

Healthy eating

Early years

Fitness & activity

Men's health

Heart health

Sun safety

Oral health

Alcohol & drugs

Smoking education

Emotional health

Comic Company

0208 5168 168

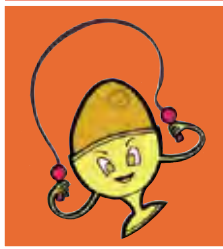
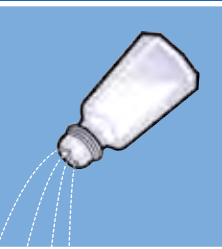
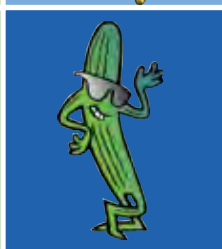
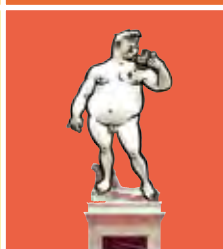
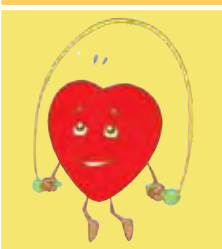
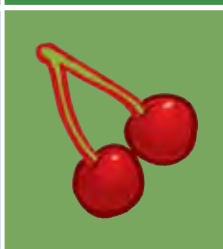
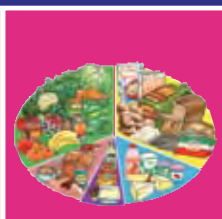
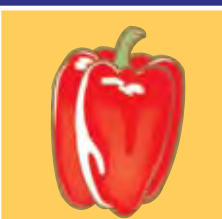
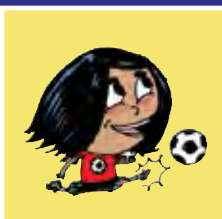
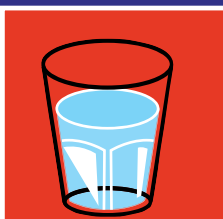
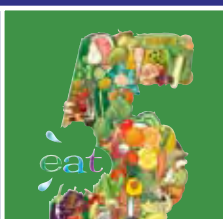
Health Information for All



comic company 2010

Resources for:

- Health promotion • NHS • Dietetics • Clinics and health centres
- Schools & colleges • Children's centres
- Youth and community projects
- Dental / oral health • Occupational health
- Advice and information centres



Posters

Leaflets

Activity books

Badges

Balloons

Bookmarks

Magnets

Floormats

Stickers

Board games

Helping to promote healthy lifestyles

www.comiccompany.co.uk

ABOUT US...

Comic Company is approaching its 20th birthday! In our two decades we have developed fun, informative, affordable and practical resources for all ages on all manner of health issues.

As an independent publisher we aim to provide current, unbiased health information for all. We use humour and colourful illustrations to deliver straightforward information and practical suggestions in a range of formats, developed in partnership with health professionals and tested with users.

We also work in conjunction with, and have produced resources for, many UK organisations including:

- Action on Smoking & Health (ASH)
- British Dietetic Association (BDA)
- British Heart Foundation
- Cancer Research Campaign
- Climate Connections
- Department of Energy, Food and Rural Affairs (DEFRA)
- Europe Against Cancer
- Family Planning Association (FPA)
- Greenpeace Educational Trust
- National Family & Parenting Institute
- Nottingham Community Health
- Royal College of Psychiatrists
- Welsh Assembly Government

Comic Company is a partnership between Philip Boys, Maggie Jee and Corinne Pearlman. We work with a variety of UK artists including Geoff Coupland, Flix Gillett, Graham Higgins, Ed Hillyer, Andy Pearson, Woodrow Phoenix, and Dan White. Our office manager is Oliver Hall.

www.comiccompany.co.uk

How to order
Visit our website
www.comiccompany.co.uk

Fax us your order

0208 473 4772

Put it in the post

Comic Company
14 Loxley Road
London
SW18 3LJ

You can use our order form on pp23-26,
or your own purchase order.

Prices exclude VAT.
Items marked (E) are not VATable.

We can only invoice official orders. If you
have any questions please give us a call on

0208 5168 168

We regret that we cannot take orders over the phone.

CUSTOMISED RESOURCES

Get all the benefits of tried and tested resources, personalised to your needs!

Comic Company resources can be customised to include your logo, contact details and local information. We can also make basic changes to suit your own brand guidelines.

For more information get in touch! info@comiccompany.co.uk 0208 5168 168



In sufficient quantities (eg. 500+ posters, 5,000+ leaflets), prices are often no more than our normal catalogue prices, and may even be less!

Our posters can be enlarged to just about any size (including 2.5 x 3 metre full colour vinyls for use indoors and out).

Roll out the banners!

Want your displays to really stand out?
With our new range of roller banners they will!

NEW!



Standing 2 metres tall and 85 cm wide (as big as a door!) you can choose from our full-range of posters. We can customise them with your own logo, image and contact details.

Handy and light to carry in a compact hold-all (only 4kg), and quick to assemble, our eye-catching banners will help make every display a success!

Ready-made £175
Customised banners start at £225

Keep an eye out for our banners throughout the catalogue. If you don't see the one you want, get in touch and we'll be able to help!



Size: 2.1 metres x 85 cm.
Weight: 4kg.

BREAKFAST roller banner code 481
CHECK THE LABELS roller banner code 479
COUNT US IN roller banner code 447
EATWELL PLATE roller banner code 436
EATWELL TIPS (WHITE) roller banner code 466
EATWELL TIPS (YELLOW) roller banner code 467
LUNCHBOX roller banner code 459

MEN MIND YOUR HEALTH roller banner code 472
SALT FAT SUGAR roller banner code 470
SIZE MATTERS MEN GET WEIGHTWISE roller banner code 471
SIZE MATTERS BIG DAVE roller banner code 477
WEIGHTWISE SMALL CHANGES roller banner code 478
WHAT'S A PORTION roller banner code 480

BANNERS from stock £175
CUSTOMISED with your LOGO from £225.
Plus post & packing £12.50

Email us at info@comiccompany.co.uk
or call us on 0208 5168 168
to discuss your requirements.

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The eatwell plate..... 4-7

Salt, fat, sugar 8-9

Eat 5 fruit & veg..... 10-19

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Wash your hands 48

the eatwell plate

"If you want to get the balance of your diet right, use the eatwell plate." Food Standards Agency.

In line with these recommendations we've produced a range of resources for all ages.

Our posters, activity sheets, fun games and bumper pack, make visualising your recommended daily food intake easy.

EATWELL TOP GRUB GAME

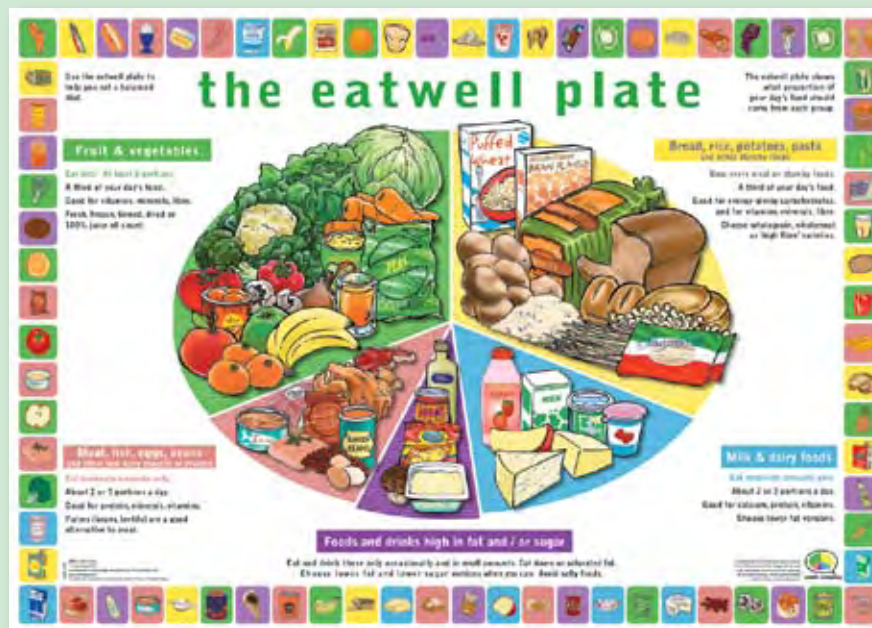
Our **BESTSELLING** Top Grub Game is the fun way to learn about the nutrients in everyday foods.

Popular trumps card challenge pitches food against food - the best nutritional value wins!

This interactive game also teaches understanding of food labels.

EATWELL TOP GRUB GAME
Ages 7-adult (key stages 2+)
64 playing cards, with instructions.
£5.10 code 307

I WIN!
Mine's got
ZERO grams!



EATWELL PLATE poster, A3
All ages
£1.30 code 430

EATWELL PLATE postcards
All ages, pack of 50
£5.10 code 416



NEW!

Make a **BIG** impact with our **MEGA** eatwell plate magnets!
The size of a postcard!



EATWELL PLATE MEGA-MAGNETS
pack of 10, 150mm x 105mm
£7.60 code 484

NEW!



EATWELL PLATE poster, A2
All ages
£1.70
code 382

EATWELL TIPS postcard
All ages
pack of 50
£5.10 code 473



EATWELL PLATE MAGNETS
5 different coloured borders
pack of 10, 82mm x 52mm
£3.40 code 403

Eatwell Plate floormats (1m x 1.2m) for use indoors and outside

Huge vinyl mats!

NEW!

