

- activity books • **New Resources for 2008** pages 3–10
- badges • **Healthy Eating** pages 11–37
- balloons • **Eatwell Plate** page 9
- board games • **Good Grub & Balance of Good Health** pages 16–20
- bookmarks • **Healthy Heart** pages 38–39
- leaflets • **Men's Health** page 40
- magnets • **Get Active & Weightwise** page 41
- postcards • **Oral Health** page 42
- posters • **Sunwise** page 43
- puzzles • **Alcohol & Drugs** page 44
- stickers • **Smoking Cessation** pages 45–48



HEALTH INFORMATION FOR ALL

2008

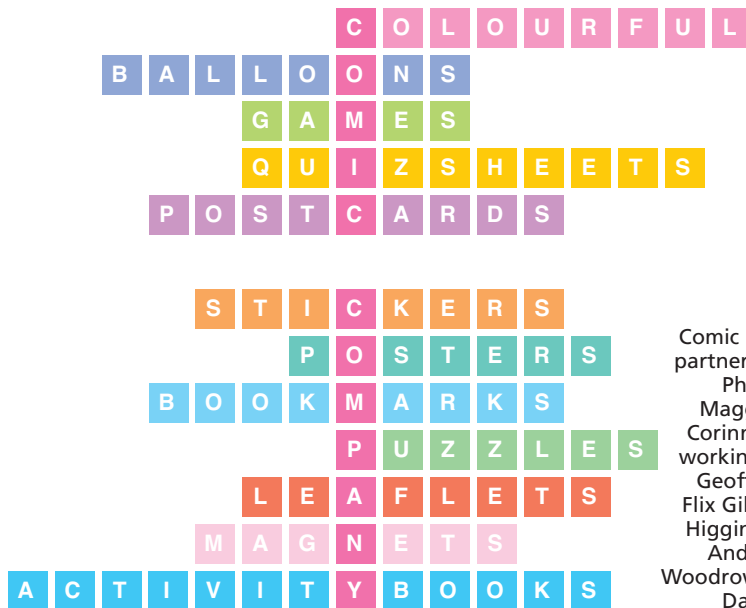


WELCOME TO COMIC COMPANY'S 2008 CATALOGUE



Fun, informative, affordable
Positive, practical, non-preachy

Comic Company is an independent UK publisher producing health information resources for all ages. We use humour and colourful illustrations to deliver straightforward information and practical suggestions in a range of exciting products, developed in partnership with health professionals, and tested with users.



Comic Company is a partnership between Philip Boys, Maggie Jee and Corinne Pearlman, working with artists Geoff Coupland, Flix Gillett, Graham Higgins, Ed Hillyer, Andy Pearson, Woodrow Phoenix, and Dan White.

"Absolutely wonderful. We've been looking for resources for years like these – and now we've found them."
– Teacher

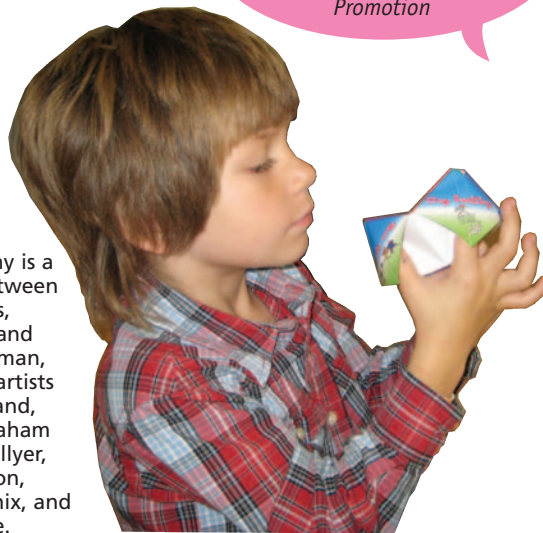
"Your resources are so popular with my students I can't keep up with ordering them!" – Food Technology Teacher

"Goods arrived and they are fabulous! The kids loved them and OFSTED will think they are great!"
– Teacher

"I have only just found your amazing website and as an occupational health professional I am suitably impressed!"

"The products are excellent and will be perfect for some health training at a party in the park tomorrow." – Health Promotion

"I've been bombarded by local schools. They say, can we have more? Our kids think these are fantastic!" – Health Promotion



Custom-made resources

We produce custom-made resources for many organizations, including

- Argyll and Bute Council
- Ash • Ash Scotland • British Dietetic Association • British Heart Foundation • Cancer Research Campaign • Climate Connections • CRIPS (Paris)
- Community Nutrition Group
- DEFRA • Derbyshire County Council • Dudley Health Promotion • EMCOTS (East Midlands Trading Standards)
- Europe Against Cancer • fpa (Family Planning Association)
- Greenpeace Educational Trust
- Health Education Authority
- Health Promotion Service Avon • Health Promotion Wales
- HeartSmart • Irish Family Planning Association • London Marriage Guidance Council • North Bradford Primary Care Trust (HALE Project) • Northants Health Authority • Northants Trading Standards • National Family & Parenting Institute • Revitalised • Rotherham MBC • Rotherham PCT • Royal College of Psychiatrists • Sandwell Volunteer Bureau • S.E.T.4Life
- Southwark Council, London
- Smoke Free South Yorkshire
- TECC (Tobacco Education Council of California) • Terrence Higgins Trust • UK Departments of Health • Ulster Cancer Foundation • Welsh Assembly Government • WNCCC (Women's Nationwide Cancer Control Campaign) • WYSH (West Yorkshire Smoking & Health)



Customized resources

Most of our resources can be customized to include your organisation's logo, contact details and local information. On some items we can also make simple design or colour changes to create your own look and feel. You get all the benefits of something tried and tested without the expense of starting from scratch.

If you order sufficient quantities (e.g. 500-1000 posters, or 5000-10,000 leaflets, depending on style) prices are generally no more than those in this catalogue – and may even be less. Call us to discuss your requirements.

For HUGE displays

Indoors or outdoors – full colour vinyl banners!

Our posters can be enlarged to just about ANY SIZE.

Beautiful and VERY DURABLE.

Contact us for an estimate.



Got an idea?

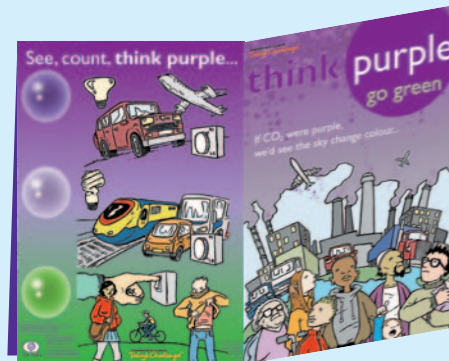
We welcome your ideas for new resources. We wouldn't be here today without the invaluable help and feedback from our many customers. So do keep coming to us with your suggestions for resources to promote a healthier, happier British Isles!

EAT 5! MAP poster
A3, £1.50
each, code 377

NEW!

THINK PURPLE booklet, balloons and snapper

If Carbon dioxide (CO₂) were purple we'd see the sky change colour – and the world would long ago have cut its carbon emissions. A new way of thinking about how and where we emit CO₂. Eye-catching, visual information at its most effective.



THINK PURPLE leaflet

A4
folded to 8pp x A6
£10 per 50
For bulk copies,
see PRICE BOX B p22
code 354



THINK PURPLE snapper
A4 with folding instructions
pack of 50, £5.50
code 387



THINK PURPLE balloons

high quality
Printed 2 sides
pack of 20, £4.50
code 385



Think Purple resources are being produced by Comic Company working with Climate Connections.



NEW RESOURCES / THINK PURPLE

NEW!
NEW!
NEW!



NEW!



PRIMARY TOBACCO RESOURCE PACK

- 1 x Charlie Grey poster, A2 code 148
- 1 x Crazy World poster, A2 code 21
- 1 x Inside Story poster, A2 code 346
- 50 x Inside Story Leaflet code 345
- 1 x I'd Rather poster A2 + template code 26
- 120 x I'd Rather stickers code 25
- 1 x Spot the Difference poster, A3 code 30

- 1 x Up in Smoke poster, A3 code 83
- 1 x Animals Thank You poster, A3 code 23
- 120 x Animals Thank You bookmarks code 24
- 1 x Smokefree Bingo Game code 334
- 100 x Smokefree! snappers code 27

Primary Tobacco Resource Pack
20% off regular catalogue prices
 £45 code 365

NEW!



SECONDARY TOBACCO RESOURCE PACK

- 1 x A-Z Smokefree World poster, A2 code 82
- 1 x Charlie Grey poster, A2 code 148
- 1 x Crazy World poster, A2 code 21
- 1 x Inside Story poster, A2 code 346
- 100 x Inside Story Leaflet code 345
- 1 x Craving poster, A3 code 149
- 1 x Grin Reaper poster, A3 code 100
- 1 x Spot the Difference poster, A3 code 30
- 1 x The Kiss poster, A3 code 22

- 1 x Up in Smoke poster, A3 code 83
- 1 x I Quit - Who to Call poster, A3 code 235
- 60 x I Quit! Day You Stop postcards code 28
- 100 x I Quit! booklet code 31
- 100 x Sex and Smoking leaflet code 58
- 1 x Smokefree Bingo Game code 334
- 120 x No Smoking stickers code 333

Secondary Tobacco Resource Pack
20% off regular catalogue prices
 £100 code 366

NEW!



ALCOHOL & DRUGS RESOURCE PACK

- 2 x Binge Britain poster, A2 code 189
- 100 x Cheers! Your Health leaflet code 142
- 100 x Cannabis & Tobacco leaflet code 239
- 100 x Healthy Highs minibooks code 113
- 100 x Cheers! Your Health snappers code 359

Alcohol & Drugs Resource Pack
20% off regular catalogue prices
 £55 code 367



CHEERS – YOUR HEALTH snapper
 A4 with folding instructions
 pack of 50 £5.50
 code 359

NEW!
 NEW!
 NEW!



NEW!



BREAKFAST RESOURCE PACK

- 50 x Good Grub leaflets..... code 221
- 1 x You Need Breakfast poster, A3code 44
- 50 x You Need Breakfast postcards.....code 96
- 50 x Breakfast miniquizbooks code 343

- 50 x Breakfast snappers code 321
- 120 x Breakfast stickers code 322
- 1 x Join the Breakfast Club poster code 379

Breakfast Resource Pack
At least 10% off regular catalogue prices
 £34 code 370

NEW!



JOIN THE BREAKFAST CLUB! poster
 A3, £1.50
 code 379

NEW!



BREAKFAST magnet
 pack of 10, £4
 82mm x 52mm, code 399

LUNCHBOX magnet
 pack of 10, £4
 82mm x 52mm,
 code 398

NEW!



NEW!



KEEP ME COOL magnet
 packs of 10, £4
 82mm x 52mm,
 code 400

NEW!



LUNCHBOX RESOURCE PACK

- 50 x Healthy Lunchbox leafletscode 91
- 1 x Lunchbox poster, A3..... code 314
- 1 x Keep Me Cool – Lunchbox poster code 102
- 50 x Lunchbox Snappers..... code 315
- 50 x Good Grub miniquizbooks..... code 305
- 50 x Keep Me Cool postcards.....code 92
- 120 x Lunchbox stickers..... code 316

Lunchbox Resource Pack
At least 10% off regular catalogue prices
 £34 code 369

LUNCHBOX sticker collection card
 pack of 50, £6
 A6 folds to A7, code 347

NEW!



For more information and online versions of resources, visit www.comiccompany.co.uk **coco 2008** Page 5

RESOURCE PACKS – NEW FOR 2008!

NEW!
NEW!
NEW!



NEW!



SMILE PLEASE – ORAL HEALTH RESOURCE PACK

30 x Smile Please bookletscode 63
 50 x Acid Attack postcardscode 87
 1 x Acid Attack! poster, A3code 75
 50 x Good Breath Guide postcardscode 187
 1 x Good Breath Guide poster, A3code 146
 1 x Give Your Teeth a Makeover poster, A3 .code 145
 60 x Teeth Makeover bookmarkscode 186

1 x Pierced Spike poster, A3code 147
 50 x Smile Please snapperscode 358

Smile Please – Oral Health Resource Pack
At least 15% off regular catalogue prices
 £34code 371

NEW!



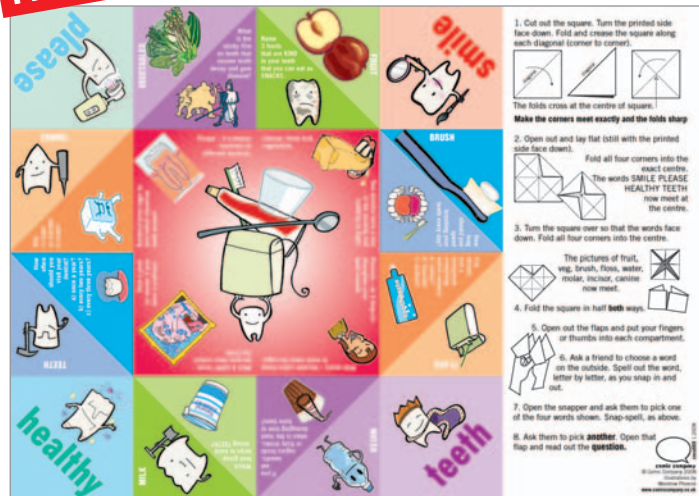
SUNWISE RESOURCE PACK

50 x SunWise Slip Slap Slop leafletcode 60
 1 x SunWise colouring & activity sheetscode 336
 50 x SunWise miniquizbookscode 36
 1 x Stay Safe in the Sun poster, A3code 97
 1 x SunWise Spot the Difference poster, A3code 190
 1 x SunWise Slip Slap Slop poster, A3code 59

120 x SunWise Slip Slap Slop stickerscode 61
 50 x SunWise snapperscode 357

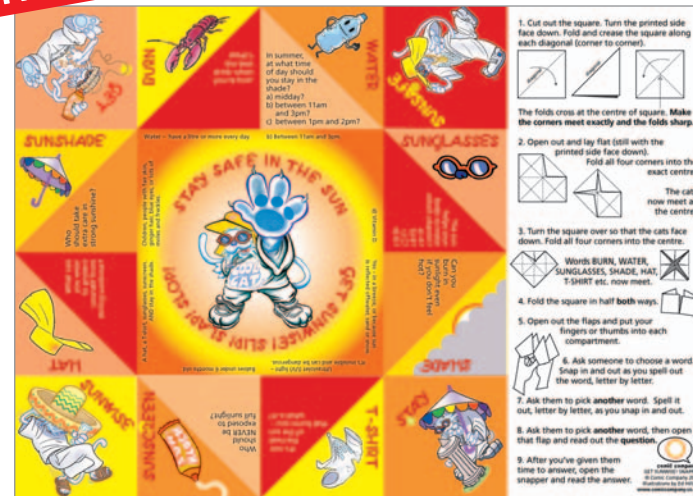
Sunwise Resource Pack
At least 10% off regular catalogue prices
 £34code 372

NEW!



SMILE PLEASE snapper
 A4 with folding instructions
 pack of 50, £5.50
 code 358

NEW!



SUNWISE snapper
 A4 with folding instructions
 pack of 50, £5.50
 code 357

HOW TO BEE HAPPY minibook and poster **NEW!**

Well-beeing can be learnt! Many schools and youth groups are developing comprehensive happiness programmes. Our new leaflet and poster offer really practical suggestions that could make a big difference.



HOW TO BEE HAPPY minibook

A4, folds to 8pp 75mm x 105mm, packs of 50, £5.50
code 410



HOW TO BEE HAPPY poster A3, £1.50, code 411

TEDDY posters, snapper and magnets



SAFE TEDDY CLUNK-CLICKS! poster, A3, £1.50
code 383

HEALTHY TEDDY magnets pack of 10, £4
82mm x 52mm, code 396

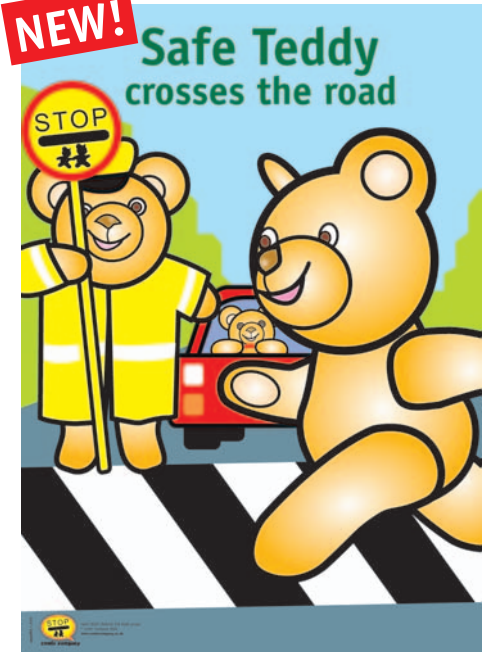


HEALTHY TEDDY snapper A4 with folding instructions pack of 50 £5.50
code 356

NEW!



