MEDIA PACK 2026

Salad Days - because they're only young once!® is the single point of reference for parents and carers of children featuring information on schools, day-care, sports, performing arts, events, extracurricular activities, health, books and more.

Distribution is free 4 times a year through primary schools, pre-schools, toddler groups, Tourist Information Centres, libraries, and health clinics in the towns and villages shown on the map.

Rates are fair and competitive and long term loyalty is recognised, there is professional help with art-work (if necessary) and there is no VAT to pay. We accept completed artwork as high resolution PDF (Please ensure that fonts are embedded for correct output), high resolution (300ppi) JPEG or PNG files are also acceptable.

Please note: Microsoft Word or Apple Pages files are **NOT** an acceptable format for artwork, they are only suitable for supplying raw text. Email to **hello@saladdaysmag.co.uk**, send via WeTransfer (or similar service).
www.saladdaysmag.uk

Issue	Copy Date	Publication
Spring 26	2nd Feb	1st Mar
Summer 26	4th May	1st Jun
Autumn 26	3rd Aug	1st Sep
Winter 26	2nd Nov	1st Dec

Artwork sizes:

Full page: 194mm x 128mm **LANDSCAPE**

Half page: 128mm x 95.5mm **PORTRAIT**

Quarter page: 95.5mm x 62mm **LANDSCAPE**

SALAD DAYS
BECAUSE THEY'RE ONLY YOUNG ONCE!

Advertising rates - print

Price per issue	1	2	3	4+
DPS	£600	£550	£500	£475
Full page	£350	£325	£325	£300
1/2 page	£250	£225	£225	£200
1/4 page	£150	£145	£135	£125
Listing				£100

Professional artwork
(up to 3 amends) £15

Covers
210 x 148mm + 3mm bleed - please enquire if available.

Terms:
Payment on presentation of invoice. Salad Days reserves the right to refuse any advertisement at its discretion.