Includes 48 double-sided laminated Good Grub food cards

Big tabletop vinyl mats 60cm x 42cm

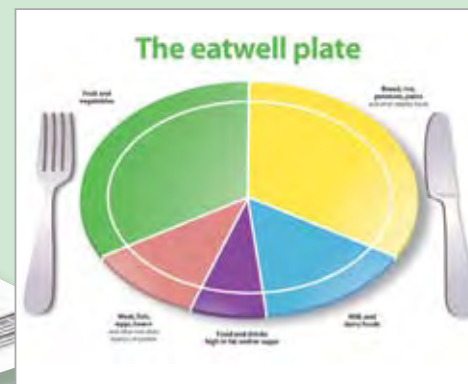
EATWELL PLATE TABLETOP MATS (A2)
4 mats on durable vinyl — 2 designs
with GOOD GRUB FOOD CARDS (see right)
£50 code 438

EATWELL PLATE FLOORMAT
(with foods and text)
and **GOOD GRUB FOOD CARDS**
1m x 1.2m
£50 code 500

EATWELL PLATE FLOORMAT (with knife & fork) and **GOOD GRUB FOOD CARDS**
1m x 1.2m
£50 code 498

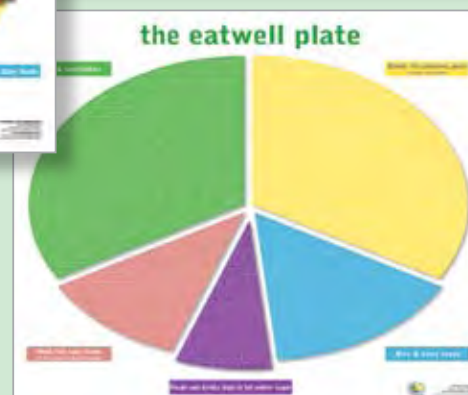
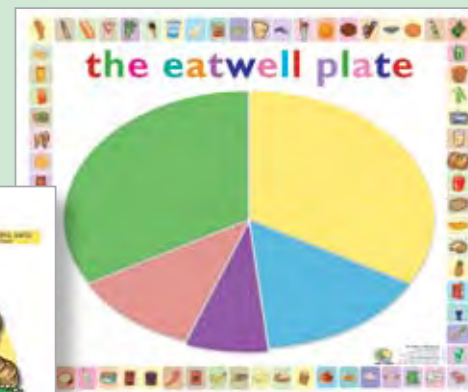
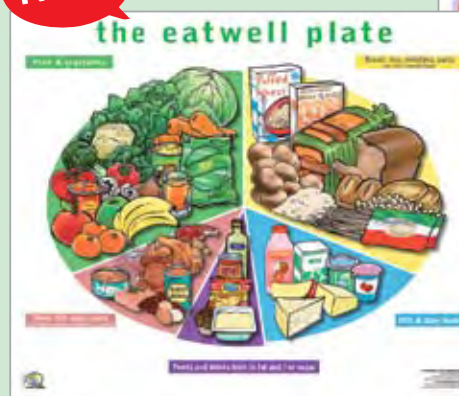
NEW!

See page 2 for our new
Eatwell Plate roller banner
— as big as a door!
Code 436



EATWELL PLATE FLOORMAT (with border) and **GOOD GRUB FOOD CARDS**
1m x 1.2m
£50 code 415

NEW!



**NEW
BIGGER
PACK FOR
2010!**

**ALL THE
FOODS ON
THE EATWELL
PLATE AND
MORE!**

**GOOD GRUB
FOOD CARDS**
48 double-sided
laminated cards
74mm x 105mm
£4.95 code 348

EATWELL PLATE FLOORMAT
(with foods and
no text) and
**GOOD GRUB
FOOD CARDS**
1m x 1.2m
£50 code 499

EATWELL PLATE FLOORMAT (no border) and **GOOD GRUB FOOD CARDS**
1m x 1.2m
£50 code 437

More games and activities featuring the eatwell plate...



Fortune tellers... Chatterboxes...

What do you call them?

We call them **SNAPPERS!**



Designed to help reinforce health messages, SNAPPERS get young people to engage and discuss a topic. A fun, different way to encourage learning.

EATWELL GOOD GRUB snapper

Age 7-12
pack of 50
A4 with folding instructions
£5.95 (E) code 412

EATWELL GOOD GRUB miniquizbook

Age 7-12
pack of 50, A4, folds to A7,
with folding instructions
£5.95 (E) code 423

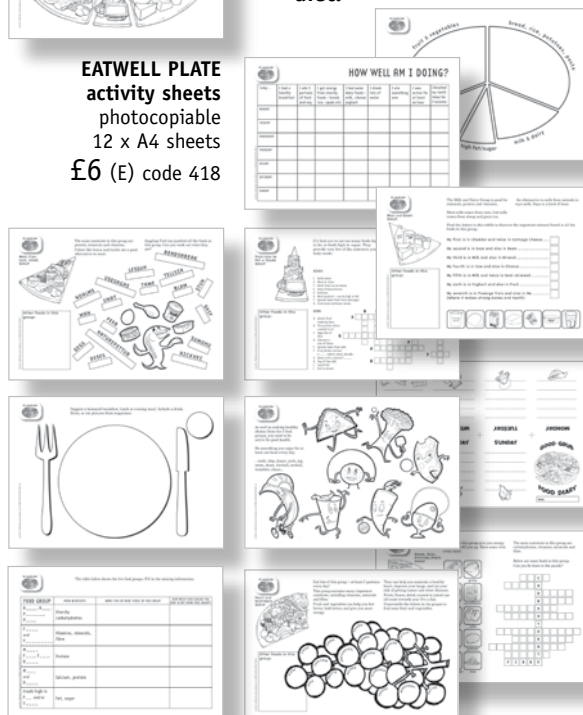


EATWELL PLATE activity sheets

Age 7-12 (Key Stages 2-3). Develops understanding of the five food groups and their contribution to a balanced diet.



EATWELL PLATE activity sheets
photocopiable
12 x A4 sheets
£6 (E) code 418



EATWELL PLATE GAME SET & MATCH pack

Four A4 cards fit together to make a big A2 eatwell plate. The pack also contains 72 food images to cut out, plus suggestions for activities to develop knowledge of the different food groups. The food images can also be used for games involving groups and sets of cards.



EATWELL PLATE GAME, SET & MATCH pack

Age 7-12
4 x A4 gloss laminated card sheets to make an empty eatwell plate.
Photocopiable info, games and diary on the reverse.
4 x A4 card sheets with 72 food images to cut out (50mm x 70mm)
£5.10 code 413



EATWELL PLATE BINGO

BINGO!



EATWELL PLATE BINGO is an entertaining way of learning which foods belong to which groups. Further activity suggestions are given on the back of the boards.

EATWELL PLATE BINGO game
Age 7-12
8 x A4 gloss card sheets
cut up to make
9 game boards
and 63 food cards.
£5.10 code 414

EATWELL PLATE RESOURCE PACK 2010

Suitable for age 7-12 (Key stages 2-3)



EATWELL PLATE RESOURCE PACK 2010

Pack contents (also available separately)

1 x EATWELL PLATE Activity Sheets (12) code 418
1 x EATWELL PLATE BINGO Game 414
1 x EATWELL PLATE GAME, SET & MATCH pack..... 413
1 x EATWELL PLATE poster, A2 382
1 x EATWELL PLATE poster, A3 430

50 x EATWELL PLATE snappers code 412
50 x EATWELL PLATE GOOD GRUB quizbooks..... 423
1 x EATWELL TOP GRUB GAME..... 307
At least 15% off regular catalogue prices
EATWELL PLATE RESOURCE PACK
£34 (E)..... code 448

CHECK THE LABELS

Age 11 – adult

See page 3 for our new *Check the Labels* roller banner – as big as a door!
Code 479



A lively range of resources on how to read a nutrition label – and why making informed choices can make a big difference to your health. Created in association with East Midlands Trading Standards. Includes an explanation of the traffic light food labelling system, an introduction to the Eatwell Plate, and lots of tips and advice on understanding food labels and making healthy choices.

CHECK THE LABELS leaflet
pack of 50
12 pages, 100mm x 140mm
£12.50 (€) code 203
For bulk copies, see
PRICE BOX D p23



SALT – SHAKE THE HABIT poster, A3
£1.30 code 129

SUGAR – NO VALUE ADDED poster, A3
£1.30 code 130



CHECK THE LABELS postcards
pack of 50, double-sided A6
£5.10 code 205

CHECK THE LABELS magnets
pack of 8, 4 designs
85mm x 55mm
£3.00 code 204



CHECK THE LABELS
poster, A2
£1.70 code 206





SALT magnets
pack of 10
85mm x 55mm
£3.40
code 483



SALT, SUGAR and FAT leaflets and posters



FAT – SPREAD IT THIN poster, A3
£1.30 code 311

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

See page 3
for our new
**SALT, FAT,
SUGAR** roller
banner – as
big as a
door!
Code 470



FAT- SPREAD IT THIN leaflet
pack of 50 4 pages x A6
£8 (E) code 312
For bulk copies, see PRICE BOX C p23

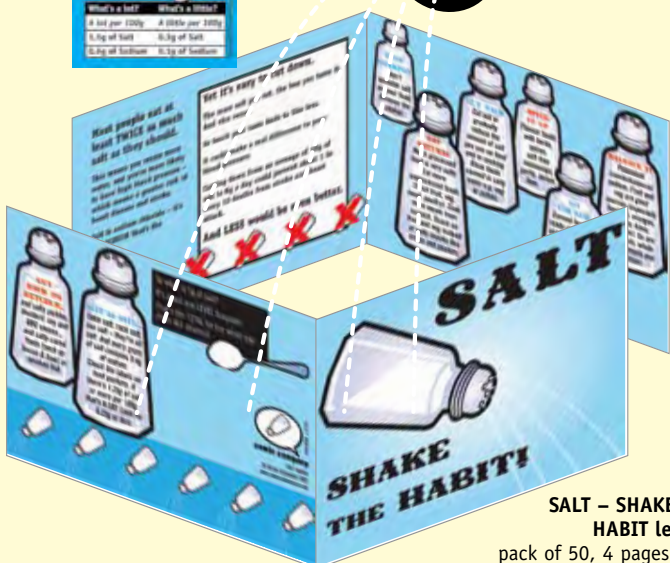
The FATS of LIFE leaflet



Confused
about
fats? Saturated,
mono-unsaturated, poly-
unsaturated? Omega-3 fatty acids? THE
FATS OF LIFE 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.

Age 11 – adult

FATS OF LIFE leaflet
pack of 50
8 pages,
148mm x 99mm
£12 (E)
code 131
For bulk copies, see
PRICE BOX B p23



SALT – SHAKE THE HABIT leaflet
pack of 50, 4 pages x A6
£8 (E) code 183
For bulk copies, see
PRICE BOX C p23



SUGAR – NOT SO SWEET leaflet
pack of 50 4 pages x A6
£8 (E) code 184
For bulk copies, see PRICE BOX C p23

EAT 5! booklet

A Comic Company **BESTSELLER!**
Everything you need to know
about fruit and veg! Supported
by posters, cards, balloons,
badges, stickers, and activities
promoting the 5-a-day message.

EAT 5! booklet
Age 7 – adult
pack of 50
16 pages x A6
£20 (E)
code 10
For bulk copies,
see PRICE BOX A
p23



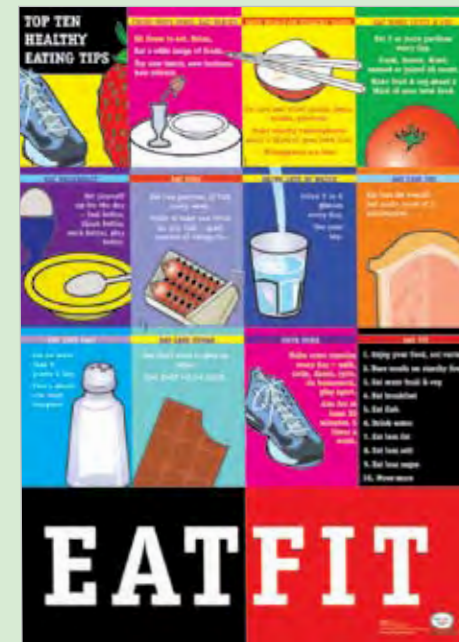
EATFIT leaflet

Top tips on healthy eating. In line with
the latest **FOOD STANDARDS AGENCY (FSA)**
recommendations.