NEW!



SAFE TEDDY CROSSES THE ROAD poster A3, £1.50, code 381

NEW!



TEDDY USES A POTTY poster A3, £1.50, code 380

BEE HAPPY / NEW RESOURCES

NEW!
NEW!
NEW!



HAPPY HEART snapper, bookmarks & magnet

For more HAPPY HEART resources, see page 39.



HAPPY HEART snapper
A4 with folding instructions
pack of 50 £5.50
code 355



HAPPY HEART bookmarks
pack of 60. £5
code 393



HAPPY HEART magnets
pack of 10, £4
82mm x 52mm,
code 395

coco 2008 Page 8 For more information and online versions of resources, visit www.comiccompany.co.uk

THE EATWELL PLATE
THE BALANCE OF GOOD HEALTH

For 2008 we are adding to our highly successful BALANCE OF GOOD HEALTH resources. We are now also making resources featuring THE EATWELL PLATE.

The Eatwell Plate is the Food Standards Agency's new name for the Balance of Good Health. Changes have been made to some of the colours and names of the food groups, but the nutritional concepts have not changed. The types of food in the groups, and the proportions in which you should eat them, remain exactly the same.

There have always been a number of slightly different plate models used in the UK. We are now offering a choice. If you're already using Balance of Good Health materials, you can still get them from us. During 2008, we will also be introducing Eatwell versions of all our most popular lines.

For more Balance of Good Health resources, see page 20.



BALANCE OF GOOD HEALTH magnets
pack of 10, £4
82mm x 52mm,
code 304



BALANCE OF GOOD HEALTH (BOGH) RESOURCE PACK

- 1 x BOGH Activity Sheets code 301
- 1 x BOGH Bingo Game..... code 302
- 1 x Good Grub Game, Set & Match pack code 176
- 1 x BOGH poster, A3 code 108
- 1 x BOGH poster, A2 code 306

- 1 x Eat 2b Fit poster, A3 code 110
- 1 x Top Grub Game code 307
- 50 x Good Grub snappers..... code 222
- 50 x BOGH miniquizbooks code 305

Balance of Good Health Resource Pack
At least 10% off regular catalogue prices
£34 code 368



EATWELL PLATE floormat and GOOD GRUB FOOD CARDS

Giant roll-out floormat in heavy-duty vinyl, with 40 double-sided laminated food cards to play active games.

EATWELL PLATE floormat (1 metre x 1.2 metres) and **GOOD GRUB FOOD CARDS** £55, code 415

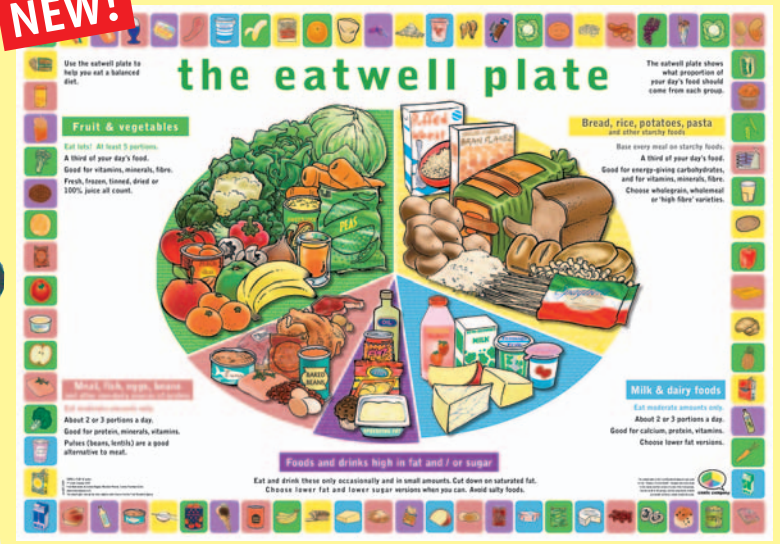
Extra pack of **GOOD GRUB FOOD CARDS** £5.50, code 348



NEW!

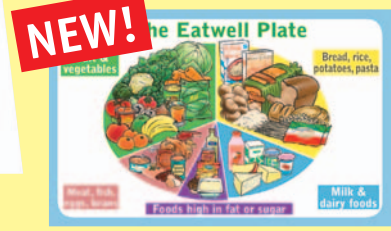


NEW!



EATWELL PLATE poster A2, £2, code 382

NEW!



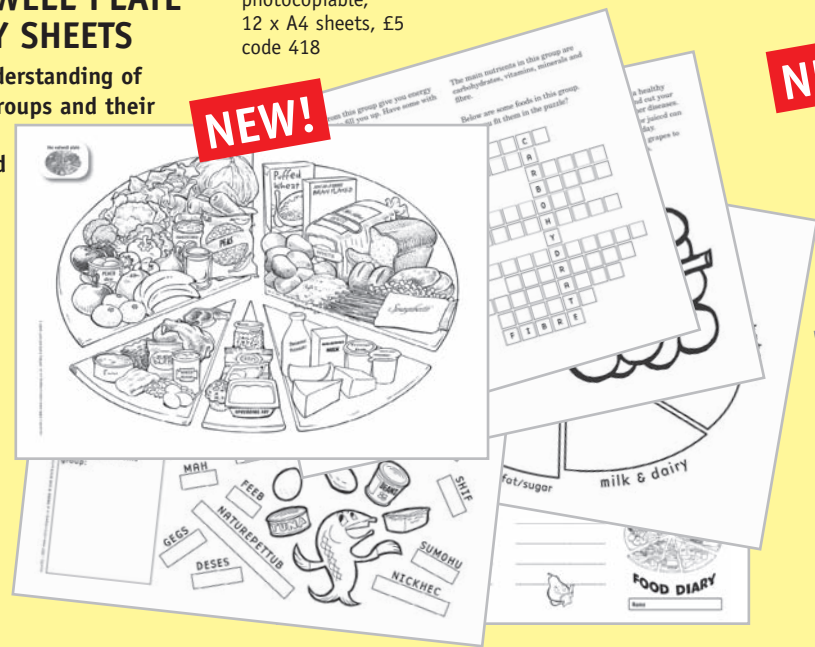
EATWELL PLATE magnet 85mm x 55mm, packs of 10, £4, code 403

EATWELL PLATE GAME and EATWELL PLATE ACTIVITY SHEETS

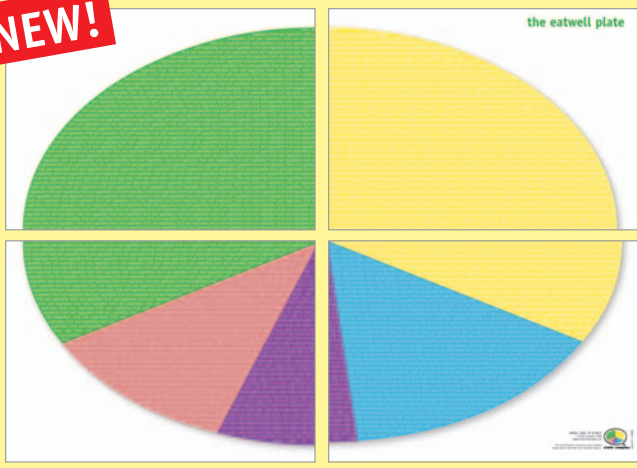
Develops understanding of the 5 food groups and their contribution to a balanced diet.

EATWELL PLATE activity sheets photocopiable, 12 x A4 sheets, £5 code 418

NEW!



NEW!



EATWELL PLATE GAME 4 x A4 gloss laminated card sheets fit together to make an empty Eatwell Plate. Photocopiable info, games and diary on the reverse. Plus a set of **GOOD GRUB FOOD CARDS**. £9.50 code 417

NEW!



EATWELL PLATE postcard pack of 50, £6, code 416

THE EATWELL PLATE

NEW!
NEW!
NEW!





GOOD GRUB SNAKES & LADDERS

Everybody knows and loves Snakes and Ladders. Now we've given the game an extra twist. Answer healthy eating questions to go up ladders and avoid slithering down snakes.

GOOD GRUB SNAKES & LADDERS game
1 x A4 gameboard with instructions,
3 x A4 cards to be cut up to make 54 quiz cards
£5.50
code 405



MOVE IT magnets
82mm x 52mm,
pack of 10
5 different designs, £4
code 397

MOVE IT! BADGES & MAGNETS



MOVE IT badges
54mm diameter,
8 different designs
with safety pin,
pack of 16, £4.50
code 353
Actual size shown left

GOOD GRUB BADGES

GOOD GRUB badges
54mm diameter, 8 different designs
with safety pin, pack of 16, £4.50
code 352
Actual size shown right



NEW! MAGNETS

REALLY COOL WATER magnet
82mm x 52mm, pack of 10, £4
code 401



WASH YOUR HANDS magnet
82mm x 52mm, pack of 10, £4
code 402



NEW!
NEW!
NEW!



healthy teddy

Healthy Teddy promotes key health messages – eat, drink, be active, be safe.



HEALTHY TEDDY poster-frieze 597mm x 210mm £1.50 code 143



HEALTHY TEDDY GETS ACTIVE poster-frieze 597mm x 210mm £1.50 code 244



SUNWISE TEDDY poster-frieze 594 x 210mm, £1.50 code 144



HEALTHY TEDDY stickers
6 designs, 24 colourways
27mm diameter
pack of 96, £4
code 180

HEALTHY TEDDY
bookmarks
6 designs
50mm x 210mm
pack of 60, £5
code 179



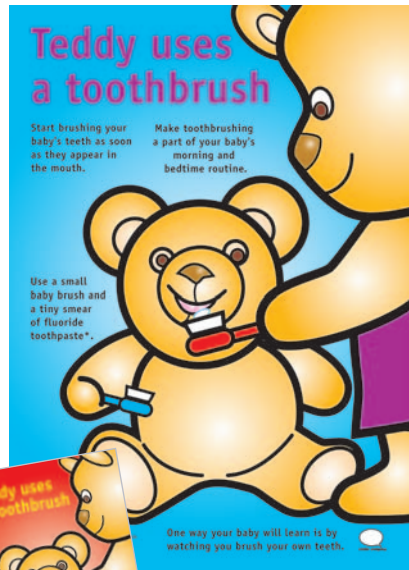
HEALTHY TEDDY
praiselets
12 assorted
bands on A4
sheet
Easy to cut
with self-
adhesive tab
pack of 60 bands,
£4.50
code 324



SUNWISE TEDDY
bookmarks
6 designs, 50 x 210mm
pack of 60, £5
code 191

SUNWISE TEDDY stickers pack
6 designs, 24 colourways
27mm diameter, pack of 96, £4
code 192

TEDDY SAYS BRUSH YOUR TEETH



TEDDY USES A TOOTHBRUSH poster A3, £1.50, code 188
postcard A6, pack of 50, £6 code 202



TEDDY BRUSHES TEETH stickers pack
6 designs, 24 colourways, 27mm diameter,
pack of 96, £4, code 243

For NEW Teddy POSTERS, SNAPPER & MAGNETS, see page 7.

HEALTHY TEDDY ARTLINES

HEALTHY TEDDY artlines
photocopiable
8 x A4 sheets, 16 images,
£5, code 323



SMOKEFREE TEDDY



SMOKEFREE TEDDY poster
A3, £1.50, code 325
postcard A6,
pack of 50, £6 code 326

TEDDY SAYS WASH YOUR HANDS



HEALTHY TEDDY WASH YOUR HANDS poster A3, £1.50, code 241
postcard A6, pack of 50, £6 code 246

HEALTHY TEDDY WASH YOUR HANDS stickers pack
8 designs, 24 colourways, 27mm diameter, pack of 96, £4, code 242



For the BEST-SELLING HEALTHY TEDDY COMPLETE RESOURCE PACK SEE PAGE 30

healthy teddy





HEALTHY EATING - SEATS!



SEATS!

FIVE endearing characters star in a range of fun resources that encourage children to EAT 5! fruit and veg every day.

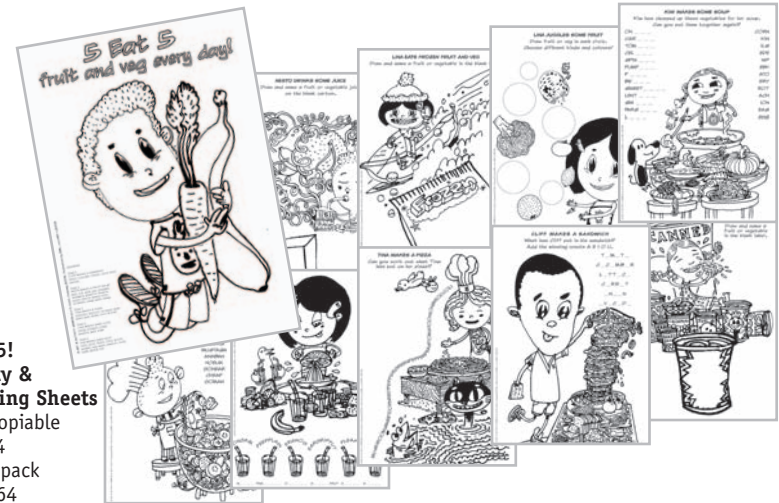


5 EAT 5! leaflet
4 pages x A5
£10 per 50
For bulk copies,
see PRICE BOX B
p22
code 166



5 EAT 5! bookmarks
6 designs
50mm x
210mm
pack of 60, £5
code 165

5 EAT 5! snapper
A4 with cut-away
folding instructions
pack of 50, £5.50
code 167



5 EAT 5! Activity & Colouring Sheets Photocopiable
10 x A4
£5 per pack
code 164



5 EAT 5! stickers
24 different designs
27mm diameter
pack of 96, £4
code 168

Three posters can be used singly, or joined together to make a continuous wall-frieze.



EAT 1,2,3,4,5! poster-frieze 597mm x 210mm £1.50 code 55



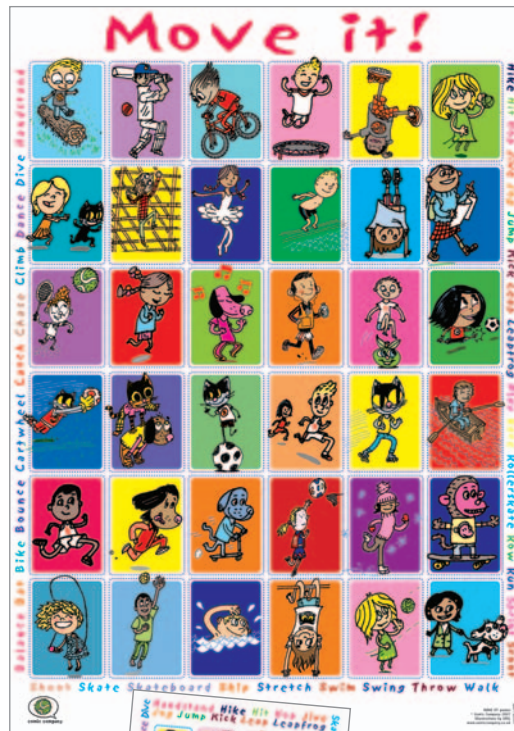
MAKE 5! poster-frieze 597mm x 210mm £1.50 code 136



BINGO GAME, POSTER, POSTCARD, STICKERS and BOOKMARKS encourage children to be active.



