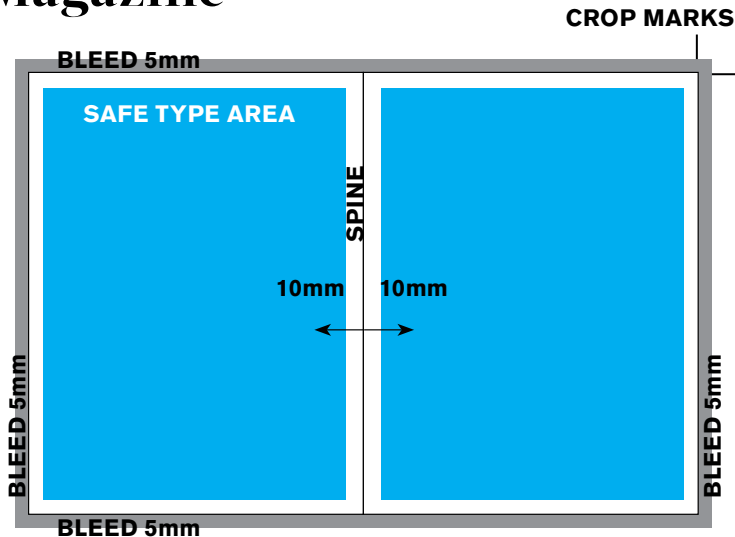
Physical product placement can be implemented through numerous events, dinners and exhibitions. MiNDFOOD hosts a range of bespoke reader events and dinners, as well as being involved in and sponsoring exhibitions and events throughout the year. If you would like your products to be considered for inclusion in the MiNDFOOD gift bags. Please contact your account manager to discuss.



- Monthly wine page
- Competitions
- Fitness shoots
- Book Club page
- Smart Thinker
- In fashion and beauty shoots
- Wine matching with recipes
- Brand mentions in recipe ingredient lists
- The MiNDFOOD Smart Thinking pages at the beginning of each chapter

MiNDFOOD Specs

Magazine



DOUBLE-PAGE SPREAD

Trim: 450mm x 297mm
Safe Type: 440mm x 287mm
With Bleed: 460mm x 307mm

FULL PAGE

Trim: 225mm x 297mm
Safe Type: 215mm x 287mm
With Bleed: 235mm x 307mm

HALF-PAGE VERTICAL

Trim: 112mm x 297mm
Safe Type: 102mm x 287mm
With Bleed: 122mm x 307mm

HALF-PAGE HORIZONTAL

Trim: 225mm x 148mm
Safe Type: 215mm x 138mm
With Bleed: 235mm x 158mm

THIRD-PAGE VERTICAL

Trim: 83mm x 297mm
Safe Type: 73mm x 287mm
With Bleed: 93mm x 307mm

THIRD-PAGE HORIZONTAL

Trim: 225mm x 99mm
Safe Type: 215mm x 89mm
With Bleed: 235mm x 109mm

PLEASE ENSURE MATERIAL IS SUPPLIED WITH:
-Crop Marks
-5mm Bleed
-High Resolution
Final PDF

Digital



LEADERBOARD

728 x 90, jpeg, animated GIF

MOBILE LEADERBOARD

320 x 50, jpeg, animated GIF

MREC

300 x 250, jpeg, animated GIF, max file size is 50kb

SKINS (WEBSITE ONLY) -

Supply 2 separate files, each one to be, 460w x 1200h, jpeg, animated GIF, Max file size 80-100 kb

SKIN SAFE SPACE

140px in from the edge of content area. This is the space that will be viewed on all browsers.

SKIN FILLER SPACE

320px of the skins width filler space.

How much of this space will be viewed will depend on the browser. Try to avoid putting any text in this area, just an image.

iPAD

Full Page only –
2048 x 1536 pixels –
supplied as a PDF.

SOCIAL MEDIA & CONTENT:

Please supply images in a jpeg, or tiff. File minimum 5MB. Please supply logos in vector eps or .ai files.