EATFIT leaflet
Age 11 – adult
pack of 50, 12 pages
100mm x 140mm,
£12.50 (E) code 219
For bulk copies, see PRICE BOX D p23

EATFIT poster, A2
£1.70 code 220

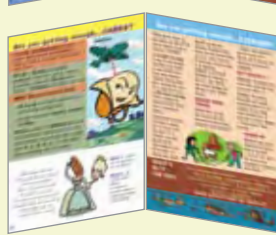
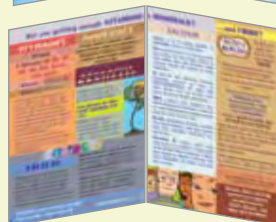
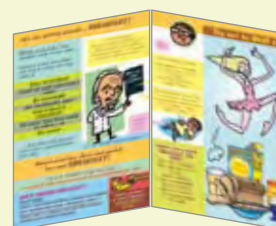


ARE YOU GETTING ENOUGH?

A fantastic guide to healthy eating
and exercise. One of our most popular
booklets. Ideal for teenagers.



IN A HANDY FORMAT,
this leaflet covers all
the key messages.
Are you getting enough:
• exercise? • water?
• breakfast?
• healthy snacks?
• fruit and veg?
• vitamins? • minerals?
• starchy foods &
fibre? Plus a fun **CHECK
YOURSELF OUT** quiz.



ARE YOU GETTING ENOUGH? poster, A3
Age 11 – adult
£1.30 code 45

ARE YOU GETTING ENOUGH? booklet
pack of 50, 16 pages, 210mm x 105mm
£20 (E) code 11
For bulk copies, see PRICE BOX A p23



GIVE ME 5 ACTIVITY PACK

Includes 50-page A4 photocopiable Activity Book, sample poster, snapper, bookmarks & stickers

£22 (€) code 12



GIVE ME 5 bookmarks
297mm x 35mm
8 different designs
pack of 100
£5.10
code 17

GIVE ME 5 stickers, 12 designs
27mm diameter, pack of 96
£3.40 code 14



GIVE ME 5 Activity Pack

Age 5-14 (Key stages 1-3)

Book contains fact sheets promoting the 5-a-day message, in the broader context of a healthy balanced diet. Loads of activities for individuals, groups and whole schools. Crosswords, puzzles, diary, surveys, Eatwell Plate templates, and group games.



GIVE ME 5 snapper
A4, with cut-away folding instructions
pack of 50
£5.95 (€) code 13



GIVE ME 5 - ALL THESE COUNT poster
All ages, A2
£1.70 code 16



Sample pages from
Give Me 5 Activity Book 50-page x A4, photocopiable, available as part of **Give Me 5 Activity Pack** Code 12



FUN WAYS WITH FRUIT & VEG

Packed with ideas for snacks and recipes to encourage children to eat 5 a day. Great family activities.



FUN WAYS WITH FRUIT & VEG poster-frieze
420mm x 148.5mm
£1.30
code 444

FUN WAYS WITH FRUIT & VEG leaflet 420mm x 148mm, folds to 8 pages A6, pack of 50
£12 (€) code 443
For bulk copies, see PRICE BOX B p23



5 GOOD REASONS TO EAT 5 PORTIONS



5 GOOD REASONS TO EAT 5 PORTIONS leaflet-poster
4 pages x A5, plus A3 fold-out poster, pack of 50
£20 (€) code 42
For bulk copies, see PRICE BOX A p23



EAT 5! poster A3, £1.30 code 07



WHAT'S IN A VEGETABLE? poster A3, £1.30 code 95

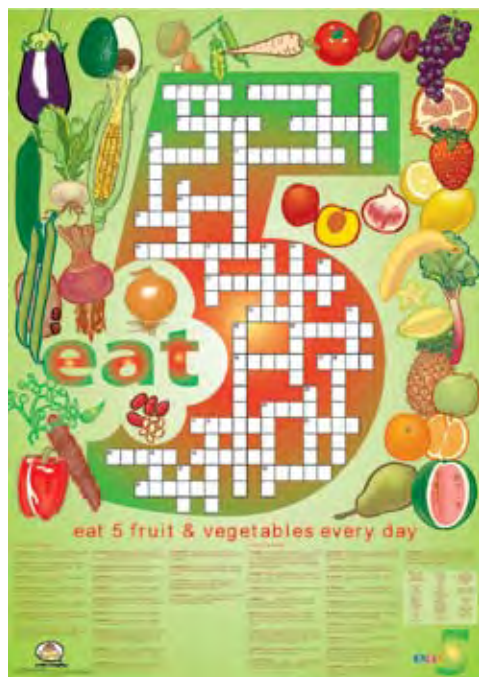


GREEN YOUR EATS! poster A3, £1.30 code 127



See page 3 for our *What's a Portion* roller banner – as big as a door! Code 480

WHAT'S A PORTION? posters A2, £1.70, code 213, A3, £1.30 code 06 postcard A6, pack of 50, £5.10 code 05



EAT 5! WRITE-ON CROSSWORD poster A3, £1.30 code 54



WHAT'S IN A FRUIT? poster A3, £1.30 code 94



GREAT WAYS TO EAT 5! posters A2, £1.70 code 207, A3, £1.30 code 03 postcard A6, pack of 50, £5.10 code 20



EAT 5! MAP poster A3, £1.30 code 377



WHAT'S GOOD ABOUT VEG poster A2,
£1.70 code 320



WHAT'S GOOD ABOUT FRUIT poster A2,
£1.70 code 319



BIG VEGETABLES poster A2, £1.70 code 02
postcard pack of 50, £5.10 code 171



BIG FRUITS poster A2, £1.70 code 01
postcard pack of 50, £5.10 code 170



SEASON'S EATINGS Poster
210mm x 594mm, £1.30 code 318



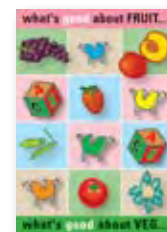
For all ages!
Easy-to-read
pocket-size
guides,
with tasty
eating tips.

SEASONS' EATINGS leaflet
420mm x 148mm,
folds to 8pp A6
pack of 50
£12 (E) code 434
For bulk copies, see
PRICE BOX B p23

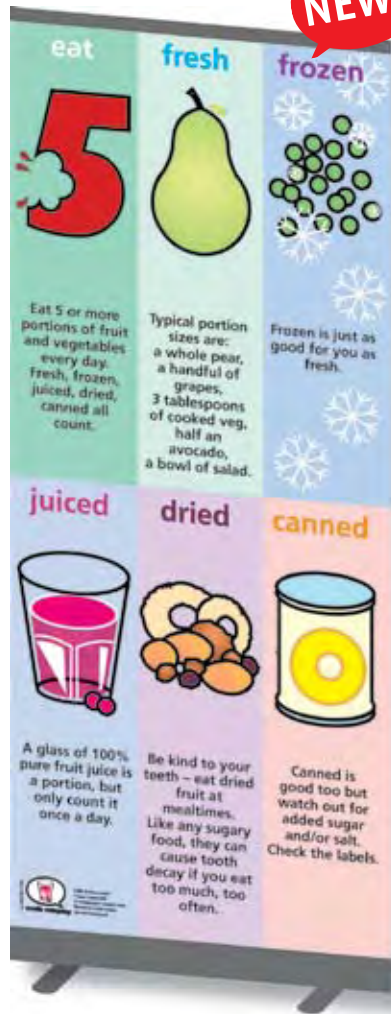


LUSCIOUS FRUIT & VEG LEAFLETS

WHAT'S GOOD ABOUT FRUIT & VEG leaflet
420mm x 148mm,
folds to 8pp A6, pack of 50
£12(E) code 435
For bulk copies, see
PRICE BOX B p23



NEW!



COUNT US IN roller-banner
2m x 85cm **£175** code 447



BEAT THE SWEETS poster
A3
£1.30
code 492



5 WAYS TO EAT 5! poster
A3

COUNT US IN postcard
A6
pack of 50
£5.10 code 309

COUNT US IN poster-frieze
597mm x 210mm, **£1.30** code 308



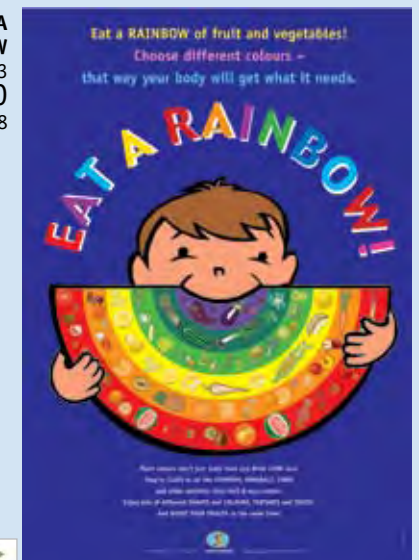
NEW!

EAT A RAINBOW!

Colourful, eye-catching resources with a simple message – colours are a clue to the many good things in fruit and veg. Age 5+.

EAT A RAINBOW poster
A3
£1.30
code 128

EAT A RAINBOW postcard
A6
pack of 50, **£5.10**
code 174



EAT A RAINBOW bookmarks
6 designs
50mm x 210mm
pack of 60,
£4.25
code 172



EAT A RAINBOW activity sheets 2 kinds, A4 pack of 50, (2 x 25), **£5.95** (E) code 173



EAT 5! A-Z FRUITS & VEGETABLES - for all ages



EAT 5! A-Z bookmarks
(double-sided)
6 designs
pack of 60
£4.25
code 208



EAT 5! A-Z poster A2,
60 fruits and vegetables
£1.70 code 99

EAT 5! A-Z NAME IT activity
sheet A4, pack of 50
£5.95 (E) code 175



THE GOOD SNACK GUIDE postcard A6,
pack of 50
£5.10 code 313



THE GOOD SNACK GUIDE poster A3
£1.30 code 101



WATER – EVERY BODY'S FAVOURITE DRINK poster for all ages, A3, £1.30 code 04



REALLY COOL WATER poster A3, £1.30 code 182
postcard A6 pack of 50, £5.10 code 201
magnet pack of 10, £3.40 code 401



REALLY COOL DRINKS poster for all ages, A3, £1.30 code 181

postcard A6 pack of 50
£5.10 code 317



DRINKFIT poster for all ages, A2
£1.70 code 310



5 EAT 5! EAT 1,2,3,4,5! poster-frieze 597mm x 210mm £1.30 code 55

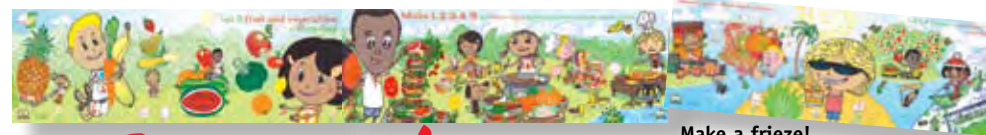


5 EAT 5! MAKE 5! poster-frieze 597mm x 210mm £1.30 code 136



5 EAT 5! 1,2,3,4,5 WAYS TO EAT 5! poster-frieze 597mm x 210mm £1.30 code 90

5 EAT 5!
Activity &
Colouring
Sheets
photocopiable
10 x A4
£6 (E)
per pack
code 164



Make a frieze!