MOVE IT! BINGO game
8 x A4 gloss card sheets cut up to make 8 game boards, 72 playing cards (2 sets of 36), £5.50, code 337



MOVE IT! poster
A3, £1.50, code 339



MOVE IT! bookmarks
6 different designs, 50mm x 210mm pack of 60, £5, code 338



MOVE IT! postcard
A6, pack of 50, £6 code 340

MOVE IT! stickers
40 different designs pack of 120 stickers, £4, code 216



1,2,3,4,5 WAYS TO EAT 5! poster-frieze 597mm x 210mm £1.50 code 90



5 GET ACTIVE - MOVE IT! poster-frieze 597mm x 210mm £1.50 code 215

For more information and online versions of resources, visit www.comiccompany.co.uk **coco 2008** Page 15

MOVE IT!



comic company

For our NEW Balance of Good Health PACK and EATWELL resources, see pages 8 & 9.

The Balance of Good Health

GOOD GRUB!

This lively range of mix and match materials covers key healthy eating messages – healthy breakfast, snacks, lunch, balanced diet, drinks, exercise. Brilliant for primary and secondary schools, covers Key Stages 1 and 2, and aspects of Key Stage 3. There's something for everyone.

For our NEW Breakfast PACK, POSTER & MAGNETS, see page 5.



GOOD GRUB leaflet
8 pages, 148mm x 99mm
pack of 50 £10
For bulk copies, see PRICE BOX B p22
code 221

All the key **HEALTHY EATING** messages brought together in one delightful leaflet!
Includes a really useful **HOW WELL AM I DOING?** checklist.



BREAKFAST poster A3, £1.50,
code 44
postcard, A6 pack of 50, £6,
code 96



BREAKFAST zigzag miniquizbook
A4, folds to A7
pack of 50, £5.50
with folding instructions
code 343



GOOD GRUB / BALANCE OF GOOD HEALTH snapper
A4 with folding instructions
pack of 50
£5.50
code 222

GOOD GRUB / BALANCE OF GOOD HEALTH zigzag miniquizbook
A4, folds to A7, pack of 50, £5.50
with folding instructions
code 305



For our NEW Lunchbox PACK & MAGNETS, see page 5.



BREAKFAST stickers
12 different designs, 45mm diameter (actual size shown right) pack of 60, £4 code 322



BREAKFAST snapper
A4 with folding instructions pack of 50 £5.50 code 321



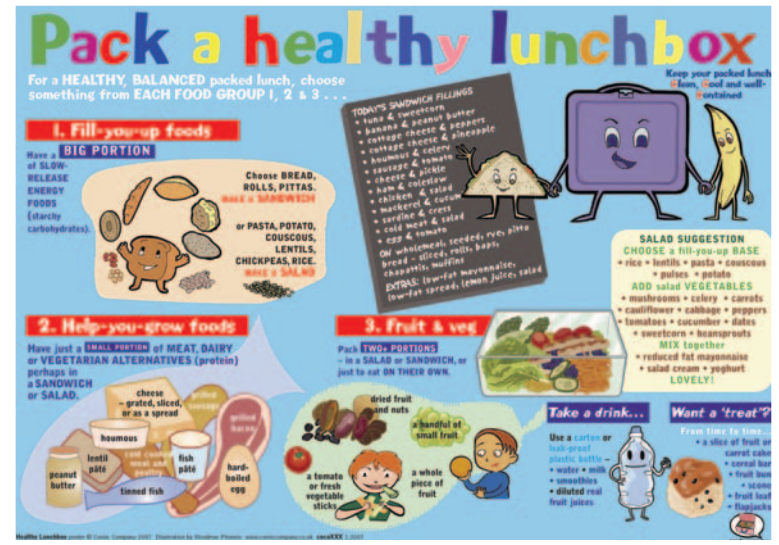
healthy lunchbox

Tips on what to pack in your lunchbox in line with the Balance of Good Health. Includes **KEEP ME COOL, KEEP ME CLEAN** lunchbox safety tips in a fun comic format – also available as a postcard and poster.



LUNCHBOX leaflet
folded A4, £10 per 50
For bulk copies, see PRICE BOX B p22 code 91

LUNCHBOX stickers
12 different designs, 45mm diameter pack of 60, £4 code 316



LUNCHBOX poster
A3, £1.50, code 314



LUNCHBOX snapper
A4 with folding instructions pack of 50 £5.50 code 315



KEEP ME COOL, KEEP ME CLEAN postcard
A6, pack of 50, £6, code 92



KEEP ME COOL, KEEP ME CLEAN poster
A3, £1.50, code 102



For more information and online versions of resources, visit www.comiccompany.co.uk coco 2008 Page 17

HOW WELL AM I DOING?

1 I had a healthy breakfast
2 I ate 5 portions of fruit and veg
3 I got energy from starchy foods - bread, rice, spuds etc
4 I had some dairy foods - milk, cheese, yoghurt
5 I drank lots of water
6 I ate something new
7 I was active for at least an hour
8 I brushed my teeth twice for 2 minutes

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

BALANCE OF GOOD HEALTH

vegetables
bread, cereals, potatoes

BALANCE OF GOOD HEALTH

The main nutrients in this group are protein, minerals and vitamins. Pulses like beans and lentils are a good alternative to meat.

BALANCE OF GOOD HEALTH

MEAT, FISH and ALTERNATIVES GROUP

Juggling Pub has jumbled all the foods in this group. Can you work out what they are?

BALANCE OF GOOD HEALTH

MEAT, FISH and ALTERNATIVES GROUP

eat lots of this group - at least 10 portions every day!

This group contains many important nutrients, including vitamins, minerals and fibre. Fruit and vegetables can help you feel better, look better, and give you more energy.

They can help you maintain a healthy weight, improve your lungs, and cut your risk of getting cancer and other diseases. Fresh, frozen, dried, canned or juiced are all great sources your day.

Uncover the letters in the grapes to find more fruit and vegetables.

BALANCE OF GOOD HEALTH

Foods from this group give you energy and help to fill you up. Have some with every meal.

The main nutrients in this group are carbohydrates, vitamins, minerals and fibre.

Below are some foods in this group. Can you fit them in the puzzle?

Other foods in this group:

bread, pizza, macaroni, cornflakes, spaghetti, rice, porridge, potato, puffball, rice

C
A
B
D
H
Y
R
A
T
F
I
B
R
E

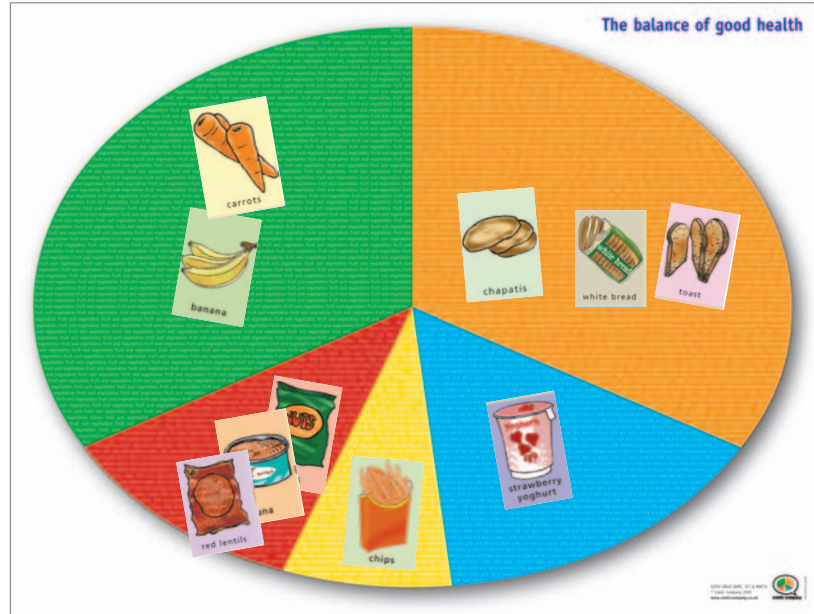
GOOD GRUB / BALANCE OF GOOD HEALTH activity sheets

Develop understanding of the 5 food groups and their contribution to a balanced diet. Suitable for ages 7-12.

BALANCE OF GOOD HEALTH activity sheets photocopyable, 12 x A4 sheets, £5 code 301

GOOD GRUB GAME, SET & MATCH pack

Fun CUT-OUT GAMES reinforce the BALANCE OF GOOD HEALTH message. Pack contains 72 food images and four A4 cards to make a big A2 empty "plate".



With suggestions for activities to develop knowledge of the different food groups. Also use as flash cards or for setting games.

GOOD GRUB GAME, SET AND MATCH pack, 8 x A4 gloss card sheets. With notes and instructions. £5.50 code 176

THE GOOD SNACK GUIDE

SNACKS AREN'T ALWAYS BAD FOR YOU. BUT MOST SNACKS IN PACKS ARE LOADED WITH ADDED SUGAR, FAT & SALT. Always, always, always, always, always! Don't have much to choose from? Try this one. Just check the labels and eat!

• A snack can help you grow.
• Snacks can provide vital nutrients for children, teens & older people.

• Choose, eat, enjoy, play, repeat.
• Make a smoothie.
• Chop fresh fruit into some natural yogurt.

• Have popcorn, biscuits, white cabbage, carrots, cauliflower, celery, cucumber.
• Dip into hummus or cottage cheese.

• Stuff a pizza with salad veg.
• Fill a granola with soft fruit & top with yogurt.
• Have a bowl of fruit salad.
• Top a bowl of cereal with fresh or dried fruit.

• don't snack too often
• keep off sugary, salty and fatty snacks
• go for fruit and veg snacks instead
your teeth and your waistline should be yours for life!

HEALTHY SNACKS

THE GOOD SNACK GUIDE

MAKE YOUR SNACKS COUNT TOWARDS YOUR 5 PORTIONS OF FRUIT AND VEG EVERY DAY!

JUST WANT SOMETHING JOICYY?

CRAVING SOMETHING CRUNCHYY?

NEEDING SOMETHING SWEETYY?

ARE YOU REALLY RAVENOUSYY?

THE GOOD SNACK GUIDE poster A3, £1.50, code 101
THE GOOD SNACK GUIDE postcard A6, pack of 50, £6, code 313



BALANCE OF GOOD HEALTH BINGO game

Fun game promotes understanding of the 5 food groups.



BALANCE OF GOOD HEALTH BINGO game
8 x A4 gloss card sheets cut up to make 9 game boards and 63 food cards.
£5.50
code 302

Salt...
ONE gram.

TOP GRUB! GAME

Brilliant new game develops knowledge of the nutrients in everyday foods. Based on popular trading card games, players take turns to select a nutrient category. The food with the best nutritional value wins. Encourages understanding of food labels.



TOP GRUB game,
64 playing cards. With
instructions. £6
code 307

I WIN!
Mine's got
ZERO grams!

BALANCE OF GOOD HEALTH floormat and GOOD GRUB FOOD CARDS

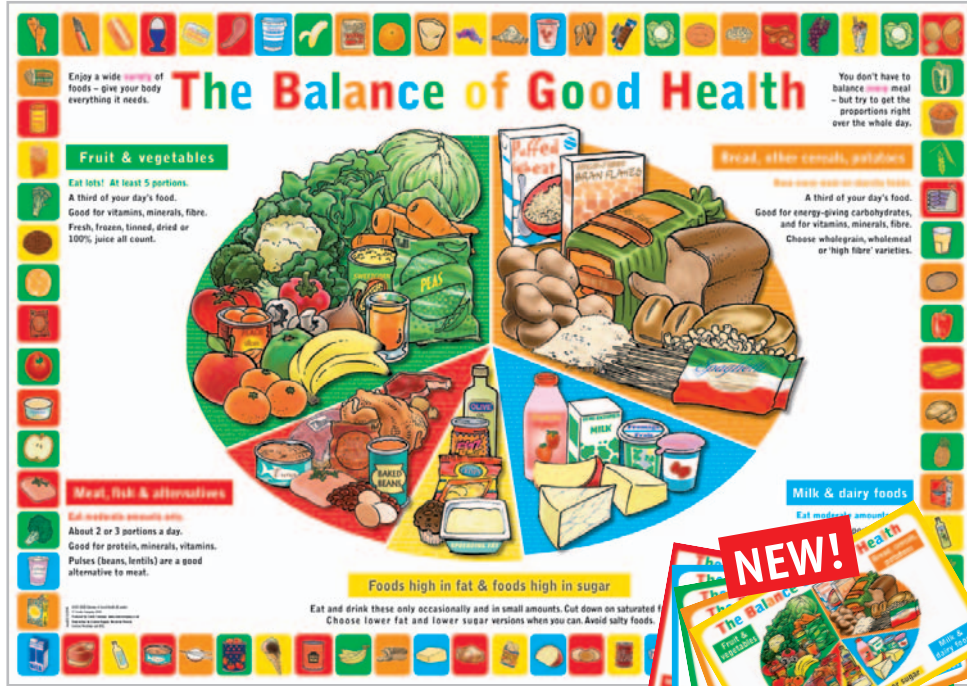
Giant roll-out floormat in heavy-duty vinyl, with 40 double-sided laminated cards to play active games.



BALANCE OF GOOD HEALTH floormat
(1 metre x 1.2 metres) and **GOOD GRUB FOOD CARDS** £55, code 303
Extra pack of **GOOD GRUB FOOD CARDS**
£5.50, code 348

For more information and online versions of resources, visit www.comiccompany.co.uk coco 2006 Page 19

EAT 2B FIT & THE BALANCE OF GOOD HEALTH



BALANCE OF GOOD HEALTH poster A2, £2, code 306

BALANCE OF GOOD HEALTH magnets 82mm x 52mm, pack of 10, £4, code 304



BALANCE OF GOOD HEALTH poster A3, £1.50 code 108



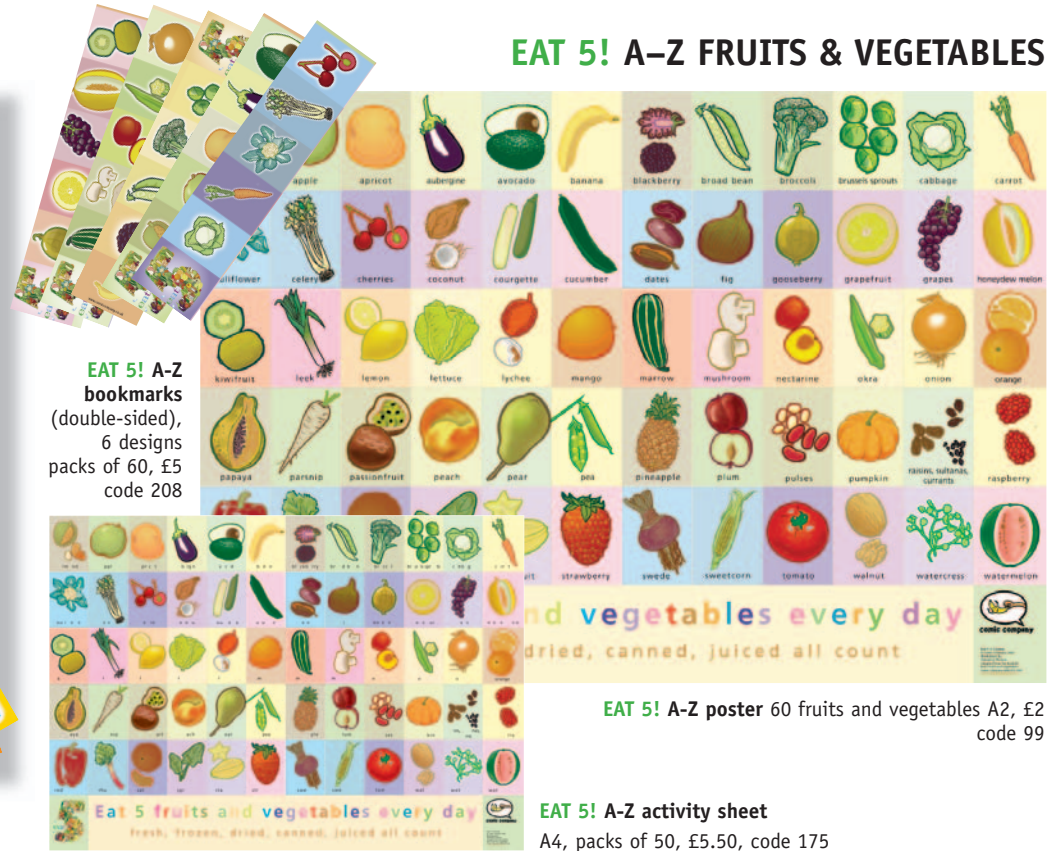
BALANCE OF GOOD HEALTH postcard A6, pack of 50, £6 code 107



