

### Contact Information

Company name: \_\_\_\_\_

Contact name: \_\_\_\_\_

Ship to address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Web address: \_\_\_\_\_ Email address: \_\_\_\_\_

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### Order and Delivery Information

Recipe card name: \_\_\_\_\_ Quantity: \_\_\_\_\_

#### Delivery Options

- Direct to You:** Specify quantity and delivery date.
  - Direct Mail Service:** Deliver the recipe cards to my mailing list. (Postage additional).
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Fax this form to Megan at **267.573.4268**. Email all high-resolution logo, custom artwork and mailing lists to:  
**Megan@BaldwinPublishing.com**.

### Customization Options

#### Logo, Text and Advertisement

Logo:  Yes  No | Text:  Yes  No | Advertisement:  Yes  No

#### Send Your Customized Information

Email the following to **Megan@BaldwinPublishing.com**:

1. Your logo as a 300 dpi EPS file.
2. Your text for the recipe card front and back.
3. Your advertisement for the front and/or back of recipe card as a 300dpi PDF file.

Guidelines for preparing the files are on page 2. ►

## Custom Recipe Cards

4-Color | 6" x 4" | Your Customized Message

### Front Customization Requirements:


1. Email your 4-Color logo as a 300 dpi EPS file, along with contact and website information.

All art and text must be within the **Safe Print Zone: 3.75" x 5.75"**. If art **Bleeds** off the page, the dimension of the art must be 4.25" x 6.25". All logos and copy must be within the **Safe Print Zone**.

FRONT SAMPLE: Areas to customize are circled in **RED**

Bleed Area: 1/8"  
Card Size: 6" x 4"  
Safe Print Zone: 5.75" x 3.75"

**CARAMEL POPCORN**  
Heart Healthy • Diabetic • Gluten Free



**8 cups popped fat free unsalted popcorn**  
**1/2 cup chopped raw peanuts or pecans**  
**1/4 cup raisins**  
**1/3 cup packed light brown sugar**  
**1/2 cup honey**

**1 Tbsp reduced-calorie trans fat free margarine**  
**1/8 tsp salt**  
**1/8 tsp cinnamon**

Preheat oven to 300°. Lightly coat a baking pan with sides with cooking spray. In a large bowl, combine popcorn, nuts and raisins. Set aside. In a small saucepan, combine remaining ingredients and cook over medium heat, stirring occasionally, until sugar is dissolved and mixture comes to a boil. Pour over popcorn mixture, tossing to coat. Transfer to prepared baking pan. Bake for 20 minutes, stirring occasionally, until caramel colored. Let cool 2 minutes. Coat a piece of wax paper with cooking spray. Transfer popcorn to wax paper and let cool completely. Makes 16 servings.

**Nutrition Facts (per 1/2-cup serving):** Calories: 100; Fat: 3g; Saturated Fat: 0; Cholesterol: 0; Sodium: 28mg; Carbohydrates: 19g; Fiber: 1g; Protein: 2g

**HEALTHY WOMAN**

**Health eRecipes**  
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**Porter**  
A Healthy Commitment  
[porterhealth.com](http://porterhealth.com)

### Back of Card Options:

1. Print it blank.
2. Email your 300 dpi EPS or PDF file and we'll place it.
3. Custom design services available at \$150/hr.

All art and text must be within the **Safe Print Zone: 3.75" x 5.75"**. If art **Bleeds** off the page, the dimension of the art must be 4.25" x 6.25". All logos and copy must be within the **Safe Print Zone**.

BACK SAMPLE: Areas to customize are circled in **RED**

Bleed Area: 1/8"  
Card Size: 6" x 4"  
Safe Print Zone: 5.75" x 3.75"

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For more information call your Healthy Woman advisor at **219.263.7128**