5 EAT 5!

Five engaging characters created by the comic artist ZEEL encourage children to EAT 5! fruit and veg every day. The three landscape posters can be used singly, or joined together to make a continuous wall-frieze (above). Looks great on any wall at home or at school.

Ages 5-11 (Key stages 1-2)



5 EAT 5! stickers 24 different designs
27mm diameter pack of 96, £3.40 code 168



5 EAT 5! snapper
A4 with cut-away folding instructions
pack of 50, £5.95 (E)
code 167



5 EAT 5! bookmarks
6 designs
50mm x 210mm
pack of 60, £4.25
code 165

EAT 5! GAMES, PUZZLES & MINIBOOKS Age 5–12 (Key stages 1–2)
Promote the 5-a-day message with these fun puzzles.
Thousands of copies sold of our ever-popular
mini-quizzbook and diary.

EAT 5!
mini-quizzbook
A4 folds to A7
pack of 50
£5.95 (E)
code 09



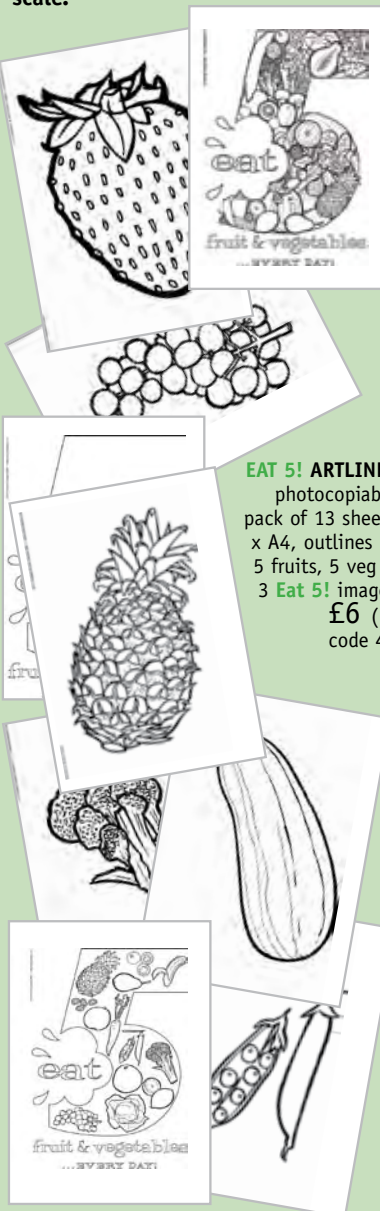
EAT 5! PUZZLE CARDS postcard
A6 pack of 50
25 of two kinds
£5.10 code 209



EAT 5! mini-diary A4 folds to A7
pack of 50, £5.95 (E) code 08

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
£6 (E)
code 46

EAT 5! GAME, SET & MATCH

Fun CUT-OUT GAMES reinforce the EAT 5! message. Pack contains CRISS CROSS BINGO with 54 fruit & veg picture cards, and two easy-match JIGSAW puzzles.

Use the cards as flash cards or for setting games (e.g. "group all the citrus fruits").
Put TWO PACKS together and play SNAP! or PELMANISM (matching pairs).



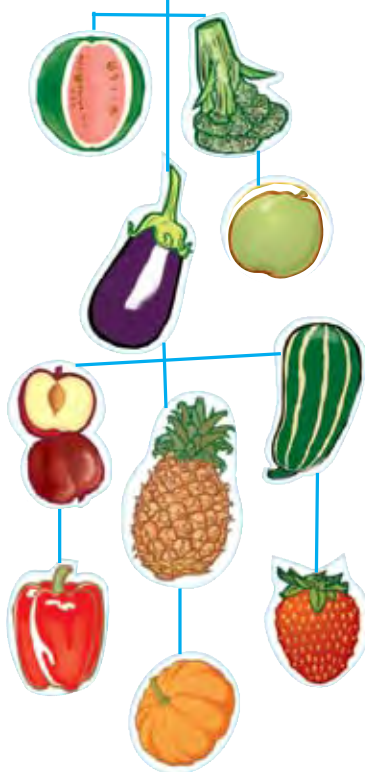
EAT 5! GAME, SET AND MATCH pack
8 x A4 gloss card sheets. Can be cut up to make 6 game boards, 54 picture cards, and 2 fruit & veg puzzles. With instructions.
£5.10 code 98



EAT 5! FUN MOTIVATORS

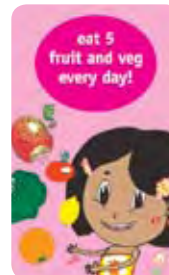
EAT 5! munchmats

Double-sided BIG press-out fruits and vegetables on laminated, durable card for MOBILES and 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) £6.50 per pack code 211



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, £3.85 code 132



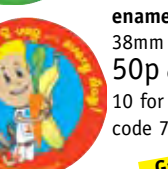
EAT 5! praiselets

Mini-motivators to reward healthy eaters!

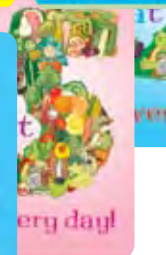
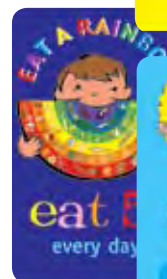


BADGES

EAT 5! badges
54mm diameter
8 designs with Supersafe pin
Mixed pack of 16
£3.85
code 88
Actual size shown below



EAT 5! magnets
82mm x 52mm,
mixed pack of 16
£3
code 135



EAT 5! BALLOONS

EAT 5! balloons
high quality, inflate to 30cm, pack of 20, rich mixed colours, £3.85
code 89
NB Do not inflate with helium gas without special stopper (not supplied)



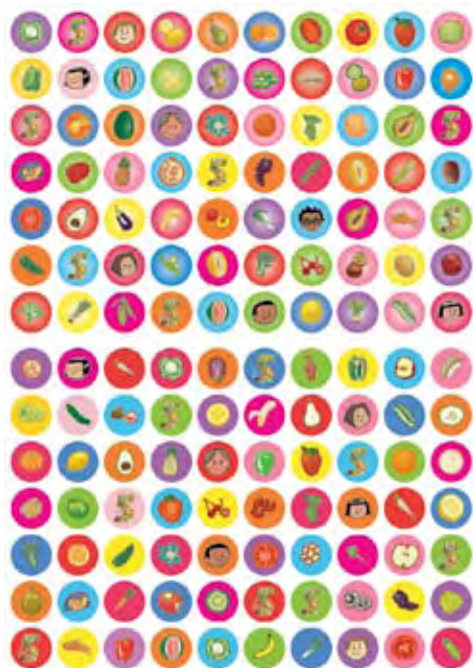
GRAB-A-BANANA enamel badge
38mm
50p each,
10 for £4.25
code 73

Great prize!



EAT 5! praiselets
12 bands on A4 sheet
Easy to cut with self-adhesive tab
pack of 60 bands, £3.85 code 74

EAT 5! fruit & veg mini-stickers



EAT 5! FRUIT & VEG ministickers
13mm diameter, 140 different designs
pack of 280, £3.40
code 210
actual size shown here



EAT 5! A-Z sticker-stamps



EAT 5! A-Z sticker-stamps
pack of 240
sticker-stamps, £3.40
code 214



actual size shown here

EAT 5! HEALTHY CHOICE FRUIT & VEG stickers

HEALTHY CHOICE FRUIT & VEG stickers
30mm diameter
pack of 96, £3.40
code 134
actual size shown (below)



Sticker collection cards

Space for 10 stickers



EAT 5! sticker collection card
A6 folds to A7
pack of 50, £5.10
code 212

HEALTHY CHOICE sticker collection card
A6 folds to A7
pack of 50, £5.10
code 228

EAT 5! stickers

EAT 5! stickers
4 different designs,
24 colourways
30 mm diameter
pack of 96, £3.40
code 178



actual size



HEALTHY CHOICE ANIMAL stickers
24 animals
48 colourways
27mm diameter
pack of 96, £3.40
code 133



GOOD GRUB!

Cartoonist Woodrow Phoenix has created a fabulous range of characters to illustrate our Good Grub healthy eating leaflet: what you need to know about breakfast, snacks, lunch, balanced diet, drinks and exercise. Includes *How Well Am I Doing?* checklist. Age 7+



GOOD GRUB leaflet

8 pages, 148mm x 99mm, pack of 50,
£12 (E) code 221
For bulk copies, see PRICE BOX B p23

GOOD GRUB badges

54mm diameter,
8 different designs with supersafe pin,
pack of 16, £3.85
code 352

Actual size shown right



GOOD GRUB SNAKES & LADDERS FLOORGAME

— with a healthy twist. Giant roll-out floorgame in heavy duty vinyl.

Answer healthy eating questions to go up ladders and avoid slithering down snakes. Includes large blow-up dice. Also available as a board game.