EAT 2B FIT bookmarks 6 designs, double-sided, 50mm x 210mm pack of 60, £5 code 111



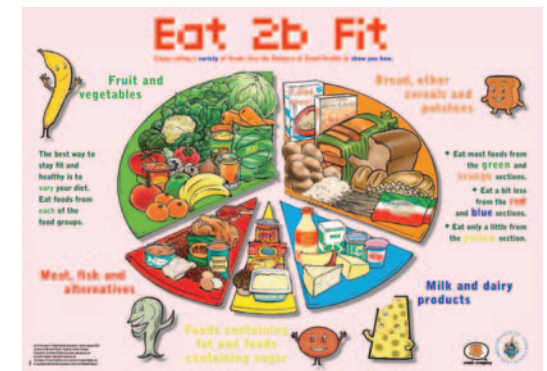
EAT 5! A-Z FRUITS & VEGETABLES



EAT 5! A-Z bookmarks (double-sided), 6 designs, packs of 60, £5 code 208

EAT 5! A-Z poster 60 fruits and vegetables A2, £2 code 99

EAT 5! A-Z activity sheet A4, packs of 50, £5.50, code 175



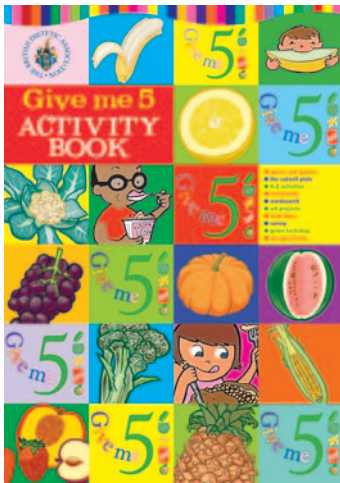
EAT 2B FIT poster A3, £1.50 code 110



EAT 2B FIT postcard A6, pack of 50, £6 code 109



EAT 2B FIT stickers 50mm, pack of 60, £4 code 112

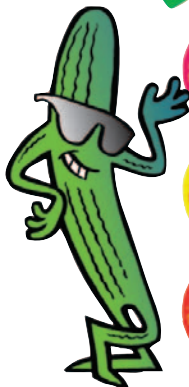


GIVE ME 5 activity pack
Includes 50-page A4 photocopiable
Activity Book, 2 posters, sample
snapper, bookmarks & stickers
£22
code 12



GIVE ME 5 bookmarks
297mm x 35mm
8 different designs
pack of 100, £6
code 17

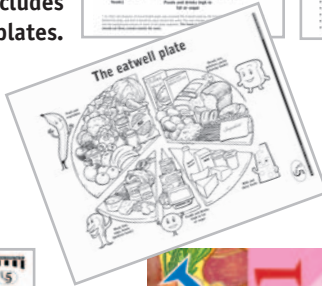
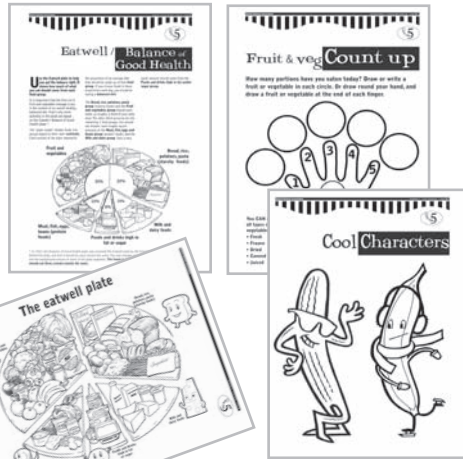
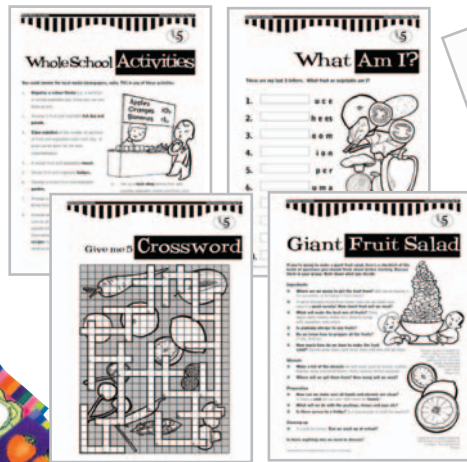
GIVE ME 5 stickers, 12 designs
27mm diameter, pack of 96, £4
code 14



GIVE ME 5 Activity Book REVISED 2008

A great range of photocopiable activity and fact sheets promote eating 5-a-day, in the broader context of a healthy balanced diet.

Loads of activities for individuals, groups and whole schools. Crosswords, puzzles, diary, surveys, and group games. Now includes **EATWELL PLATE** templates.



GIVE ME 5 snapper
A4, with cut-away
folding instructions
pack of 50, £5.50
code 13



GIVE ME 5: ALL THESE COUNT
A2, £2
code 16

GIVE ME 5!
created for the
British Dietetic
Association's
FOOD FIRST/
GIVE ME 5 Campaign
www.bda.uk.com

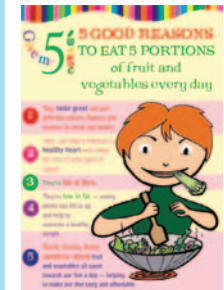


5 GOOD REASONS TO EAT 5! leaflet-poster

For all ages. What counts as a portion plus snacks and recipes for round the clock.



For all ages. What counts as a portion plus snacks and recipes for round the clock.



5 GOOD REASONS TO EAT 5! PORTIONS leaflet-poster
4 pages x A5, plus A3 fold-out poster
£20 per 50. For bulk copies, see PRICE BOX A p22 code 42

FUN WAYS WITH FRUIT & VEG leaflet-poster

Snack and recipe suggestions to encourage young people to eat five portions of vegetables and fruit every day.

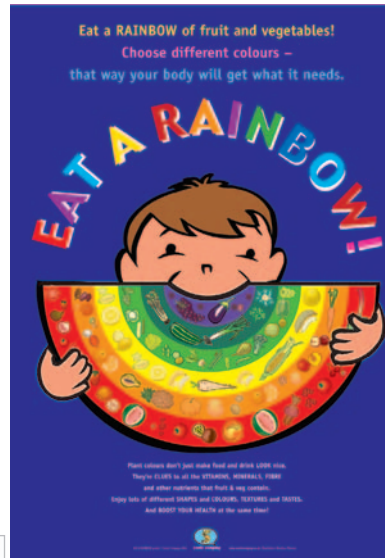


FUN WAYS WITH FRUIT & VEG leaflet-poster
4 pages x A5, plus A3 fold-out poster
£20 per 50. For bulk copies, see PRICE BOX A p22 code 43

EAT A RAINBOW!

Bookmarks and activity sheets promote the message that colours are a clue to the many good things fruit and veg contain.

EAT A RAINBOW
poster
A3
£1.50
code 128
postcard
A6
pack of 50, £6
code 174



EAT A RAINBOW activity sheets 2 kinds, A4 pack of 50, (2 x 25), £5.50, code 173



EAT A RAINBOW
bookmarks
6 designs
50mm x
210mm
pack of 60, £5
code 172



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Delivery normally takes a week but may take up to 10 days from when we receive your order. If your order is urgent, or you need it by a specific date, please ring and speak to someone. We can usually help. If your goods have not arrived after a fortnight, let us know and we'll track the parcel online.

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Standard delivery is £6. We use a 48-hour signed-for service. We can send urgent UK mainland orders by 24-hour signed-for service, which costs an additional £1.50 (total cost £7.50).

Lightweight or very small orders

For security reasons we prefer to send all orders by signed-for service. But very light, small orders can be sent by 1st class mail at a cost of £4.50. However, we cannot accept responsibility for these orders getting 'lost' in the post or in large organisations' stores. We strongly recommend using the signed-for service.

We prefer not to send packages to home addresses on signed-for service in case there is no-one in to sign for it. However, if this happens, the package will be taken to a local post office for personal collection.

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Carriage from London to some parts of the UK is (regrettably) costly. These areas include Northern Ireland, the Isle of Man, Scilly Isles and the Scottish Highlands and Islands.

We can send parcels up to 2kg by post (£6), but for heavier parcels we have to use a 48-hour signed-for service which costs £10.

For the Channel Islands and non-UK orders delivery is at cost. Please contact us for an estimate, or leave it to us to calculate and add to your invoice.

CUSTOMER FEEDBACK

Please let us know as soon as possible if there is any problem with your order. For example, if there is something missing, or something has been damaged in transit, we need to rectify things within 30 days.

All our POSTERS are folded to A4.

LEAFLET PRICES vary according to quantity ordered.
MINIMUM ORDER 50 COPIES PER TITLE. MULTIPLES OF 50, PLEASE.

PRICE BOX A

5 GOOD REASONS leaflet-poster
ARE YOU GETTING ENOUGH? booklet
EAT 5! booklet
FUN WAYS WITH FRUIT & VEG leaflet-poster
I QUIT! booklet
SMILE PLEASE booklet
WEIGHTWISE SMALL CHANGES leaflet-poster
50+ copies £20 per 50 (40p ea)
250+ copies £18 per 50 (36p ea)
500+ copies £16.50 per 50 (33p ea)
1000+ copies £15 per 50 (30p ea)

PRICE BOX B

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BABY STARTS SOLIDS leaflet
CANNABIS & TOBACCO leaflet
CHEERS! YOUR HEALTH leaflet
COOL KIDS USE CUPS leaflet
FATS OF LIFE leaflet
GOOD GRUB leaflet
GOOD HEART FOOD leaflet
HEALTHY LUNCHBOX leaflet
SEX & SMOKING leaflet
SUNWISE SLIP! SLAP! SLOP! leaflet
THINK PURPLE leaflet
50+ copies . . . £10 per 50 . . (20p ea)
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SALT leaflet
SUGAR leaflet
SWIMFIT leaflet
WALKFIT leaflet
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250+ copies . . . £7 per 50 . . (14p ea)
1000+ copies . £6.50 per 50 (13p ea)

PRICE BOX D

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EATFIT leaflet
INSIDE STORY leaflet
MEN! MIND YOUR HEALTH leaflet
SIZE MATTERS leaflet
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HEALTHY EATING RESOURCE PACK ONE	p30	£55		223	£
HEALTHY EATING RESOURCE PACK TWO	p31	£55		224	£
5 EAT 5! activity sheets	p14	£5		164	£
5 EAT 5! bookmarks	p14	packs of 60, £5		165	£
5 EAT 5! leaflet	p14	packs of 50, £10	B	166	£
5 EAT 5! – 1, 2, 3, 4, 5 WAYS! poster-frieze	p15	£1.50		90	£
5 EAT 5! – EAT 1, 2, 3, 4, 5! poster-frieze	p14	£1.50		55	£
5 EAT 5! – MAKE 5! poster-frieze	p14	£1.50		136	£
5 EAT 5! snapper	p14	packs of 50, £5.50		167	£
5 EAT 5! stickers	p14	packs of 96, £4		168	£
5 WAYS TO EAT 5! poster	p32	£1.50		53	£
5 WAYS TO EAT 5! postcard	p32	packs of 50, £6		86	£
ARE YOU GETTING ENOUGH? booklet	p35	packs of 50, £20	A	11	£
ARE YOU GETTING ENOUGH? poster	p35	£1.50		45	£
BABY STARTS SOLIDS leaflet	p11	packs of 50, £10	B	169	£
BALANCE OF GOOD HEALTH RESOURCE PACK	p8	£34		368	£
BALANCE OF GOOD HEALTH activity sheets	p18	£5		301	£
BALANCE OF GOOD HEALTH BINGO game	p19	£5.50		302	£
BALANCE OF GOOD HEALTH floor mat & cards	p19	£55		303	£
BALANCE OF GOOD HEALTH magnets	p20	packs of 10, £4		304	£
BALANCE OF GOOD HEALTH/GOOD GRUB miniquizbook	p16	packs of 50, £5.50		305	£
BALANCE OF GOOD HEALTH poster, A3	p20	£1.50		108	£
BALANCE OF GOOD HEALTH poster, A2	p20	£2		306	£
BALANCE OF GOOD HEALTH postcard	p20	packs of 50, £6		107	£
BALANCE OF GOOD HEALTH/GOOD GRUB snapper	p16	packs of 50, £5.50		222	£
BIG FRUITS poster	p33	£2		01	£
BIG FRUITS postcard	p33	packs of 50, £6		170	£
BIG VEGETABLES poster	p33	£2		02	£
BIG VEGETABLES postcard	p33	packs of 50, £6		171	£
BREAKFAST RESOURCE PACK	p5	£34		370	£
BREAKFAST magnet	p5	packs of 10, £4		399	£
BREAKFAST miniquizbook	p16	packs of 50, £5.50		343	£
BREAKFAST postcard	p16	packs of 50, £6		96	£
BREAKFAST poster	p16	£1.50		44	£
BREAKFAST – JOIN THE CLUB poster	p5	£1.50		379	£
BREAKFAST snapper	p17	packs of 50, £5.50		321	£
BREAKFAST stickers	p17	packs of 60, £4		322	£
CHECK THE LABELS leaflet	p36	packs of 50, £12.50	D	203	£
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CHECK THE LABELS folding card	p36	packs of 50, £6		205	£
CHECK THE LABELS poster	p36	£2		206	£
COUNT US IN! 5 WAYS poster-frieze	p34	£1.50		308	£
COUNT US IN! 5 WAYS postcard	p34	packs of 50, £6		309	£
DRINKFIT poster	p34	£2		310	£

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HEALTHY EATING continued	page	price	price box	code	quantity	total
EAT A RAINBOW poster	p22	£1.50		128	£
EAT A RAINBOW bookmarks	p22	packs of 60, £5		172	£
EAT A RAINBOW activity sheet, 2 kinds	p22	packs of 50, £5.50		173	£
EAT A RAINBOW postcard	p22	packs of 50, £6		174	£
EAT 5! A-Z bookmarks	p20	packs of 60, £5		208	£
EAT 5! A-Z poster	p20	£2		99	£
EAT 5! A-Z activity sheet	p20	packs of 50, £5.50		175	£
EAT 5! A-Z stickers	p29	packs of 120, £4		214	£
EAT 5! ARTLINES	p27	£5		46	£
EAT 5! badges	p28	packs of 16, £4.50		88	£
EAT 5! balloons	p28	packs of 20, £4.50		89	£
EAT 5! booklet	p35	packs of 50, £20	A	10	£
EAT 5! magnets	p28	packs of 8, £3.50		135	£
EAT 5! FRUIT & VEG mini-stickers	p29	packs of 280, £4		210	£
EAT 5! GAME, SET & MATCH PACK	p27	£5.50		98	£
EAT 5! MAP poster	p3	£1.50		377	£
EAT 5! minidiary	p27	packs of 50, £5.50		08	£
EAT 5! miniquizbook	p27	packs of 50, £5.50		09	£
EAT 5! munchmats	p28	packs of 50, £7.50		211	£
EAT 5! poster	p32	£1.50		07	£
EAT 5! praiselets	p28	packs of 60, £4.50		74	£
EAT 5! PUZZLE postcards	p27	packs of 50, £6		209	£
EAT 5! stickers	p29	packs of 96, £4		178	£
EAT 5! sticker collection card	p29	packs of 50, £6		212	£
EAT 5! WRITE-ON CROSSWORD poster	p32	£1.50		54	£
EATFIT leaflet	p35	packs of 50, £12.50	D	219	£
EATFIT poster	p35	£2		220	£
EATWELL PLATE activity sheets	p9	£5		418	£
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EATWELL PLATE GAME	p9	£9.50		417	£
EATWELL PLATE magnet	p9	packs of 10, £4		403	£
EATWELL PLATE poster, A2	p9	£2		382	£
EATWELL PLATE postcard	p9	packs of 50, £6		416	£
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FAT – SPREAD IT THIN poster	p37	£1.50		311	£
FAT – SPREAD IT THIN leaflet	p37	packs of 50, £7.50	C	312	£
GOOD GRUB / BOGH ACTIVITY SHEETS	p18	£5		301	£
GOOD GRUB FOOD CARDS	p9, 19	packs of 40, £5.50		348	£
GOOD GRUB GAME, SET & MATCH PACK	p18	£5.50		176	£
GOOD GRUB badges	p10	packs of 16, £4.50		352	£
GOOD GRUB leaflet	p16	packs of 50, £10	B	221	£
GOOD GRUB / BOGH miniquizbook	p16	packs of 50, £5.50		305	£
GOOD GRUB / BOGH snapper	p16	packs of 50, £5.50		222	£
GOOD GRUB SNAKES & LADDERS game	p10	£5.50		405	£