GOOD GRUB SNAKES & LADDERS floorgame

1 floormat 1m x 1.25m, inflatable dice,
3 x A4 cards to be cut up to make
54 quiz cards, £55 code 432

GOOD GRUB SNAKES & LADDERS game

1 x A4 gameboard with instructions,
3 x A4 cards to be cut up to make
54 quiz cards, £5.10
code 405



GOOD GRUB FOOD CARDS
48 double-sided laminated cards,
96 foods. 74mm x 105mm
£4.95 code 348

**NEW BIGGER
PACK 2010!**

Healthy Eating MAGNETS



WHAT'S A PORTION magnet
82mm x 52mm
pack of 10
£3.40 code 425



GREEN YOUR EATS magnet
82mm x 52mm, pack of 10
£3.40 code 428



REALLY COOL WATER magnet
82mm x 52mm
pack of 10
£3.40
code 401



EAT 5 FRIEZE magnet
82mm x 52mm
pack of 10
£3.40
code 429

FAB FRUIT & VEG magnets
82mm x 52mm
pack of 8
£3
code 426

SEE OUR OTHER MAGNETS

EATWELL PLATE..... code 403 see page 4
EAT 5 code 135 see page 18
GOOD HEART FOOD .. code 140 see page 39
HAPPY HEART..... code 395 see page 40
SIZE MATTERS BIG DAVE code 427 see page 39
LUNCHBOX code 314 see right
LUNCHBOX KEEP ME COOL . code 400 see right
BREAKFAST code 399 see right
CHECK THE LABELS.. code 204 see page 8
SALT code 483 see page 9

BREAKFAST RESOURCES



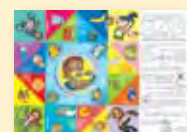
BREAKFAST poster
A3
£1.30 code 44



BREAKFAST postcard
A6
pack of 50
£5.10 code 96



BREAKFAST – JOIN THE CLUB! poster
A3
£1.30
code 379



BREAKFAST snapper
A4 with folding instructions
pack of 50
£5.95 (€)
code 321



BREAKFAST stickers
12 different designs,
45mm diameter, pack of 48,
£3.00
code 322



BREAKFAST magnet
82mm x 52mm,
pack of 10,
£3.40 code 399

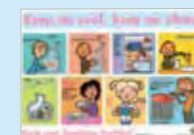


BREAKFAST miniquizbook
A4, folds to A7
with folding instructions,
pack of 50,
£5.95 (€) code 343

LUNCHBOX RESOURCES



LUNCHBOX poster
A3
£1.30 code 314



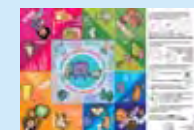
LUNCHBOX KEEP ME COOL, poster
A3
£1.30
code 102



LUNCHBOX KEEP ME COOL magnet
82mm x 52mm
pack of 10
£3.40 code 400



LUNCHBOX KEEP ME COOL postcard
A6,
pack of 50,
£5.10 code 92



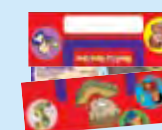
LUNCHBOX snapper
A4 with folding instructions
pack of 50
£5.95 (€)
code 315



LUNCHBOX stickers
12 different designs,
45mm diameter
pack of 48
£3.00
code 316



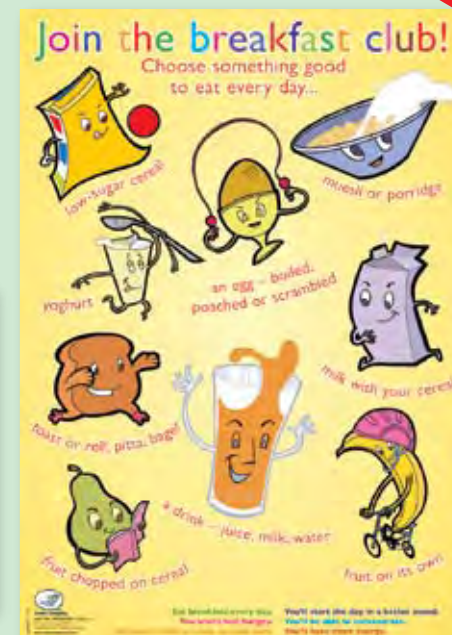
LUNCHBOX magnet
82mm x 52mm
pack of 10
£3.40 code 398



LUNCHBOX leaflet
folded A4
£12 (€) per 50
code 91
For bulk copies, see
PRICE BOX B p23

Healthy Breakfast

**GREAT VALUE PACK
ONLY £34!**



BREAKFAST RESOURCE PACK AGE 5+

- 50 x Good Grub leaflets..... code 221
- 1 x You Need Breakfast poster, A3 44
- 50 x You Need Breakfast postcards..... 96
- 50 x Breakfast miniguizbooks 343

- 50 x Breakfast snappers 321
- 4 x sheets (96 stickers) Breakfast stickers..... 322
- 1 x Breakfast - Join the Club poster 379

**At least 15% off regular catalogue prices
BREAKFAST RESOURCE PACK**

£34 (€) code 370

ITEMS AVAILABLE AS A PACK OR SEPARATELY.

For details and prices, see page 21.

BREAKFAST magnet
All ages,
82mm x 52mm,
pack of 10,
£3.40
code 399



HOW TO ORDER

Visit our website www.comiccompany.co.uk

Fax us your order 0208 473 4772

Put it in the post

Comic Company, 14 Loxley Road, London, SW18 3LJ

We regret that we cannot take orders over the phone, but please call us if you have any queries 0208 5168 168.

Please use your own purchase order. Or use our order form on pp 23-26, or download it at www.comiccompany.co.uk/orderform2010

PAYMENT

We can only invoice official orders over £20.

We prefer payment to be made by BACS:
HSBC Bank Sort Code 40 01 07 Account No: 61299107

All other orders must be prepaid. You can pay online by credit card or send a cheque payable to Comic Company with your order to the address above.

DELIVERY TIMES

We normally despatch within 5 days of receiving your order. But 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.

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.

CARRIAGE COSTS – PLEASE ADD TO YOUR ORDER

UK mainland

ORDER VALUE..	CARRIAGE
up to £100	£6.00
£101 - £150	£7.50
£151 - £200	£10.00
£201 - £300	£12.50
£301 - £400	£15.00
£401 - £500	£20.00
£501 - £700	£25.00
£701 - £1000	£30.00
£1000+	£35.00

*ROLLER BANNERS Carriage for roller banners is £12.50. (This is in addition to the charge for the rest of your order.)

Non-mainland UK

ORDER VALUE..	CARRIAGE
up to £50	£6.00
£51 - £100	£10.00
£101+...10% of order value	

These areas include Northern Ireland, Isle of Man, Scilly Isles, Scottish Highlands and Islands, Orkney and Shetland. Postcodes are as follows:
BT, IV, HS, KW, ZE,
KA 27-28, PA 20-49,
PA 62-78, PH 17-26, PH 30-44.

Rest of world

For the Channel Islands and non-UK orders delivery is at cost. Please contact us for an estimate.

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	
I QUIT! booklet	
SMILE PLEASE booklet	
SMALL CHANGES, BIG BENEFITS 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

BABY STARTS SOLIDS leaflet	
CANNABIS & TOBACCO leaflet	
CHEERS! YOUR HEALTH leaflet	
COOL KIDS USE CUPS leaflet	
FATS OF LIFE leaflet	
FUN WAYS WITH FRUIT & VEG leaflet	
GOOD GRUB leaflet	
GOOD HEART FOOD leaflet	
HEALTHY LUNCHBOX leaflet	
SEASONS EATINGS leaflet	
SEX & SMOKING leaflet	
SUNWISE SLIP! SLAP! SLOP! leaflet	
THINK PURPLE leaflet	
WHAT'S GOOD ABOUT FRUIT & VEG leaflet	
50+ copies ...	£12 per 50 .. (24p ea)
250+ copies ..	£11 per 50 .. (22p ea)
1000+ copies .	£10 per 50 .. (20p ea)

PRICE BOX C

FAT – SPREAD IT THIN leaflet	
SALT leaflet	
SUGAR leaflet	
SWIMFIT leaflet	
WALKFIT leaflet	
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250+ copies ...	£7.50 per 50 ... (15p ea)
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99 WAYS TO LOSE 100 CALORIES leaflet	
CHECK THE LABELS leaflet	
EATFIT leaflet	
INSIDE STORY leaflet	
MEN! MIND YOUR HEALTH leaflet	
SIZE MATTERS leaflet	
50+ copies	£12.50 per 50 .. (25p ea)
250+ copies ...	£12 per 50 ... (24p ea)
1000+ copies ...	£11.50. (23p ea)

ORDER FORM

MAKE SURE YOU HAVE INCLUDED VAT (WHERE PAYABLE).
USE THE PRICES IN COLUMN 4 OF THE ORDER FORM.

SUBTOTAL (incl VAT)

CARRIAGE (PLEASE ADD! See panels left for carriage costs.)

*ROLLER BANNERS PLEASE ADD £12.50

TOTAL ORDER (minimum £20)

Name

Position

Organisation

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☐ Please sign me up for the Comic Company email newsletter

Please note we can only invoice official orders.

Official Order Number

Name / organisation to invoice

INVOICE address

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Special instructions:

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TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
5 EAT 5 – 1, 2, 3, 4, 5 WAYS! poster	p16	£1.30	£1.53	90	£
5 EAT 5 – EAT 1, 2, 3, 4, 5! poster-frieze	p16	£1.30	£1.53	55	£
5 EAT 5 – MAKE 5! poster-frieze	p16	£1.30	£1.53	136	£
5 EAT 5 ACTIVITY SHEETS	p16	£6	£6	164	£
5 EAT 5 bookmarks packs of 60	p16	£4.25	£5	165	£
5 EAT 5 snapper packs of 50	p16	£5.95	£5.95	167	£
5 EAT 5 stickers packs of 96	p16	£3.40	£4	168	£
5 GOOD REASONS TO EAT 5 leaflet-poster packs of 50, A	p11	£20	£20	42	£
5 WAYS TO EAT 5 poster	p14	£1.30	£1.53	53	£
ARE YOU GETTING ENOUGH? booklet packs of 50, A	p10	£20	£20	11	£
ARE YOU GETTING ENOUGH? poster	p10	£1.30	£1.53	45	£
BEAT THE SWEETS poster	p14	£1.30	£1.53	492	£
BIG FRUITS postcard packs of 50	p13	£5.10	£6	170	£
BIG FRUITS poster, A2	p13	£1.70	£2	1	£
BIG VEGETABLES postcard packs of 50	p13	£5.10	£6	171	£
BIG VEGETABLES poster, A2	p13	£1.70	£2	2	£
BREAKFAST – JOIN THE CLUB poster	p21	£1.30	£1.53	379	£
BREAKFAST magnet packs of 10	p21	£3.40	£4	399	£
BREAKFAST miniquizbook packs of 50	p21	£5.95	£5.95	343	£
BREAKFAST postcard packs of 50	p21	£5.10	£6	96	£
BREAKFAST poster	p21	£1.30	£1.53	44	£
BREAKFAST RESOURCE PACK	p22	£34	£34	370	£
BREAKFAST roller banner	p3	£175	£205.63	481	£
BREAKFAST snapper packs of 50	p21	£5.95	£5.95	321	£
BREAKFAST stickers packs of 48	p21	£3	£3.53	322	£
CHECK THE LABELS postcard packs of 50	p8	£5.10	£6	205	£
CHECK THE LABELS leaflet packs of 50, D	p8	£12.50	£12.50	203	£
CHECK THE LABELS magnets packs of 8	p8	£3	£3.53	204	£
CHECK THE LABELS poster, A2	p8	£1.70	£2	206	£
CHECK THE LABELS roller banner	p3	£175	£205.63	479	£
COUNT US IN roller banner	p14	£175	£205.63	447	£
COUNT US IN postcard packs of 50	p14	£5.10	£6	309	£
COUNT US IN poster-frieze	p14	£1.30	£1.53	308	£
DRINKFIT poster, A2	p15	£1.70	£2	310	£
EAT 5 A DAY RESOURCE PACK 2010	p28	£55	£55	440	£
EAT 5 ARTLINES	p17	£6	£6	46	£
EAT 5 A-Z bookmarks packs of 60	p15	£4.25	£5	208	£
EAT 5 A-Z NAME IT activity sheet packs of 50	p15	£5.95	£5.95	175	£
EAT 5 A-Z poster, A2	p15	£1.70	£2	99	£

HEALTHY EATING						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
EAT 5 A-Z sticker-stamps packs of 240	p19	£3.40	£4	214	£
EAT 5 badges packs of 16	p18	£3.85	£4.53	88	£
EAT 5 balloons packs of 20	p18	£3.85	£4.53	89	£
EAT 5 booklet packs of 50, A	p10	£20	£20	10	£
EAT 5 FRIEZE magnet packs of 10	p21	£3.40	£4	429	£
EAT 5 FRUIT & VEG mini-stickers packs of 280	p19	£3.40	£4	210	£
EAT 5 GAME, SET & MATCH pack	p17	£5.10	£6	98	£
EAT 5 magnet packs of 16	p18	£3	£3.53	135	£
EAT 5 MAP poster	p12	£1.30	£1.53	377	£
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EAT 5 munchmats packs of 50	p18	£6.50	£7.64	211	£
EAT 5 poster	p12	£1.30	£1.53	7	£
EAT 5 praiselets packs of 60	p18	£3.85	£4.53	74	£
EAT 5 PUZZLE postcards packs of 50	p17	£5.10	£6	209	£
EAT 5 stickers packs of 96	p19	£3.40	£4	178	£
EAT 5 sticker collection card packs of 50	p19	£5.10	£6	212	£
EAT 5 WRITE-ON CROSSWORD poster	p12	£1.30	£1.53	54	£
EAT A RAINBOW activity sheet, 2 kinds packs of 50	p14	£5.95	£5.95	173	£
EAT A RAINBOW bookmarks packs of 60	p14	£4.25	£5	172	£
EAT A RAINBOW postcard packs of 50	p14	£5.10	£6	174	£
EAT A RAINBOW poster	p14	£1.30	£1.53	128	£
EATFIT leaflet packs of 50, D	p10	£12.50	£12.50	219	£
EATFIT poster, A2	p10	£1.70	£2	220	£
EATWELL PLATE activity sheets	p6	£6	£6	418	£
EATWELL PLATE BINGO game	p7	£5.10	£6	414	£
EATWELL PLATE floormat (no border) & GOOD GRUB FOOD cards	p5	£50	£58.75	437	£
EATWELL PLATE floormat (with border) & GOOD GRUB FOOD cards	p5	£50	£58.75	415	£
EATWELL PLATE floormat (with foods & text) & GOOD GRUB FOOD cards	p5	£50	£58.75	500	£
EATWELL PLATE floormat (with foods & no text) & GOOD GRUB FOOD cards	p5	£50	£58.75	499	£
EATWELL PLATE floormat (with knife & fork) & GOOD GRUB FOOD cards	p5	£50	£58.75	498	£
EATWELL PLATE GAME SET & MATCH pack	p6	£5.10	£6	413	£
EATWELL GOOD GRUB miniquizbook packs of 50	p6	£5.95	£5.95	423	£
EATWELL GOOD GRUB snapper packs of 50	p6	£5.95	£5.95	412	£
EATWELL PLATE magnet packs of 10	p4	£3.40	£4	403	£
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EATWELL PLATE postcard packs of 50	p4	£5.10	£6	416	£

HEALTHY EATING						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
EATWELL PLATE poster, A2	p4	£1.70	£2	382	£
EATWELL PLATE poster, A3	p4	£1.30	£1.53	430	£
EATWELL PLATE RESOURCE PACK 2010	p7	£34	£34	448	£
EATWELL PLATE roller banner	p2	£175	£205.63	436	£
EATWELL PLATE tabletop mats pack 4 mats	p5	£50	£58.75	438	£
EATWELL TIPS postcard packs of 50	p4	£5.10	£6	473	£
EATWELL TIPS (white) roller banner	p3	£175	£205.63	466	£
EATWELL TIPS (yellow) roller banner	p3	£175	£205.63	467	£
EATWELL TOP GRUB game	p4	£5.10	£6	307	£
FAB FRUIT & VEG magnets packs of 8	p21	£3	£3.53	426	£
FAT – SPREAD IT THIN leaflet packs of 50, C	p9	£8	£8	312	£
FAT – SPREAD IT THIN poster	p9	£1.30	£1.53	311	£
FATS OF LIFE leaflet packs of 50, B	p9	£12	£12	131	£
FUN WAYS WITH FRUIT & VEG leaflet packs of 50, B	p11	£12	£12	443	£
FUN WAYS WITH FRUIT & VEG poster	p11	£1.30	£1.53	444	£
GIVE ME 5 ACTIVITY PACK	p11	£22	£22	12	£
GIVE ME 5 ALL THESE COUNT poster	p11	£1.70	£2	16	£
GIVE ME 5 bookmarks packs of 100	p11	£5.10	£6	17	£
GIVE ME 5 snapper packs of 50	p11	£5.95	£5.95	13	£
GIVE ME 5 stickers packs of 96	p11	£3.40	£4	14	£
GOOD GRUB badges packs of 16	p20	£3.85	£4.53	352	£
GOOD GRUB FOOD CARDS PACK	p5,20	£4.95	£5.82	348	£
GOOD GRUB leaflet packs of 50, B	p20	£12	£12	221	£
GOOD GRUB SNAKES & LADDERS boardgame	p20	£5.10	£6	405	£
GOOD GRUB SNAKES & LADDERS floorgame	p20	£55	£64.63	432	£
GOOD SNACK GUIDE postcard packs of 50	p15	£5.10	£6	313	£
GOOD SNACK GUIDE poster	p15	£1.30	£1.53	101	£
GRABABANANA enamel badge 1 / pack of 10	p18	£0.50 / £4.25	£0.59 / £5	73	£
GREAT WAYS TO EAT 5 postcard packs of 50	p12	£5.10	£6	20	£
GREAT WAYS TO EAT 5 poster, A2	p12	£1.70	£2	207	£
GREAT WAYS TO EAT 5 poster, A3	p12	£1.30	£1.53	03	£
GREEN YOUR EATS magnets packs of 10	p21	£3.40	£4	428	£
GREEN YOUR EATS poster	p12	£1.30	£1.53	127	£
HEALTHY CHOICE ANIMALS praiselets packs of 60	p18	£3.85	£4.53	132	£
HEALTHY CHOICE ANIMALS stickers packs of 96	p19	£3.40	£4	133	£
HEALTHY CHOICE FRUIT & VEG stickers packs of 96	p19	£3.40	£4	134	£
HEALTHY CHOICE sticker collection card packs of 50	p19	£5.10	£6	228	£
HEALTHY EATING RESOURCE PACK	p28,29	£55	£55	441	£

The codes A, B, C, D after an item indicate PRICE BOX A, B, C, D on Page 23.

VAT (where payable) is 17.5%.

HEALTHY EATING continued						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
LUNCHBOX – KEEP ME COOL magnet packs of 10	p21,27	£3.40	£4	400	£
LUNCHBOX – KEEP ME COOL postcard packs of 50	p21	£5.10	£6	92	£
LUNCHBOX – KEEP ME COOL poster	p21	£1.30	£1.53	102	£
LUNCHBOX leaflet packs of 50, B	p21	£12	£12	91	£
LUNCHBOX magnet packs of 10	p21,27	£3.40	£4	398	£
LUNCHBOX poster	p21	£1.30	£1.53	314	£
LUNCHBOX RESOURCE PACK	p27	£34	£34	369	£
LUNCHBOX roller banner	p2	£175	£205.63	459	£
LUNCHBOX snapper packs of 50	p21	£5.95	£5.95	315	£
LUNCHBOX stickers packs of 48	p21	£3	£3.53	316	£
PICK'N'MIX SALAD poster	p29	£1.30	£1.53	56	£
REALLY COOL DRINKS postcard packs of 50	p15	£5.10	£6	317	£
REALLY COOL DRINKS poster	p15	£1.30	£1.53	181	£
REALLY COOL WATER magnet packs of 10	p15,21	£3.40	£4	401	£
REALLY COOL WATER postcard packs of 50	p15	£5.10	£6	201	£
REALLY COOL WATER poster	p15	£1.30	£1.53	182	£
SALT, FAT, SUGAR roller banner	p3	£175	£205.63	470	£
SALT magnet packs of 10	p9	£3.40	£4	483	£
SALT – SHAKE THE HABIT leaflet packs of 50, C	p9	£8	£8	183	£
SALT – SHAKE THE HABIT poster	p8	£1.30	£1.53	129	£
SEASONS EATINGS leaflet packs of 50, B	p13	£12	£12	434	£
SEASONS EATINGS poster	p13	£1.30	£1.53	318	£
SUGAR – NOT SO SWEET leaflet packs of 50, C	p9	£8	£8	184	£
SUGAR – NO VALUE ADDED poster	p8	£1.30	£1.53	130	£
TOP GRUB game – see EATWELL TOP GRUB	p4	£5.10	£6	307	£
WATER – EVERY BODY'S FAVOURITE poster	p15	£1.30	£1.53	4	£
WEIGHTWISE SMALL CHANGES BIG BENEFITS leaflet packs of 50, A	p37	£20	£20	69	£
WEIGHTWISE SMALL CHANGES BIG BENEFITS roller bannner	p37	£175	£205.63	478	£
WHAT'S A PORTION? magnet packs of 10	p21	£3.40	£4	425	£
WHAT'S A PORTION? postcard packs of 50	p12	£5.10	£6	5	£
WHAT'S A PORTION? poster, A2	p12	£1.70	£2	213	£
WHAT'S A PORTION? poster, A3	p12	£1.30	£1.53	6	£
WHAT'S A PORTION? roller banner	p3	£175	£205.63	480	£
WHAT'S GOOD ABOUT FRUIT & VEG leaflet packs of 50, B	p13	£12	£12	435	£
WHAT'S GOOD ABOUT FRUIT poster, A2	p13	£1.70	£2	319	£
WHAT'S GOOD ABOUT VEG poster, A2	p13	£1.70	£2	320	£
WHAT'S IN A FRUIT? poster	p12	£1.30	£1.53	94	£
WHAT'S IN A VEGETABLE? poster	p12	£1.30	£1.53	95	£

The codes A, B, C, D after an item indicate PRICE BOX A, B, C, D on Page 23.