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HEALTHY EATING continued	page	price	price box	code	quantity	total
GOOD SNACK GUIDE poster	p18	£1.50		101	£
GOOD SNACK GUIDE postcard	p18	packs of 50, £6		313	£
GRABABANANA enamel badge	p28	£0.80 / 10 for £6.50		73	£
GREAT WAYS TO EAT 5! poster, A3	p32	£1.50		03	£
GREAT WAYS TO EAT 5! poster, A2	p33	£2		207	£
GREAT WAYS TO EAT 5! postcard	p33	packs of 50, £6		20	£
GREEN YOUR EATS poster	p32	£1.50		127	£
HEALTHY CHOICE ANIMAL praiselets	p28, 47	packs of 60, £4.50		132	£
HEALTHY CHOICE ANIMAL stickers	p29, 47	packs of 96, £4		133	£
HEALTHY CHOICE FRUIT & VEG stickers	p29	packs of 96, £4		134	£
HEALTHY CHOICE sticker collection card	p29	packs of 50, £6		228	£
LUNCHBOX RESOURCE PACK	p5	£34		369	£
LUNCHBOX leaflet	p17	packs of 50, £10	B	91	£
LUNCHBOX magnet	p5	packs of 10, £4		398	£
LUNCHBOX poster	p17	£1.50		314	£
LUNCHBOX snapper	p17	packs of 50, £5.50		315	£
LUNCHBOX stickers	p17	packs of 60, £4		316	£
LUNCHBOX sticker collection card	p5	packs of 50, £6		347	£
LUNCHBOX – KEEP ME COOL magnet	p5	packs of 10, £4		400	£
LUNCHBOX – KEEP ME COOL postcard	p17	packs of 50, £6		92	£
LUNCHBOX– KEEP ME COOL poster	p17	£1.50		102	£
PICK'N'MIX SALAD poster	p33	£1.50		56	£
REALLY COOL DRINKS poster	p34	£1.50		181	£
REALLY COOL DRINKS postcard	p34	packs of 50, £6		317	£
REALLY COOL WATER magnet	p10	packs of 10, £4		401	£
REALLY COOL WATER poster	p34	£1.50		182	£
REALLY COOL WATER postcard	p34	packs of 50, £6		201	£
SEASONS EATINGS poster	p33	£1.50		318	£
SALT – SHAKE THE HABIT poster	p36	£1.50		129	£
SALT – SHAKE THE HABIT leaflet	p37	packs of 50, £7.50	C	183	£
SUGAR – NO VALUE ADDED poster	p36	£1.50		130	£
SUGAR – NO VALUE ADDED leaflet	p37	packs of 50, £7.50	C	184	£
TOP GRUB game	p19	£6		307	£
WASH YOUR HANDS magnet	p10	packs of 10, £4		402	£
WASH YOUR HANDS poster	p34	£1.50		185	£
WASH YOUR HANDS postcard	p34	packs of 50, £6		199	£
WHAT'S A PORTION? poster, A3	p32	£1.50		06	£
WHAT'S A PORTION? poster, A2	p32	£2		213	£
WHAT'S A PORTION? postcard	p32	packs of 50, £6		05	£
WATER – EVERY BODY'S FAVOURITE poster	p34	£1.50		04	£
WATER – EVERY BODY'S FAVOURITE postcard	p34	packs of 50, £6		93	£
WHAT'S GOOD ABOUT FRUIT poster	p33	£2		319	£
WHAT'S GOOD ABOUT VEG poster	p33	£2		320	£
WHAT'S IN A FRUIT? poster	p32	£1.50		94	£

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HEALTHY EATING continued	page	price	price box	code	quantity	total
WHAT'S IN A VEGETABLE? poster	p32	£1.50		95	£
HEALTHY TEDDY						
HEALTHY TEDDY RESOURCE PACK 0–5	p30	£48		245	£
HEALTHY TEDDY ARTLINES	p13	£5		323	£
HEALTHY TEDDY bookmarks	p12	packs of 60, £5		179	£
HEALTHY TEDDY magnets	p7	packs of 10, £4		396	£
HEALTHY TEDDY poster-frieze	p12	£1.50		143	£
HEALTHY TEDDY praiselets	p12	packs of 60, £4.50		324	£
HEALTHY TEDDY stickers	p12	packs of 96, £4		180	£
HEALTHY TEDDY snapper	p7	packs of 50, £5.50		356	£
HEALTHY TEDDY GETS ACTIVE poster-frieze	p12	£1.50		244	£
HEALTHY TEDDY WASH YOUR HANDS poster	p13	£1.50		241	£
HEALTHY TEDDY WASH YOUR HANDS postcard	p13	packs of 50, £6		246	£
HEALTHY TEDDY WASH YOUR HANDS stickers	p13	packs of 96, £4		242	£
SAFE TEDDY CLUNK-CLICKS poster	p7	£1.50		383	£
SAFE TEDDY CROSSES THE ROAD poster	p7	£1.50		381	£
SMOKEFREE TEDDY poster	p13, 48	£1.50		325	£
SMOKEFREE TEDDY postcard	p13, 48	packs of 50, £6		326	£
SUNWISE TEDDY poster-frieze	p12	£1.50		144	£
SUNWISE TEDDY bookmarks	p12	packs of 60, £5		191	£
SUNWISE TEDDY stickers	p12	packs of 96, £4		192	£
TEDDY BRUSHES TEETH stickers	p13	packs of 96, £4		243	£
TEDDY USES A TOOTHBRUSH poster	p13	£1.50		188	£
TEDDY USES A TOOTHBRUSH postcard	p13	packs of 50, £6		202	£
TEDDY USES A POTTY poster	p7	£1.50		380	£
HEALTHY EATING British Dietetic Association						
BOTTLE TO CUP ACTION PACK	p11	£20		48	£
COOL KIDS USE CUPS leaflet	p11	packs of 50, £10	B	49	£
COOL KIDS USE CUPS poster	p11	£1.50 / 10+ £1.25 each		50	£
COOL KIDS USE CUPS stickers	p11	packs of 96, £4		51	£
EAT 2B FIT stickers	p20	packs of 60, £4		112	£
EAT 2B FIT bookmarks	p20	packs of 60, £5		111	£
EAT 2B FIT poster	p20	£1.50		110	£
EAT 2B FIT postcard	p20	packs of 50, £6		109	£
5 GOOD REASONS TO EAT 5! leaflet-poster	p21	packs of 50, £20	A	42	£
FUN WAYS WITH FRUIT & VEG leaflet-poster	p21	packs of 50, £20	A	43	£
GIVE ME 5 ACTIVITY PACK	p21	£22		12	£
GIVE ME 5 ALL THESE COUNT poster	p21	£2		16	£
GIVE ME 5 bookmarks	p21	packs of 100, £6		17	£
GIVE ME 5 snappers	p21	packs of 50, £5.50		13	£
GIVE ME 5 stickers	p21	packs of 96, £4		14	£
WEIGHTWISE: SMALL CHANGES poster-leaflet	p41	packs of 50, £20	A	69	£
HEALTHY HEART						
GOOD HEART FOOD – EAT FISH poster	p38	£1.50		122	£

SUBTOTAL



COMIC COMPANY ORDER FORM 2008 continued

HEALTHY HEART continued	page	price	price box	code	quantity	total
GOOD HEART FOOD – EAT FISH postcard	p38	packs of 50, £6		123	£
GOOD HEART FOOD poster	p38	£1.50		124	£
GOOD HEART FOOD postcard	p38	packs of 50, £6		125	£
GOOD HEART FOOD leaflet	p38	packs of 50, £10	B	126	£
GOOD HEART FOOD/EAT FISH magnets	p38	packs of 10, £4		140	£
HAPPY HEART activity sheets	p39	£5		328	£
HAPPY HEART bookmarks	p8, 39	packs of 60, £5		393	£
HAPPY HEART magnet	p8	packs of 10, £4		395	£
HAPPY HEART poster	p39	£1.50		329	£
HAPPY HEART postcard	p39	packs of 50, £6		330	£
HAPPY HEART snapper	p8	packs of 50, £5.50		355	£
HAPPY HEART stickers	p39	packs of 60, £4		331	£
MEN'S HEALTH						
MEN! MIND YOUR HEALTH leaflet	p40	packs of 50, £12.50	D	231	£
MEN! MIND YOUR HEALTH poster	p40	£2		230	£
MEN'S HEALTH / SIZE MATTERS PACK	p40	£20		344	£
SIZE MATTERS leaflet	p40	packs of 50, £12.50	D	154	£
SIZE MATTERS – WATCH YOUR WAIST poster	p40	£1.50		155	£
SIZE MATTERS – MEN! GET WEIGHT WISE poster	p40	£2		156	£
SIZE MATTERS – BIG DAVE poster	p40	£1.50		157	£
ORAL HEALTH						
SMILE PLEASE RESOURCE PACK	p6	£34		371	£
ACID ATTACK poster	p42	£1.50		75	£
ACID ATTACK postcard	p42	packs of 50, £6		87	£
GIVE YOUR TEETH A MAKEOVER poster	p42	£1.50		145	£
GIVE YOUR TEETH A MAKEOVER bookmarks	p42	packs of 60, £5		186	£
GOOD BREATH GUIDE poster	p42	£1.50		146	£
GOOD BREATH GUIDE postcard	p42	packs of 50, £6		187	£
PIERCED SPIKE poster	p42	£1.50		147	£
SMILE PLEASE booklet	p42	packs of 50, £20	A	63	£
SMILE PLEASE snapper	p6	packs of 50, £5.50		358	£
TEDDY TOOTHBRUSH: see HEALTHY TEDDY above						
SMOKING EDUCATION & CESSATION						
PRIMARY TOBACCO RESOURCE PACK	p4	£45		365	£
SECONDARY TOBACCO RESOURCE PACK	p4	£100		366	£
PSHE RESOURCE PACK 11–16	p31	£40		233	£
12-POSTER BARGAIN PACK	p46	£10		200	£
A-Z SMOKEFREE WORLD poster	p46	£2		82	£
ANIMALS THANK YOU! poster	p47	£1.50		23	£
ANIMALS THANK YOU! bookmarks	p47	packs of 60, £5		24	£
CANNABIS & TOBACCO see ALCOHOL & DRUG AWARENESS						
CAN YOU FEEL HIM KICK? postcard	p48	packs of 50, £6		332	£
CHARLIE GREY poster, A2	p46	£2		148	£
CRAVING poster	p46	£1.50		149	£

SUBTOTAL

SMOKING EDUCATION & CESSATION continued	page	price	price box	code	quantity	total
CRAZY WORLD OF TOBACCO poster	p46	£2		21	£
GRIN REAPER poster	p46	£1.50		100	£
HEALTHY CHOICE ANIMAL praiselets	p28, 47	packs of 60, £4.50		132	£
HEALTHY CHOICE ANIMAL stickers	p29, 47	packs of 96, £4		133	£
I'D RATHER poster + template	p47	£1.75		26	£
I'D RATHER stickers + template	p47	packs of 60, £4		25	£
INSIDE STORY leaflet	p45	packs of 50, £12.50	D	345	£
INSIDE STORY poster, A2	p45	£2		346	£
I QUIT! booklet	p45	packs of 50, £20	A	31	£
I QUIT! WHO TO CALL poster	p46	£1.50		235	£
I QUIT! CASH IN HAND folding card	p46	packs of 50, £6		237	£
I QUIT! DAY YOU STOP postcard	p45	packs of 50, £6		28	£
I QUIT! TIPS folding card	p46	packs of 50, £6		236	£
THE KISS poster	p46	£1.50		22	£
NO SMOKING stickers	p48	packs of 60, £4		333	£
SEX & SMOKING leaflet	p45	packs of 50, £10	B	58	£
SMOKEFREE BINGO game	p48	£5.50		334	£
SMOKEFREE snapper	p47	packs of 50, £5.50		27	£
SMOKEFREE TATTOOS	p48	packs of 20, £3		335	£
SMOKEFREE TEDDY poster	p13, 48	£1.50		325	£
SMOKEFREE TEDDY postcard	p13, 48	packs of 50, £6		326	£
SMOKEFREEZONES BABY poster	p46	£0.50		114	£
SMOKEFREEZONES NO SMOKING poster	p46	£0.50		115	£
SMOKEFREEZONES ELEPHANT poster	p46	£0.50		116	£
SMOKEFREEZONES FOOD & DRINK poster	p46	£0.50		117	£
SPOT THE DIFFERENCE poster	p46	£1.50		30	£
UP IN SMOKE poster	p46	£1.50		83	£
WANT TO QUIT poster	p46	£1.50		84	£
ALCOHOL & DRUG AWARENESS						
ALCOHOL & DRUGS RESOURCE PACK	p4	£55		367	£
BINGE BRITAIN poster	p44	£2		189	£
CANNABIS & TOBACCO leaflet	p44	packs of 50, £10	B	239	£
CHEERS! YOUR HEALTH leaflet	p44	packs of 50, £10	B	142	£
CHEERS! YOUR HEALTH snapper	p4, 44	packs of 50, £5.50		359	£
HEALTHY HIGHS minibook	p44	packs of 50, £7		113	£
SUNWISE						
SUNWISE RESOURCE PACK	p6	£34		372	£
SUNWISE colouring & activity sheets	p43	£5		336	£
SUNWISE miniquizbook	p43	packs of 50, £5.50		36	£
SUNWISE snapper	p6	packs of 50, £5.50		357	£
SUNWISE SLIP! SLAP! SLOP! poster	p43	£1.50		59	£
SUNWISE SLIP! SLAP! SLOP! leaflet	p43	packs of 50, £10	B	60	£
SUNWISE SLIP! SLAP! SLOP! stickers	p43	packs of 60, £4		61	£
SUNWISE SPOT THE DIFFERENCE poster	p43	£1.50		190	£

SUBTOTAL

For more information and online versions of resources, visit www.comiccompany.co.uk coco 2008 Page 25



COMIC COMPANY ORDER FORM 2008 continued

SUNWISE continued	page	price	price box	code	quantity	total
SUNWISE STAY SAFE IN THE SUN poster	p43	£1.50		97	£
SUNWISE TEDDY: see HEALTHY TEDDY (above)					£
ACTIVE						
5 GET ACTIVE – MOVE IT! poster-frieze	p15	£1.50		215	£
MOVE IT! badges	p10	packs of 16, £4.50		353	£
MOVE IT! BINGO game	p15	£5.50		337	£
MOVE IT! bookmarks	p15	packs of 60, £5		338	£
MOVE IT! magnets	p10	packs of 10, £4		397	£
MOVE IT! poster	p15	£1.50		339	£
MOVE IT! postcard	p15	packs of 50, £6		340	£
MOVE IT! stickers	p15	packs of 120, £4		216	£
GET FIT! miniquizbook	p27	packs of 50, £5.50		62	£
EVERYDAYFIT poster	p41	£1.50		193	£
SWIMFIT poster	p41	£1.50		137	£
SWIMFIT leaflet	p41	packs of 50, £7.50	C	195	£
TIME TO BURN 100 CALORIES poster	p41	£1.50		341	£
TIME TO BURN 100 CALORIES postcard	p41	packs of 50, £6		342	£
WALKFIT poster	p41	£1.50		138	£
WALKFIT leaflet	p41	packs of 50, £7.50	C	196	£
GENERAL HEALTH & ENVIRONMENT						
BEE HAPPY minibook	p7	packs of 50, £5.50		410	£
BEE HAPPY poster	p7	£1.50		411	£
10/10 FOR LIFE! poster	p42	£2		34	£
READING LIGHTS PACK Raja, Streaky, Quackline & Peaches	-	1 pack £12 / 3+ £10 each		47	£
THINK PURPLE balloons	p3	pack of 20, £4.50		385	£
THINK PURPLE leaflet	p3	packs of 50, £10	B	354	£
THINK PURPLE snapper	p3	pack of 50, £5.50		387	£

Name

Position

Organisation

DELIVERY address

.....