EARLY YEARS & HEALTHY TEDDY						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
BABY STARTS SOLIDS leaflet packs of 50, B	p30	£12	£12	169	£
COOL KIDS USE CUPS leaflet packs of 50, B	p30	£12	£12	49	£
COOL KIDS USE CUPS poster	p30	£1.30	£1.53	468	£
COOL KIDS USE CUPS stickers packs of 96	p30	£3.40	£4	51	£
HEALTHY TEDDY ACTIVITY floormat	p 31	£50	£58.75	491	£
HEALTHY TEDDY ARTLINES	p32	£6	£6	323	£
HEALTHY TEDDY bookmarks packs of 60	p30	£4.25	£5	485	£
HEALTHY TEDDY GETS ACTIVE postcard packs of 50	p31	£5.10	£6	489	£
HEALTHY TEDDY GETS ACTIVE poster-frieze	p31	£1.30	£1.53	244	£
HEALTHY TEDDY magnets packs of 10	p32	£3.40	£4	396	£
HEALTHY TEDDY poster-frieze	p31	£1.30	£1.53	143	£
HEALTHY TEDDY praiselets packs of 60	p30	£3.85	£4.53	324	£
HEALTHY TEDDY RESOURCE PACK	p33	£48	£48	442	£
HEALTHY TEDDY snapper packs of 50	p32	£5.95	£5.95	356	£
HEALTHY TEDDY stickers packs of 96	p30	£3.40	£4	180	£
HEALTHY TEDDY WASH YOUR HANDS postcard packs of 50	p32,48	£5.10	£6	246	£
HEALTHY TEDDY WASH YOUR HANDS poster	p32,48	£1.30	£1.53	241	£
HEALTHY TEDDY WASH YOUR HANDS stickers packs of 96	p32,48	£3.40	£4	242	£
SAFE TEDDY CLUNK-CLICKS poster	p33	£1.30	£1.53	383	£
SAFE TEDDY CROSSES THE ROAD poster	p33	£1.30	£1.53	381	£
SMOKEFREE TEDDY postcard packs of 50	p33	£5.10	£6	326	£
SMOKEFREE TEDDY poster	p33	£1.30	£1.53	325	£
SUNWISE TEDDY bookmarks packs of 60	p31	£4.25	£5	191	£
SUNWISE TEDDY poster-frieze	p31	£1.30	£1.53	144	£
SUNWISE TEDDY stickers packs of 96	p31	£3.40	£4	192	£
TEDDY BRUSHES TEETH stickers packs of 96	p32	£3.40	£4	243	£
TEDDY USES A POTTY poster	p33	£1.30	£1.53	380	£
TEDDY USES A TOOTHBRUSH postcard packs of 50	p32	£5.10	£6	202	£
TEDDY USES A TOOTHBRUSH poster	p32	£1.30	£1.53	188	£

FITNESS & ACTIVITY						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
99 WAYS TO LOSE 100 CALORIES leaflet packs of 50, D	p37	£12.50	£12.50	501	£
ARE YOU FIT? poster	p36	£1.30	£1.53	495	£
EVERYDAY FIT leaflet packs of 50, C	p36	£8	£8	496	£
EVERYDAY FIT poster	p36	£1.30	£1.53	193	£
GO WALKIES poster	p36	£1.30	£1.53	494	£

FITNESS & ACTIVITY continued						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
MOVE IT – 5 GET ACTIVE poster	p35	£1.30	£1.53	215	£
MOVE IT badges packs of 16	p34	£3.85	£4.53	353	£
MOVE IT BINGO game	p35	£5.10	£6	337	£
MOVE IT bookmarks packs of 60	p35	£4.25	£5	338	£
MOVE IT magnets packs of 10	p34	£3.40	£4	397	£
MOVE IT miniquizbook packs of 50	p34	£5.95	£5.95	433	£
MOVE IT postcard packs of 50	p35	£5.10	£6	340	£
MOVE IT poster	p35	£1.30	£1.53	339	£
MOVE IT praiselets packs of 60	p34	£3.85	£4.53	490	£
MOVE IT snapper packs of 50	p34	£5.95	£5.95	445	£
MOVE IT stickers packs of 96	p34	£3.40	£4	446	£
MOVE IT sticker-stamps packs of 240	p35	£3.40	£4	216	£
SWIMFIT leaflet packs of 50, C	p36	£8	£8	195	£
SWIMFIT poster	p36	£1.30	£1.53	137	£
TIME TO BURN 100 CALORIES postcard packs of 50	p37	£5.10	£6	342	£
TIME TO BURN 100 CALORIES poster	p37	£1.30	£1.53	341	£
TIME TO BURN 100 CALORIES roller banner	p37	£175	£205.63	469	£
WALKFIT leaflet packs of 50, C	p36	£8	£8	196	£
WALKFIT poster	p36	£1.30	£1.53	138	£
WALKFIT praiselets packs of 60	p36	£3.85	£4.53	464	£

MEN'S HEALTH						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
6 TIPS FOR A SIX-PACK poster	p38	£1.30	£1.53	493	£
MEN! MIND YOUR HEALTH leaflet packs of 50, D	p38	£12.50	£12.50	231	£
MEN! MIND YOUR HEALTH postcard packs of 50	p38	£5.10	£6	476	£
MEN! MIND YOUR HEALTH poster, A2	p38	£1.70	£2	230	£
MEN! MIND YOUR HEALTH roller banner	p3	£175	£205.63	472	£
MEN'S HEALTH / SIZE MATTERS pack	p38	£20	£20	344	£
SIZE MATTERS – BIG DAVE magnets packs of 10	p39	£3.40	£4	427	£
SIZE MATTERS – BIG DAVE poster	p39	£1.30	£1.53	157	£
SIZE MATTERS – BIG DAVE roller banner	p39	£175	£205.63	477	£
SIZE MATTERS – MEN! GET WEIGHT WISE poster, A2	p38	£1.70	£2	156	£
SIZE MATTERS – MEN! GET WEIGHT WISE roller banner	p38	£175	£205.63	471	£
SIZE MATTERS – WATCH YOUR WAIST poster	p38	£1.30	£1.53	155	£
SIZE MATTERS leaflet packs of 50, D	p39	£12.50	£12.50	154	£
SIZE MATTERS postcard packs of 50	p38	£5.10	£6	474	£

VAT (where payable) is 17.5%.

HEART HEALTH						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
GOOD HEART FOOD – EAT FISH postcard packs of 50	p39	£5.10	£6	123	£
GOOD HEART FOOD – EAT FISH poster	p39	£1.30	£1.53	122	£
GOOD HEART FOOD postcard packs of 50	p39	£5.10	£6	125	£
GOOD HEART FOOD poster	p39	£1.30	£1.53	124	£
GOOD HEART FOOD leaflet packs of 50, B	p39	£12	£12	126	£
GOOD HEART FOOD/EAT FISH magnets packs of 10	p39	£3.40	£4	140	£
HAPPY HEART activity sheets	p40	£6	£6	328	£
HAPPY HEART bookmarks packs of 60	p40	£4.25	£5	393	£
HAPPY HEART magnet packs of 10	p40	£3.40	£4	395	£
HAPPY HEART poster	p40	£1.30	£1.53	329	£
HAPPY HEART snapper packs of 50	p40	£5.95	£5.95	355	£
HAPPY HEART stickers packs of 60	p40	£3.40	£4	331	£
HAPPY HEART MOVES IT poster	p40	£1.30	£1.53	497	£

ORAL HEALTH						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
ACID ATTACK postcard packs of 50	p41	£5.10	£6	87	£
ACID ATTACK poster	p41	£1.30	£1.53	75	£
GIVE YOUR TEETH A MAKEOVER bookmarks packs of 60	p41	£4.25	£5	186	£
GIVE YOUR TEETH A MAKEOVER poster	p41	£1.30	£1.53	145	£
GOOD BREATH GUIDE postcard packs of 50	p41	£5.10	£6	187	£
GOOD BREATH GUIDE poster	p41	£1.30	£1.53	146	£
PIERCED SPIKE poster	p41	£1.30	£1.53	147	£
SMILE PLEASE booklet packs of 50, A	p41	£20	£20	63	£
SMILE PLEASE RESOURCE pack	p41	£34	£34	371	£
SMILE PLEASE snapper packs of 50	p41	£5.95	£5.95	358	£

SUN SAFETY (see also EARLY YEARS & HEALTHY TEDDY / Sunwise)						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
SUNWISE colouring & activity sheets	p42	£6	£6	336	£
SUNWISE miniquizbook packs of 50	p42	£5.95	£5.95	36	£
SUNWISE RESOURCE PACK	p42	£34	£34	372	£
SUNWISE SLIP SLAP SLOP postcard packs of 50	p42	£5.10	£6	475	£
SUNWISE SAFE IN THE SUN poster	p42	£1.30	£1.53	97	£
SUNWISE SLIP SLAP SLOP poster	p42	£1.30	£1.53	59	£
SUNWISE SLIP SLAP SLOP leaflet packs of 50, B	p42	£12	£12	60	£
SUNWISE SLIP SLAP SLOP stickers packs of 48	p42	£3	£3.53	61	£
SUNWISE snapper packs of 50	p42	£5.95	£5.95	357	£
SUNWISE SPOT THE DIFFERENCE poster	p42	£1.30	£1.53	190	£

ALCOHOL & DRUGS						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
ALCOHOL & DRUGS RESOURCE PACK 1 (SMALL)	p43	£34	£34	449	£
ALCOHOL & DRUGS RESOURCE PACK 2 (LARGE)	p43	£55	£55	367	£
BINGE BRITAIN poster, A2	p43	£1.70	£2	189	£
CANNABIS & TOBACCO leaflet packs of 50, B	p43	£12	£12	239	£
CHEERS! YOUR HEALTH leaflet packs of 50, B	p43	£12	£12	142	£
CHEERS! YOUR HEALTH snapper packs of 50	p43	£5.95	£5.95	359	£
HEALTHY HIGHS minibook packs of 50	p43	£7	£7	113	£