Town Postcode

Tel Fax

Email

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INVOICE address

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Special instructions:

SUBTOTAL

UK MAINLAND postage & packing £ 6.00

See page 22 for postage elsewhere

TOTAL ORDER (minimum £20)

PRICES INCLUDE VAT WHERE APPLICABLE.

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e-mail orders@comiccompany.co.uk

BACS payments can be made to Comic Company (account no. 61299107)
at HSBC Bank (Sort Code 40-01-07).

LEAFLET PRICES vary according to quantity ordered.
MINIMUM ORDER 50 COPIES PER TITLE. MULTIPLES OF 50,
PLEASE.

PRICE BOX A	PRICE BOX B	PRICE BOX C
5 GOOD REASONS leaflet-poster	5 EAT 5! leaflet	FAT – SPREAD IT THIN leaflet
ARE YOU GETTING ENOUGH? booklet	BABY STARTS SOLIDS leaflet	SALT leaflet
EAT 5! booklet	CANNABIS & TOBACCO leaflet	SUGAR leaflet
FUN WAYS WITH FRUIT & VEG leaflet-poster	CHEERS! YOUR HEALTH leaflet	SWIMFIT leaflet
I QUIT! booklet	COOL KIDS USE CUPS leaflet	WALKFIT leaflet
SMILE PLEASE booklet	FATS OF LIFE leaflet	50+ copies . . . £7.50 per 50 (15p ea)
WEIGHTWISE SMALL CHANGES leaflet-poster	GOOD GRUB leaflet	250+ copies . . . £7 per 50 . . . (14p ea)
50+ copies . . . £20 per 50 (40p ea)	GOOD HEART FOOD leaflet	1000+ copies . £6.50 per 50 (13p ea)
250+ copies . . . £18 per 50 (36p ea)	HEALTHY LUNCHBOX leaflet	
500+ copies . . . £16.50 per 50 (33p ea)	SEX & SMOKING leaflet	PRICE BOX D
1000+ copies . . . £15 per 50 (30p ea)	SUNWISE SLIP! SLAP! SLOP! leaflet	CHECK THE LABELS leaflet
	THINK PURPLE leaflet	EATFIT leaflet
	50+ copies . . . £10 per 50 . . (20p ea)	INSIDE STORY leaflet
	250+ copies . . £9.50 per 50 (19p ea)	MEN! MIND YOUR HEALTH leaflet
	1000+ copies . £9 per 50 . . (18p ea)	SIZE MATTERS leaflet
		50+ copies . . . £12.50 per 50 (25p ea)
		250+ copies . . . £12 per 50 . . (24p ea)
		1000+ copies . . £11.50 (23p ea)

EAT 5! PUZZLE POSTCARDS

Promote the 5-a-day message with these fun puzzle cards.



EAT 5! PUZZLE CARDS postcard
A6 pack of 50,
25 of two kinds,
£6, code 209



EAT 5! ZIGZAG miniquizbook
A4, folds to A7
pack of 50,
£5.50,
with folding
instructions,
code 09



EAT 5! ZIGZAG minidiary A4, folds to A7,
pack of 50, £5.50,
with folding
instructions, code 08



GET FIT! miniquizbook,
A4, folds to A7
pack of 50, £5.50, code 62

EAT 5! ARTLINES

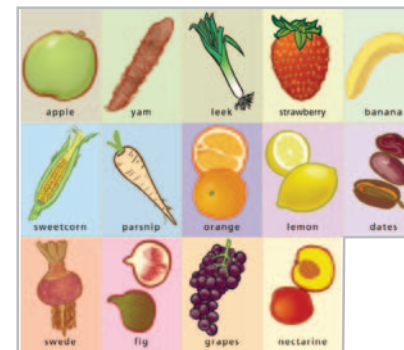
Clear outline versions of some of our most popular fruits and vegetables. Beautiful and versatile. Ideal for displays, colouring competitions, science projects. Photocopiable – at any scale.



EAT 5! ARTLINES
photocopiable
pack of 13
sheets x A4,
outlines of 5
fruits, 5 veg &
3 **Eat 5!** images
£5
code 46

EAT 5! GAME, SET & MATCH pack

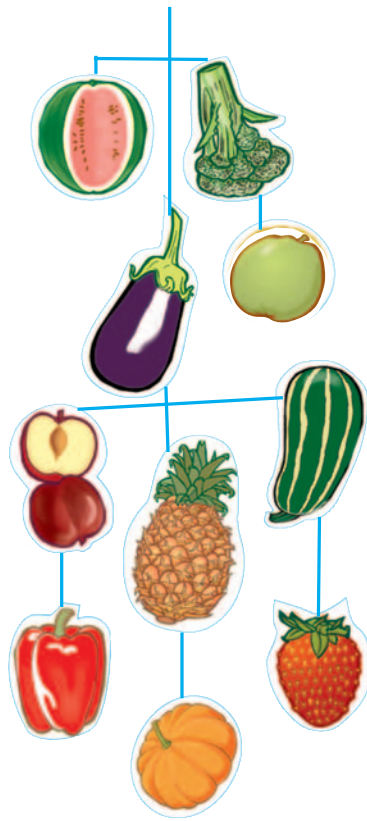
Fun CUT-OUT GAMES reinforce the EAT 5! message. Pack contains **CRISS CROSS BINGO** and two easy-match **JIGSAW** puzzles. Use the images as flash cards or for setting games (e.g. citrus fruits). Put **TWO PACKS** together and play **SNAP!** or **PELMANISM** (matching pairs).



EAT 5! GAME, SET AND MATCH pack
8 x A4 gloss card
sheets.
Can be cut up to make
6 game boards, 54
image cards, and 2
fruit & veg puzzles.
With instructions.
£5.50
code 98



For more information and online versions of resources, visit www.comiccompany.co.uk coco 2008 Page 27



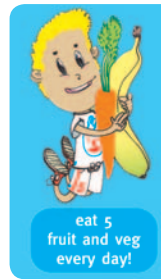
EAT 5! munchmats

Double-sided **BIG** press-out fruits and vegetables on laminated, durable card – great for **MOBILES, DISPLAYS,** or use as water and heat-resistant **DRINKMATS.**



EAT 5! munchmats
10 x A4 cards
(5 sheets of fruits, 5 fruits per sheet,
5 sheets of vegetables, 5 vegetables per
sheet, 50 double-sided press-out cards in
total) £7.50 per pack
code 211

EAT 5! magnets



EAT 5! magnets
mixed pack of 8, £3.50
82mm x 52mm, code 135

GRAB-A-BANANA enamel badge
38mm
80p each, 10 for £6.50
code 73

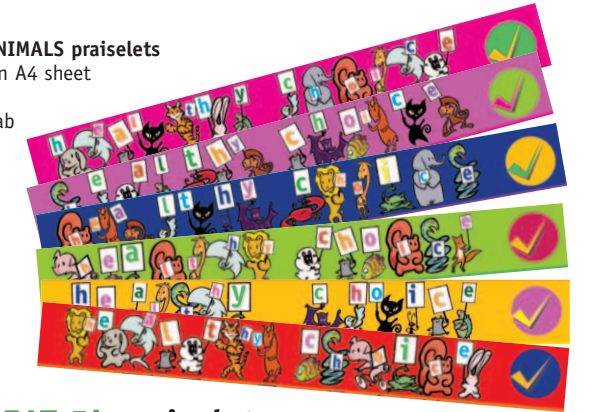
EAT 5! balloons
high quality,
inflate to 30cm
pack of 20, £4.50
rich mixed colours
code 89



HEALTHY CHOICE ANIMALS praiselets

Popular mini-motivators to reward healthy choices in eating, exercise, sport, sun safety, staying smokefree...

HEALTHY CHOICE ANIMALS praiselets
12 assorted bands on A4 sheet
Easy to cut
with self-adhesive tab
pack of 60 bands,
£4.50, code 132



EAT 5! praiselets
Mini-motivators to reward healthy eaters!



EAT 5! praiselets
12 bands on A4 sheet
Easy to cut with self-adhesive tab
pack of 60 bands, £4.50, code 74

BADGES

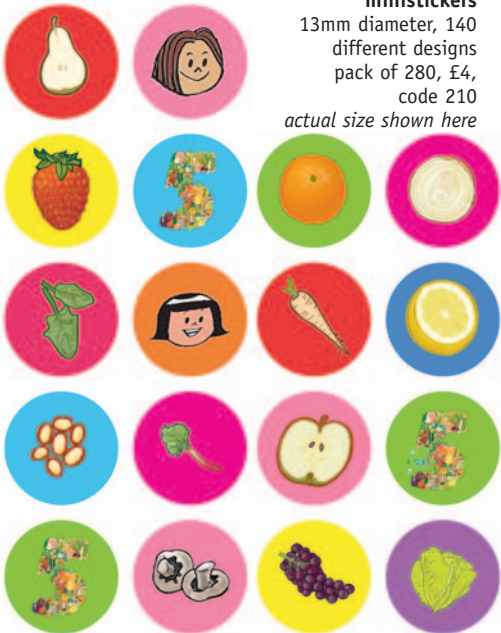
EAT 5! badges
54mm diameter,
8 designs with
safety pin
Mixed pack of
16, £4.50
code 88
Actual size shown
below



EAT 5! fruit & veg mini-stickers



EAT 5! FRUIT & VEG ministickers
13mm diameter, 140 different designs
pack of 280, £4, code 210
actual size shown here



EAT 5! A-Z stickers



EAT 5! A-Z stickers
pack of 120 stickers, £4 code 214

Sticker collection cards

Space for 10 stickers



EAT 5! sticker collection card
A6 folds to A7
pack of 50, £6 code 212

HEALTHY CHOICE sticker collection card
A6 folds to A7
pack of 50, £6 code 228

HEALTHY CHOICE FRUIT & VEG stickers



HEALTHY CHOICE FRUIT & VEG stickers
27mm diameter
pack of 96, £4 code 134 *actual size shown (right)*

EAT 5! stickers

24 different designs,
27 mm diameter
pack of 96, £4 code 178



HEALTHY CHOICE ANIMAL stickers
24 animals
48 colourways
27mm diameter
pack of 96, £4 code 133



BESTSELLER!



Healthy Teddy praiselets, artlines and Smokefree Teddy poster are shown on pages 12 and 13.

1 x Healthy Teddy poster.....	code 143
60 x Healthy Teddy bookmarks	179
96 x Healthy Teddy stickers.....	180
1 x Sunwise Teddy poster	144
60 x Sunwise Teddy bookmarks.....	191
96 x Sunwise Teddy stickers.....	192
1 x Healthy Teddy Uses a Toothbrush poster.....	188
50 x Healthy Teddy Uses a Toothbrush postcard	202
96 x Teddy Toothbrush stickers.....	243
1 x Healthy Teddy Gets Active poster	244

1 x Healthy Teddy Wash Your Hands poster.....	241
50 x Healthy Teddy Wash Your Hands postcards.....	246
96 x Healthy Teddy Wash Your Hands stickers	242
1 x Healthy Teddy artlines	323
60 x Healthy Teddy praiselets.....	324
1 x Smokefree Teddy poster	325
4 x Reading Lights story books.....	47
Healthy Teddy Complete Resource Pack 0-5	
£48	code 245



15% OFF REGULAR CATALOGUE PRICES, PLUS 4 FREE STORY BOOKS. The pack includes:

BESTSELLER!



HEALTHY TEDDY RESOURCE PACK 0-5

A complete health education pack for tinies and their carers, parents and teachers

HEALTHY EATING RESOURCE PACK ONE

Beautiful display and activity materials, and fun motivators. A varied selection from our most popular ranges. Handy size packs for classrooms. Covers a wide age-range, particularly suitable for 5 years upwards.

AT LEAST 15% OFF REGULAR CATALOGUE PRICES, PLUS 4 FREE STORY BOOKS.

The pack includes:

1 x 5 EAT 5! activity sheets	code 164	35 x EAT 5! miniquiz book.....	9
35 x 5 EAT 5! leaflets	166	48 x EAT 5! stickers.....	178
35 x 5 EAT 5! bookmarks	165	96 x Healthy Choice Fruit & Veg stickers	134
35 x 5 EAT 5! snappers	167	35 x Rainbow bookmarks.....	172
48 x 5 EAT 5! stickers	168	1 x Rainbow poster	128
1 x 1,2,3,4,5 Ways! poster.....	90	1 x Big Fruit poster.....	1
1 x Eat 1,2,3,4,5! poster	55	1 x Big Veg poster.....	2
1 x Make 5! poster	136	1 x EAT 5! A-Z poster.....	99
1 x EAT 5! Game Set & Match pack.....	98	1 x Great Ways poster	3
1 x EAT 5! artlines.....	46	1 x 5 Ways poster	53
1 x EAT 5! poster	7	4 x Reading Lights story books.....	47
35 x EAT 5! munchmats.....	211		
36 x EAT 5! praiselets	74		

Healthy Eating Resource Pack One
£55..... code 223

BESTSELLER!



HEALTHY EATING RESOURCE PACK TWO

Beautiful display and activity materials, and fun motivators. A varied selection from our most popular ranges. Handy size packs for classrooms. Covers a wide age-range, particularly suitable for 8 years upwards.

AT LEAST 15% OFF REGULAR CATALOGUE PRICES, PLUS 4 FREE STORY BOOKS.

The pack includes:

1 x EAT 5! poster.....	code 7
1 x EAT 5! artlines.....	46
36 x EAT 5! praiselets.....	74
48 x EAT 5! stickers.....	178
35 x EAT 5! miniquiz book.....	9
1 x EAT 5! Crossword poster.....	54
1 x EAT 5! A-Z poster.....	99
35 x EAT 5! A-Z activity sheets.....	175
48 x Healthy Choice Fruit&Veg stickers.....	134
1 x Rainbow poster.....	128
35 x Rainbow activity sheet 1.....	173
35 x Rainbow activity sheet 2.....	173
35 x Rainbow bookmarks.....	172
1 x You Need Breakfast poster.....	44

35 x You Need Breakfast postcard.....	96
35 x Healthy Lunchbox leaflet.....	91
1 x Great Ways poster.....	3
35 x Great Ways postcard.....	20
35 x Balance Of Good Health postcards.....	107
1 x Good Grub Game, Set & Match pack.....	176
1 x Are You Getting Enough? poster.....	45
1 x Pick'n'Mix Salad poster.....	56
1 x Portion poster.....	6
1 x What's in a Fruit poster.....	94
1 x What's in a Veg poster.....	95
4 x Reading Lights story books.....	47

Healthy Eating Resource Pack Two
£55 code 224

PSHE RESOURCE PACK 11-16

A wide selection of display and discussion materials, and fun motivators, from our popular ranges. Covers tobacco, alcohol and aspects of drug education in the PSHE curriculum. Handy size packs for whole-class use and small groups.

15% OFF REGULAR CATALOGUE PRICES.

The pack includes:

1 x I'd Rather poster + template.....	code 26
36 x I'd Rather stickers.....	25
48 x Healthy Choice Animals stickers.....	133
36 x Healthy Choice Animals praiselets.....	132
35 x Smokefree snapper.....	27
1 x Charlie Grey poster.....	148
1 x Spot the Difference poster.....	30



35 x Healthy Highs minibook.....	113
35 x Cheers Your Health leaflet.....	142
1 x Binge Britain poster.....	189
10 x Inside Story poster mag.....	32
10 x I Quit booklet.....	31
10 x Sex and Smoking leaflet.....	58
10 x Cannabis and Tobacco leaflet.....	239

1 x A-Z for a Smokefree World poster.....	82
1 x Crazy World of Tobacco poster.....	21
1 x How to Read a Cigarette Pack poster.....	57
1 x Up in Smoke poster.....	83
1 x I Quit! poster.....	235

PSHE Resource Pack 11-16
£40 code 233

BESTSELLER!



RESOURCE PACKS - BESTSELLERS!



EAT 5! poster A3, £1.50, code 07



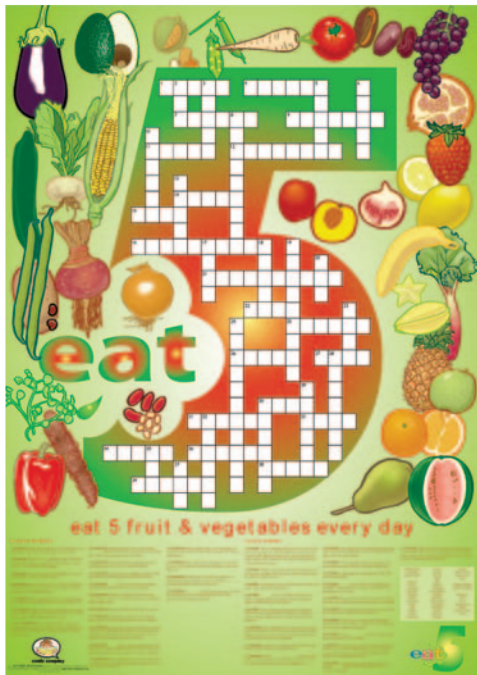
WHAT'S IN A VEGETABLE? poster A3, £1.50, code 95



GREEN YOUR EATS poster A3, £1.50, code 127



WHAT'S A PORTION?
 large poster A2, £2, code 213
 poster A3, £1.50, code 06
 postcard A6, pack of 50, £6, code 05



EAT 5! WRITE-ON CROSSWORD poster A3, £1.50, code 54



WHAT'S IN A FRUIT? poster A3, £1.50, code 94



5 WAYS TO EAT 5! poster A3, £1.50, code 53
 postcard A6, pack of 50, £6, code 86

For our NEW EAT 5! MAP poster, see page 3.

Larger posters

Our popular posters What's a Portion (above) and Great Ways to EAT 5! (above right, p33) are available in A2 format.



GREAT WAYS TO EAT 5! poster A3, £1.50, code 03



GREAT WAYS TO EAT 5!
 large poster A2, £2, code 207
 poster A3, £1.50, code 03
 postcard A6, pack of 50, £6, code 20



PICK'N'MIX SALAD poster A3, £1.50, code 56

Handy reference poster tells you what's in season, with tasty eating tips.



SEASON'S EATINGS Poster
 210mm x 594mm, £1.50, code 318



WHAT'S GOOD ABOUT VEG poster A2, £2, code 320



BIG VEGETABLES poster A2, £2, code 02
 postcard packs of 50, £6, code 171



WHAT'S GOOD ABOUT FRUIT poster A2, £2, code 319



BIG FRUITS poster A2, £2, code 01
 postcard packs of 50, £6, code 170



WATER - EVERY BODY'S FAVOURITE DRINK poster A3, £1.50, code 04
postcard A6 pack of 50, £6, code 93



REALLY COOL DRINKS poster A3, £1.50, code 181
postcard A6 pack of 50, £6, code 317



REALLY COOL WATER poster A3, £1.50, code 182
postcard A6 pack of 50, £6, code 201



DRINKFIT poster A2, £2, code 310

COUNT US IN (5 ways to eat fruit & veg)

Poster-frieze and postcard reinforce the message that fresh, frozen, juiced, dried, canned all count.



COUNT US IN poster-frieze 597mm x 210mm, £1.50, code 308
postcard A6 pack of 50, £6, code 309

For our NEW REALLY COOL WATER magnet, see page 10.

WASH YOUR HANDS!



WASH YOUR HANDS poster A3, £1.50, code 185

WASH YOUR HANDS postcard A6, pack of 50, £6 code 199



SALT, SUGAR and FAT leaflets and posters

Why it's such a good idea to cut down – and how to make it as painfree as possible.

FAT

YOU HAVE TO EAT SOME FAT – to make hormones, build cell walls, and for healthy skin and hair. Fat in your body is great insulation when it's cold. It's great packing to stop your organs bashing into one another. And you can burn it for energy when there's nothing else around... BUT you don't need to eat a LOT!

NO LEAN
Choose lean meat or poultry. Cut the fat off meat & the skin off chicken (where most of the fat is).

SNACK ATTACK
Cut down on crisps, pies, cakes, ice cream, biscuits and chocolate. Snack on crunchy veg and hummus, fruit and nuts, or yogurt instead.

OFF THE TOP
Switch to skimmed or semi-skimmed milk instead of full fat – there's just as much calcium but a lot less fat. Use low-fat yogurt instead of cream.

SPREAD THIN
Don't slap so much butter or margarine on your bread. Go easy with the mayonnaise. If the filling is moist, don't butter with any spread.

WARD CHEESE
Go easy on hard cheeses, like Cheddar.

GO LOW
Look for "Low Fat", "Lower Fat" or "Healthy Choice" products – but check the labels for added sugars. "Low fat" may not mean low CALORIES.

EAT CHUNKY
Eat chunky chips rather than skinny ones – they're a lot less fatty.

CHECK LABELS
The average man should usually eat no more than 50g of fat a day, the average woman no more than 35g.

SMALL FRY
Forget frying. Steam, microwave, boil or poach instead. Or grill, stir-fry, bake, dry-roast or barbecue. Use a non-stick pan or use no more than 1 teaspoon of oil per portion.

What's a lot? What's a little?

A lot per 100g	A little per 100g
20g of Fat	3g of Fat
5g of saturates	1g of saturates

UNSATURATED fats can be GOOD for your health – in small amounts. But SATURATED fats are BEST LIMITED. Too much is bad for you. And since a lot can be "hidden" in snacks, pies and ready meals, CHECK THE LABELS.

Each gram of FAT contains 9 calories. Unsaturated fats contain 1.5 times as many calories as the same amount of CARBONHYDRATE or PROTEIN.

SPREAD IT THIN!

FAT – SPREAD IT THIN poster
A3, £1.50, code 311

YOU HAVE TO EAT SOME FAT – to make hormones, build cell walls, and for healthy skin and hair. Fat in your body is great insulation when it's cold. It's great packing to stop your organs bashing into one another. And you can burn it for energy when there's nothing else around... BUT you don't need to eat a LOT!

NO LEAN
Choose lean meat or poultry. Cut the fat off meat & the skin off chicken (where most of the fat is).

SNACK ATTACK
Cut down on crisps, pies, cakes, ice cream, biscuits and chocolate. Snack on crunchy veg and hummus, fruit and nuts, or yogurt instead.

OFF THE TOP
Switch to skimmed or semi-skimmed milk instead of full fat – there's just as much calcium but a lot less fat. Use low-fat yogurt instead of cream.

SPREAD THIN
Don't slap so much butter or margarine on your bread. Go easy with the mayonnaise. If the filling is moist, don't butter with any spread.

WARD CHEESE
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SPREAD IT THIN!

FAT – SPREAD IT THIN leaflet
4 pages x A6, £7.50 per 50
For bulk copies, see PRICE BOX C p22 code 312

SALT

SHAKE THE HABIT!

Most people eat at least TWICE as much salt as they should. This means you retain more water, and you're more likely to have high blood pressure – which means a greater risk of heart disease and stroke. Salt is another chemical – it's the MINERAL that's the problem.

Yet it's easy to cut down. The more salt you eat, the less you taste it. And vice versa. So teach your taste buds to like less. It could make an average of 17g of salt disappear. Cutting down from an average of 10g a day to 5g a day could prevent about 5 in every 10 deaths from stroke and heart attack. And LESS would be even better.

Look for "Low Fat", "Lower Fat" or "Healthy Choice" products – but check the labels for added sugars. "Low fat" may not mean low CALORIES.

Each gram of FAT contains 9 calories. Unsaturated fats contain 1.5 times as many calories as the same amount of CARBONHYDRATE or PROTEIN.

SALT – SHAKE THE HABIT leaflet
4 pages x A6, £7.50 per 50
For bulk copies, see PRICE BOX C p22 code 183

SUGAR

NO VALUE ADDED

You don't have to GIVE UP sugar. Just try not to eat TOO MUCH of it. We may add some sugar to our drinks, desserts and cooking, but a SUGAR SUGGER is just plain sugar. It's added to jam, jellies, puddings, biscuits, cakes, sweets, fizzy drinks, yogurts, ice cream, ready-made soups, soups, even baby food. It's everywhere!

It's not good for you. It adds extra calories and makes you thirsty. It can also make your teeth decay. So try to eat less sugar. It's not easy, but it's worth it. You'll feel better and your teeth will thank you.

Each gram of FAT contains 9 calories. Unsaturated fats contain 1.5 times as many calories as the same amount of CARBONHYDRATE or PROTEIN.

SUGAR – NO VALUE ADDED leaflet
4 pages x A6, £7.50 per 50
For bulk copies, see PRICE BOX C p22 code 184

The FATS of LIFE leaflet

The FATS of LIFE

You have to eat SOME fat – to make hormones, build cell walls, and for healthy skin and hair. FAT is great insulation when it's cold. It's great packing to stop your organs bashing into one another. And you can burn it for energy when there's nothing else around... BUT you don't need very MUCH fat! There are lots of different kinds of fat. Some are good for your health. And some fats are best AVOIDED.

... But you don't need very MUCH fat! There are lots of different kinds of fat. Some are good for your health. And some fats are best AVOIDED.

Confused about fats? Saturated? Mono- and poly-unsaturated? Omega-3 fatty acids? This leaflet explains what they are, and how they affect your health. Includes a guide to nutrition labels, and advice on how to eat the fats you need – while cutting down on the ones you don't.

CHECK THE LABELS

Look for "Low Fat", "Lower Fat" or "Healthy Choice" products – but check the labels for added sugars. "Low fat" may not mean low CALORIES.

THE BALANCE OF GOOD HEALTH

Each gram of FAT contains 9 calories. Unsaturated fats contain 1.5 times as many calories as the same amount of CARBONHYDRATE or PROTEIN.

HOW FAT'S TESTED

Look for "Low Fat", "Lower Fat" or "Healthy Choice" products – but check the labels for added sugars. "Low fat" may not mean low CALORIES.

Why do we need to eat so much fat? A lot of early hominids (hominids – fat is a great source of calories. The human body needs about 100,000 calories a day to survive when there aren't any. Fat is an excellent source of energy. It's the only source you can store in your body. In fact, you can store up to 100,000 calories in your body. That's a lot of energy. Most of us work and eat. Machines run on petrol, and a lot of our physical work. We don't have to eat the energy. But we still eat a lot of fatty foods. That's why a lot of people are getting so obese.

THE MUFGS and the FUFAS

Unsaturated fats are good for you. They help to lower your cholesterol and reduce your risk of heart disease. They're also good for your skin and hair. They're also good for your brain. They're also good for your eyes. They're also good for your joints. They're also good for your bones. They're also good for your muscles. They're also good for your nerves. They're also good for your immune system. They're also good for your reproductive system. They're also good for your digestive system. They're also good for your respiratory system. They're also good for your circulatory system. They're also good for your endocrine system. They're also good for your nervous system. They're also good for your skeletal system. They're also good for your integumentary system. They're also good for your excretory system. They're also good for your urinary system. They're also good for your reproductive system. They're also good for your digestive system. They're also good for your respiratory system. They're also good for your circulatory system. They're also good for your endocrine system. They're also good for your nervous system. They're also good for your skeletal system. They're also good for your integumentary system. They're also good for your excretory system. They're also good for your urinary system.

NUTRITION INFORMATION

Look for "Low Fat", "Lower Fat" or "Healthy Choice" products – but check the labels for added sugars. "Low fat" may not mean low CALORIES.

SATURATED FAT is mostly found in

meat, sausages, hamburgers, sausage rolls, full-fat milk, cream, butter, cheese, chocolate, crisps, biscuits, cakes, sweets, fizzy drinks, yogurts, ice cream, ready-made soups, soups, even baby food. It's everywhere!

EAT LESS FAT

Look for "Low Fat", "Lower Fat" or "Healthy Choice" products – but check the labels for added sugars. "Low fat" may not mean low CALORIES.

FATS OF LIFE leaflet
8 pages, 148mm x 99mm, £10 per 50
For bulk copies, see PRICE BOX B p22 code 131

For more information and online versions of resources, visit www.comiccompany.co.uk coco 2007 Page 37



MEN'S HEALTH & **SIZE** matters



A range of resources available individually or as a pack. Explains the basics – what men can do that will definitely improve their chances of a longer, healthier (and probably happier) life.

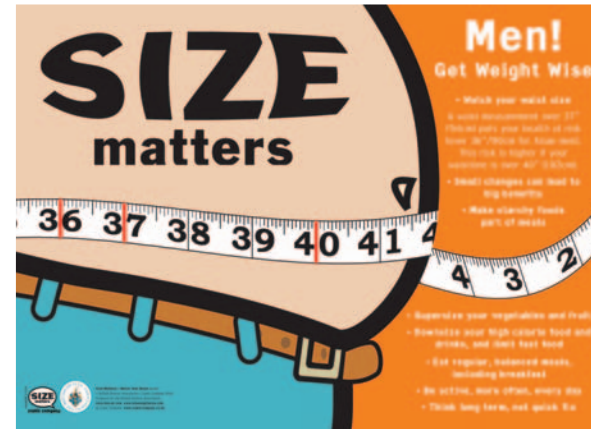
SIZE MATTERS - WATCH YOUR WAIST poster A3, £1.50, code 155



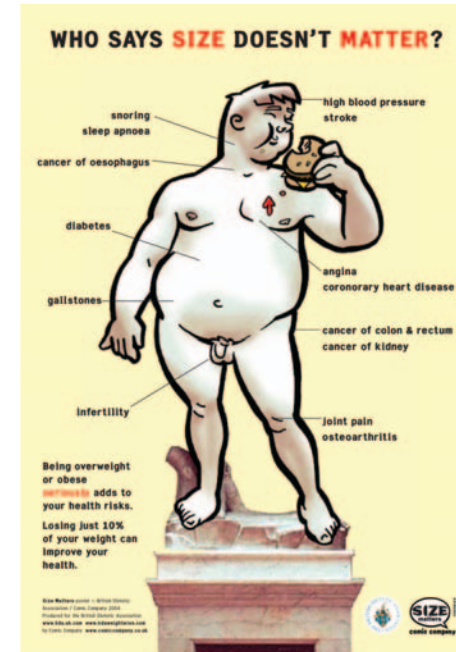
MEN'S HEALTH/ SIZE MATTERS PACK
Pack includes
25 x Men! Mind Your Health leaflet,
25 x Size Matters leaflet,
2 x A2 posters,
3 x A3 posters.
Plus FREE Campaign Guide (while stocks last).
£20
code 344

MEN! MIND YOUR HEALTH poster
A2, £2,
code 230

MEN! MIND YOUR HEALTH leaflet
12 pages, 100mm x 140mm, packs of 50,
£12.50.
For bulk orders, see PRICE BOX D p22, code 231



SIZE MATTERS leaflet 12 pages, 100 x 140mm, £12.50 per 50 For bulk copies, see PRICE BOX D p22 code 154



SIZE MATTERS - BIG DAVE poster A3, £1.50, code 157



SIZE MATTERS - MEN! GET WEIGHT WISE poster A2, £2 code 156



Small Changes, Big Benefits



SMALL CHANGES, BIG BENEFITS leaflet-poster
4 pages x A5, plus A3 fold-out poster
£20 per 50 For bulk copies, see PRICE BOX A p22 code 69



SIZE MATTERS created for The British Dietetic Association's **FOOD FIRST WEIGHT WISE** Campaign
www.bda.uk.com



GET ACTIVE!

TIME TO BURN 100 CALORIES poster tells you how long everyday activities take to burn . . . 100 calories!
Part of a range of resources which show how to fit physical activity into even the busiest life. For all ages and stages.



WALK FIT leaflet
see below
code 196



SWIM FIT leaflet
code 195

EACH LEAFLET
4 pages x A6
£7.50 per 50
For bulk copies, see PRICE BOX C p22

TIME TO BURN 100 CALORIES

Burning up an extra 100 Calories (kcal) a day could mean the difference between keeping a healthy weight and adding inches to your waistline.

LEISURELY WALK	34 MINS
SLOW DANCE	31 MINS
PLAY FRISBEE	31 MINS
HOOVER, DUST, POLISH	29 MINS
PUSH SUPERMARKET TROLLEY	25 MINS
RELAXED CYCLE	24 MINS
MOW OR RAKE THE LAWN	24 MINS
ROUGH & TUMBLE WITH KIDS	24 MINS
STRETCH	24 MINS
WALK THE DOG	24 MINS
TENNIS - DOUBLES	22 MINS
MOP OR SCRUB THE FLOOR	21 MINS
WASH & WAX THE CAR	21 MINS
PAINT & DECORATE	19 MINS
FAST WALK	18 MINS
CHOP WOOD	16 MINS
GET DOWN AND GROOVE	16 MINS
DIG THE GARDEN	16 MINS
SWIM SLOW LENGTHS	16 MINS
TENNIS - SINGLES	16 MINS
KICKAROUND	14 MINS
REARRANGE THE FURNITURE	14 MINS
JOG	14 MINS
HIKE WITH A BACKPACK	14 MINS
CARRY HEAVY SHOPPING BAGS	14 MINS
CLIMB STAIRS	12 MINS
RUN - 5MPH	11 MINS
SPEEDY CYCLE	10 MINS
COMPETITIVE FOOTBALL	9 MINS
SKIP	9 MINS

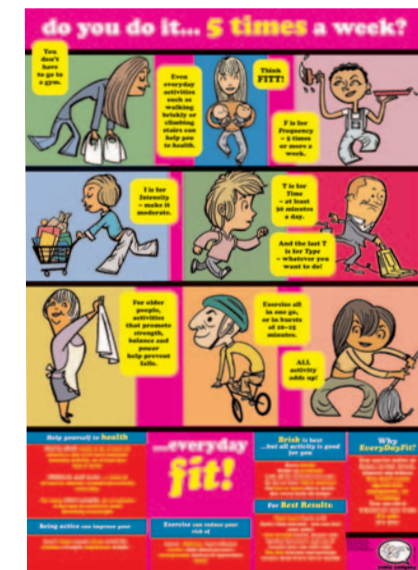
TIME TO BURN 100 CALORIES poster A3, £1.50 code 341
postcard A6, pack of 50, £6, code 342



SWIM FIT poster A3, £1.50 code 137



WALK FIT poster A3, £1.50 code 138



EVERYDAY FIT poster, A3, £1.50 code 193

For more information and online versions of resources, visit www.comiccompany.co.uk coco 2008 Page 41

SMILE PLEASE!

For our NEW SMILE PLEASE resource pack & snapper, see p6

What you need to know about food'n'fizzy drinks, bad breath, mouthguards, braces, cosmetic treatments, mouth jewellery, cold sores, ulcers, gum disease, fillings, crowns, and how to cope with fear of the dentist.



SMILE PLEASE booklet
16 pages x A6,
£20 per 50
For bulk copies,
see PRICE
BOX A p22
code 63



GIVE YOUR TEETH A MAKEOVER poster
A3, £1.50
code 145

GIVE YOUR TEETH A MAKEOVER bookmarks 6 designs
pack of 60, £5
code 186



PIERCED SPIKE poster
A3, £1.50, code 147



"The resources were really appreciated by the children. The classroom walls were bare so the posters made a real difference and they loved the stickers. I also gave some posters to one of the few dental clinics to brighten their surgery".
4th year dental student, Sheffield, on a project in The Gambia to provide oral health education to children in schools and villages.

CANCER AWARENESS

THE GOOD BREATH GUIDE poster A3, £1.50, code 146
postcard A6, pack of 50, £6, code 187



10/10 FOR LIFE poster
A2, £2, code 34



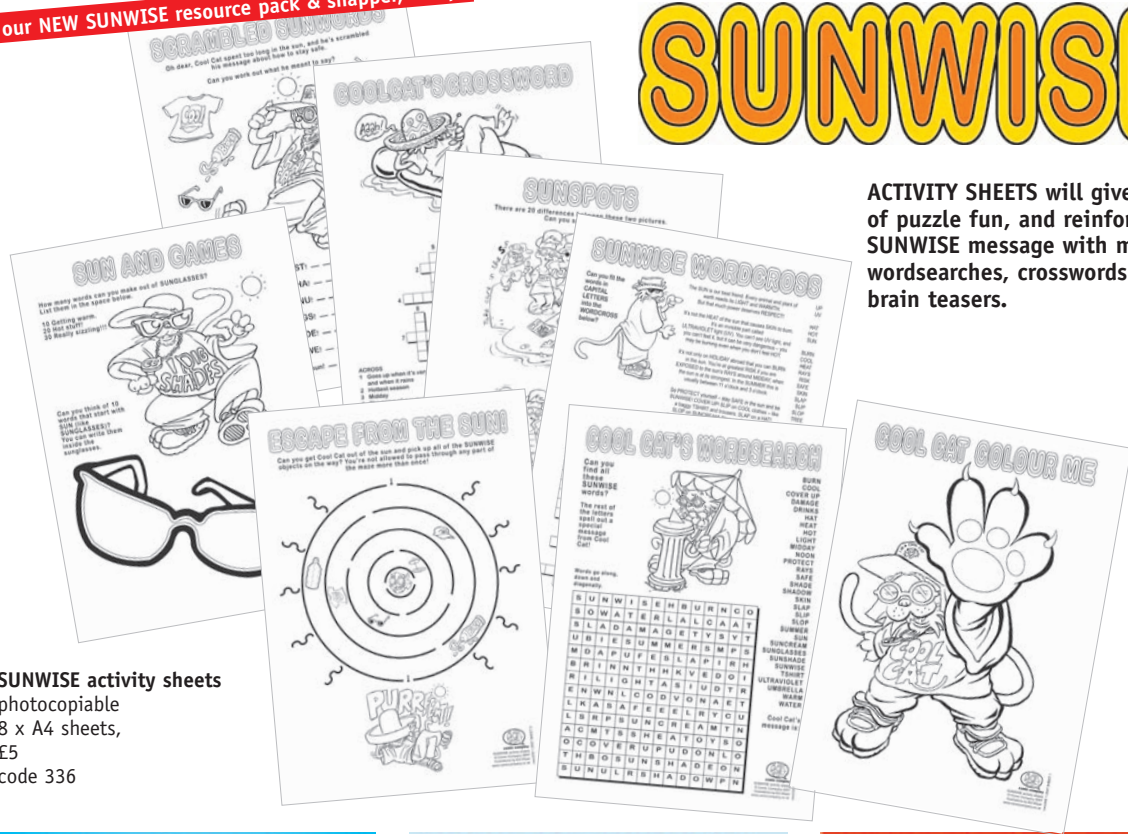
ACID ATTACK! poster A3, £1.50 code 75
postcard A6, pack of 50, £6 code 87



For our NEW SUNWISE resource pack & snapper, see p6

SUNWISE

ACTIVITY SHEETS will give hours of puzzle fun, and reinforce the SUNWISE message with mazes, wordsearches, crosswords and brain teasers.



SUNWISE activity sheets
 photocopiable
 8 x A4 sheets,
 £5
 code 336



**SUNWISE SLIP!
 SLAP! SLOP!** leaflet
 4 pages x A5,
 £10 per 50
 For bulk copies, see
 PRICE BOX B p22
 code 60



**SUNWISE SLIP! SLAP!
 SLOP!** stickers
 6 designs
 50mm diameter
 pack of 60, £4
 code 61



SAFE IN THE SUN poster
 A3, £1.50, code 97



SUNWISE SPOT THE DIFFERENCE poster
 A3, £1.50, code 190



SUNWISE SLIP! SLAP! SLOP! poster
 A3, £1.50, code 59



SUNWISE miniquizbook
 A4, folds to A7 pack of 50, £5.50 code 36

SUN SAFETY - GET SUNWISE



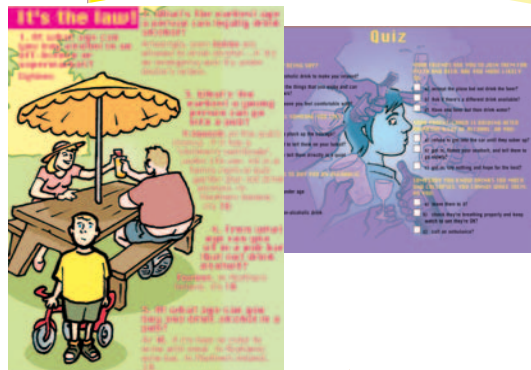
For more information and online versions of resources, visit www.comiccompany.co.uk coco 2008 Page 43



BINGE BRITAIN poster
Picture shows all the horror of a "good night out of it". Text includes views of an ambulance driver, A&E doctor, police officer and others. Good for discussion.

BINGE BRITAIN poster
A2 £2 code 189

CHEERS! YOUR HEALTH leaflet
Presents a huge amount of useful information on alcohol in a really lively way.



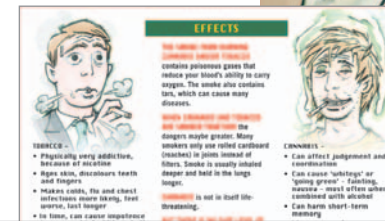
CHEERS! YOUR HEALTH leaflet
8 pages,
148 x 99mm,
£10 per 50
For bulk copies,
see PRICE BOX B p22 code 142

CANNABIS & TOBACCO leaflet

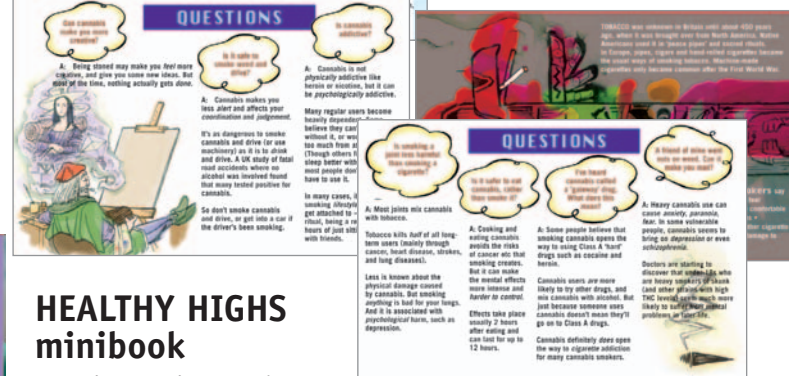
Really informative leaflet on the effects of two common drugs. Includes the current legal situation, and the latest thinking on added risks to young users.



For our NEW ALCOHOL & DRUGS pack, see p4



CANNABIS & TOBACCO leaflet
8 pages, 148 x 99mm, £10 per 50
For bulk copies, see PRICE BOX B p22 code 239



HEALTHY HIGHS minibook
Questions, quizzes and information about drugs and healthy alternatives to drug use. Promotes discussion in class and in youth groups.



HEALTHY HIGHS minibook
Double-sided
A4 folds to A7
pack of 50, £7
code 113

CHEERS - YOUR HEALTH snapper
A4 with folding instructions
pack of 50 £5.50
code 359



BARGAIN POSTER PACK
12 posters £10



- CHARLIE GREY poster code 148
- CRAVING poster code 149
- GRIN REAPER poster code 100
- I QUIT! poster code 235
- THE KISS poster code 22
- SPOT THE DIFFERENCE poster code 30
- UP IN SMOKE poster code 83
- WANT TO QUIT poster code 84
- SMOKEFREE ELEPHANT poster code 116
- SMOKEFREE FOOD AND DRINK poster code 117
- SMOKEFREE NO SMOKING SIGN poster code 115
- SMOKEFREE BABY poster code 114
- 12-POSTER BARGAIN PACK £10 code 200

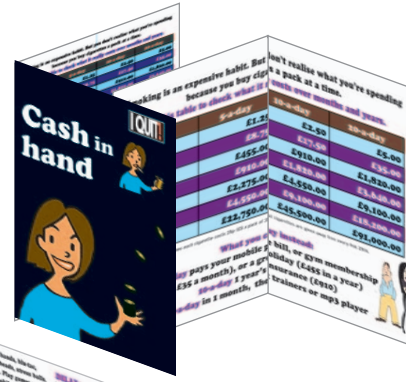
QUIT SMOKING
folding cards

I QUIT! TIPS folding card
A6 folded to A7, packs of 50,
£6, code 236



I QUIT! CASH IN HAND
folding card A6 folded to
A7, packs of 50, £6, code 237

The history,
global spread,
environmental
costs and
damage to
health caused
by tobacco.



Fascinating
facts and
funny
anecdotes
about the
effects of
tobacco on
history, health
and our
environment.

**A-Z FOR A
SMOKEFREE
WORLD** poster
A2, £2
code 82



CRAZY WORLD OF TOBACCO poster
A2, £2 code 21



I QUIT! poster
A3, £1.50,
code 235





I'D RATHER poster
A2 with photocopyable template
£1.75 code 26

For our NEW PRIMARY TOBACCO pack, see p4

I'D RATHER stickers & poster

What would you rather do than smoke a cigarette? Poster and stickers include free photocopyable template so children can design their own.



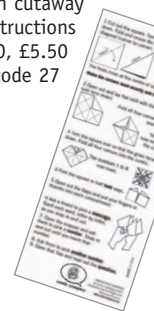
I'D RATHER stickers
9 designs
45mm diameter
free photocopyable template
per pack
pack of 60, £4
code 25



actual size



SMOKEFREE snapper
A4, with cutaway folding instructions
pack of 50, £5.50
code 27



Fold-up "fortune teller" gives positive messages – SMOKEFREE, FRESH AIR, BREATHE EASY, STAY HEALTHY.



ANIMALS THANK YOU...



ANIMALS THANK YOU bookmarks pack
50 x 210mm, pack of 60, £5
code 24

ANIMALS THANK YOU poster
A3, £1.50
code 23

HEALTHY CHOICE ANIMAL STICKERS & PRAISELETS

Healthy choice motivators to encourage smokefree activities.

HEALTHY CHOICE ANIMALS praiselets
12 assorted bands on A4 SHEET
Easy to cut with self-adhesive tab
pack of 60 bands, £4.50
code 132



actual size

HEALTHY CHOICE ANIMAL stickers
24 animals
48 colourways
27mm diameter
pack of 96, £4
code 133





SMOKEFREE BINGO

A novel take on the classic bingo game. Raises awareness about the effects of tobacco on health and environment. Informative, interactive, and enjoyable. For all ages.



SMOKEFREE BINGO game
8 x A4 gloss card sheets cut up to make 8 game boards and 72 cards, £5.50, code 334



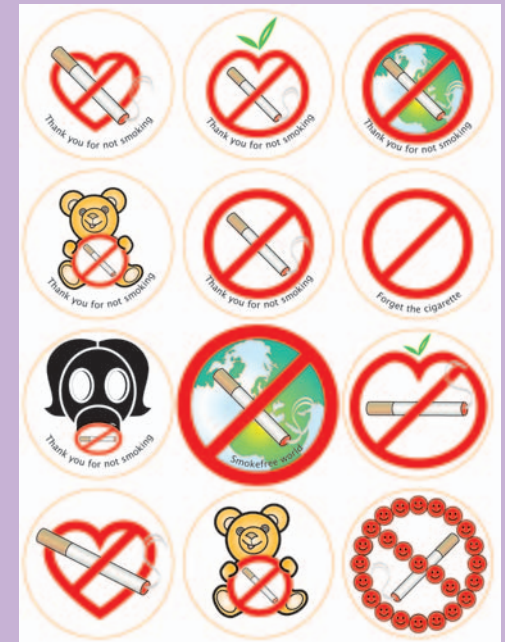
Tips on how to give up when planning a baby
CAN YOU FEEL HIM KICK? postcard
A6, pack of 50, £6 code 332

SMOKEFREE TATTOOS

Four striking temporary tattoos encourage young people to be smokefree.



SMOKEFREE TATTOOS
51mm x 51mm, pack of 20, £3, code 335



NO SMOKING stickers
45mm, pack of 60, £4, code 333



SMOKEFREE TEDDY poster
A3, £1.50, code 325
postcard A6, pack of 50, £6 code 326