SMOKING						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
ANIMALS THANK YOU! poster	p46	£1.30	£1.53	23	£
A-Z SMOKEFREE WORLD poster, A2	p45	£1.70	£2	82	£
CAN YOU FEEL HIM KICK? postcard packs of 50	p46	£5.10	£6	332	£
CHARLIE GREY poster, A2	p46	£1.70	£2	148	£
CRAVING poster	p46	£1.30	£1.53	149	£
CRAZY WORLD OF TOBACCO poster, A2	p45	£1.70	£2	21	£
GRIN REAPER poster	p46	£1.30	£1.53	100	£
HAPPY HEART – NO SMOKING bookmarks packs of 60	p48	£4.25	£5	394	£
HEALTHY CHOICE ANIMAL praiselets packs of 60	p45	£3.85	£4.53	132	£
HEALTHY CHOICE ANIMAL stickers packs of 96	p45	£3.40	£4	133	£
I QUIT booklet packs of 50, A	p44	£20	£20	31	£
I QUIT CASH IN HAND postcard packs of 50	p44	£5.10	£6	237	£
I QUIT DAY YOU STOP postcard packs of 50	p44	£5.10	£6	28	£
I QUIT TIPS folding card packs of 50,	p44	£5.10	£6	236	£
I QUIT WHO TO CALL poster	p46	£1.30	£1.53	235	£
I'D RATHER poster A2 plus template	p45	£1.70	£2	26	£
I'D RATHER stickers + template packs of 48	p45	£3	£3.53	25	£
INSIDE STORY leaflet packs of 50, D	p44	£12.50	£12.50	345	£
INSIDE STORY poster, A2	p44	£1.70	£2	346	£
NO SMOKING stickers packs of 120	p45	£3.40	£4	333	£
QUIT ME QUICK snapper packs of 50	p44	£5.95	£5.95	431	£
SEX & SMOKING leaflet packs of 50, B	p44	£12	£12	58	£
SMOKEFREE BABY poster, A4	p46	£0.45	£0.53	114	£
SMOKEFREE BINGO game	p47	£5.10	£6	334	£
SMOKEFREE ELEPHANT poster, A4	p46	£0.45	£0.53	116	£
SMOKEFREE FOOD & DRINK poster, A4	p46	£0.45	£0.53	117	£
SMOKEFREE NO SMOKING poster, A4	p46	£0.45	£0.53	115	£
SMOKEFREE snapper packs of 50	p47	£5.95	£5.95	27	£

SMOKING						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
SMOKEFREE TATTOOS packs of 50	p47	£2.50	£2.94	335	£
SMOKING 12-POSTER PACK <i>see online</i>	p46	£8.50	£9.99	200	£
SPOT THE DIFFERENCE poster	p46	£1.30	£1.53	30	£
THE KISS poster	p46	£1.30	£1.53	22	£
TOBACCO EDUCATION PACK – PRIMARY	p46	£40	£40	456	£
TOBACCO EDUCATION PACK – SECONDARY	p46	£59	£59	457	£
UP IN SMOKE poster	p46	£1.30	£1.53	83	£
WANT TO QUIT poster	p46	£1.30	£1.53	84	£

EMOTIONAL HEALTH						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
4YOU miniquizbook packs of 50	p47	£5.95	£5.95	454	£
4BOYS snapper packs of 50	p47	£5.95	£5.95	451	£
4GIRLS snapper packs of 50	p47	£5.95	£5.95	452	£
4YOU snapper packs of 50	p47	£5.95	£5.95	453	£
BEE HAPPY badges packs of 24	p47	£3.85	£4.53	462	£
BEE HAPPY minibook packs of 50	p47	£5.95	£5.95	410	£
BEE HAPPY poster	p47	£1.30	£1.53	411	£
BEE HAPPY praiselets packs of 60	p47	£3.85	£4.53	465	£
READING LIGHTS PACK	p46	£10	£10	47	£

WASH YOUR HANDS (see also Healthy Teddy p32)						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
WASH YOUR HANDS magnet packs of 10	p48	£3.40	£4	402	£
WASH YOUR HANDS postcard packs of 50	p48	£5.10	£6	199	£
WASH YOUR HANDS poster	p48	£1.30	£1.53	185	£

ENVIRONMENT (ex-catalogue – see www.comiccompany.co.uk)						
TITLE	page	price excl-VAT	price incl-VAT	code	quantity	total
THINK PURPLE leaflet packs of 50, B, <i>see online</i>	–	£12	£12	354	£
THINK PURPLE snapper pack of 50, <i>see online</i>	–	£5.95	£5.95	387	£

Please complete the form on p23

SUBTOTAL

£.....

**GREAT VALUE PACK
ONLY £34!**

Healthy Lunchbox

HEALTHY MEALS - **healthy lunchbox**



See page 3
for our new
Lunchbox roller-
banner – as big
as a door!
Code 459

LUNCHBOX RESOURCE PACK AGE 5+

50 x Lunchbox leaflets.....	code 91
1 x Lunchbox poster, A3.....	314
1 x Keep Me Cool – Lunchbox poster.....	102
50 x Lunchbox Snappers.....	315
50 x Good Grub miniquizbooks.....	423

50 x Keep Me Cool postcards.....	code 92
4 x sheets (96 stickers) Lunchbox stickers.....	316
At least 15% off regular catalogue prices	
LUNCHBOX RESOURCE PACK	
£34 (€)	code 369

ITEMS AVAILABLE AS A PACK OR SEPARATELY.

For details and prices, see page 21.

LUNCHBOX magnet
All ages, 82mm x 52mm
pack of 10
£3.40 code 398

**LUNCHBOX
KEEP ME COOL magnet**
All ages, 82mm x 52mm, pack of 10
£3.40 code 400

www.comiccompany.co.uk

EAT 5-A-DAY PACK 2010

25% discount!

Age 5+ (Key stage 1-2)

25 different resources – nearly 500 items!



EAT 5-A-DAY RESOURCE PACK 2010 440

Pack includes code

A3 posters – 1 of each	
Eat 12345! Poster	55
12345 Ways! Poster	90
Make 5! Poster	136
Eat 5 poster	7
Great Ways poster	3
What's a portion poster	6
5 Ways poster	53
Rainbow poster	128

A2 posters – 1 of each	
Big Fruit poster	1
Big Veg poster	2
Eat 5 A-Z poster	99

Activities	
1 x 5 Eat 5 copiable activity Sheets	164
1 x Eat 5 artlines	46
1 x Eat 5 Game set & Match pack	98
36 x Rainbow Activity sheet 1	173
36 x Rainbow Activity sheet 2	173
36 x Eat 5 miniquiz book	9
36 x Give Me 5 snappers	13

Motivators	
3 sheets x Eat 5 Praiselets (36 praiselets)	74
1 sheet 5 Eat 5 stickers (48 stickers)	168
1 sheet Give Me 5 stickers (48 stickers)	14
1 sheet Healthy Choice F&V stickers (48)	134
36 x Rainbow bookmarks	172
36 x 5 Eat 5 bookmarks	165

Leaflets	
36 x Fun Ways leaflets	443

PACK PRICE 25% discount (E) code 440 £55

HEALTHY EATING RESOURCE PACK 2010 441

Pack includes code

A3 posters – 1 of each	
Eat 5! Map poster	377
Eat 5 Crossword poster	54
What's a Portion poster	06
Count us In poster	308
Pick'n'Mix Salad poster	56
You Need Breakfast poster	44
Are You Getting Enough poster	45
Eatwell poster A3	430
Good Snack Guide poster	101
Salt – Shake the Habit poster	129
Sugar – No Value Added poster	130
Fat – Spread It Thin poster	311
Water poster	04
Really Cool Water poster	182
Really Cool Drinks poster	181
Eat Fish poster	122

A2 posters – 1 of each	
Eat 5 A-Z poster A2	99
What's Good about Fruit	319
What's good about Veg	320
Eatfit A2	220
Drinkfit A2	310
Check the Labels A2	206

Activities	
1 x Eatwell Plate Game & Good Grub Food cards ..	417
1 x Top Grub game	307

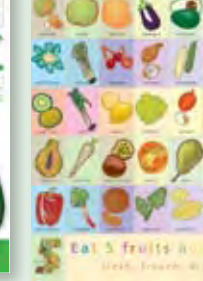
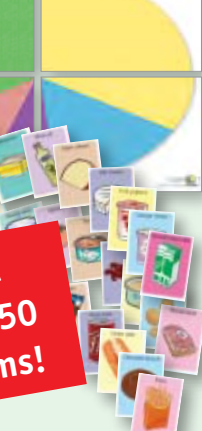
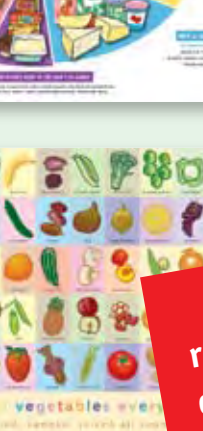
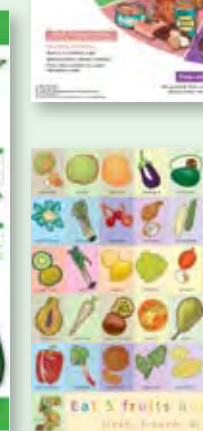
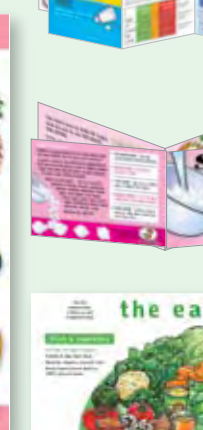
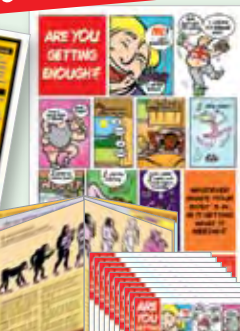
Info leaflets	
30 x Are You Getting Enough? booklets	11
30 x Good Grub leaflets	221
10 x Check the Labels leaflets	203
10 x Salt – Shake the Habit leaflets	183
10 x Sugar – No Value Added leaflets	184
10 x Fat – Spread It Thin leaflets	312

PACK PRICE 25% discount (E) code 441 £55

HEALTHY EATING PACK 2010

Age 9 years to adult (Key stage 2 +)

25% discount!



30 different resources – 250 different items!

cool kids use cups

COOL KIDS/FROM BOTTLE TO CUP resources are being used with great effect all around the UK (and abroad) to promote healthier drinking practices in young children. Eye-catching poster and handy leaflet give helpful tips to parents on how to introduce baby to drinking from a cup.



COOL KIDS USE CUPS stickers
Early years
12 designs
27mm diameter
pack of 96,
£3.40
code 51

actual size



COOL KIDS USE CUPS leaflet
For parents and carers
4 pages x A5,
£12 (E) per 50
For bulk copies,
see PRICE BOX B p23
code 49



COOL KIDS USE CUPS poster
Early years
A3
£1.30
code 468

BOTTLE TO CUP resources created for the Community Nutrition Group of the British Dietetic Association
www.bda.uk.com



baby starts solids

FOR PARENTS – colourful leaflet explains simply how to start your baby on solid foods. Developed with dietitians.



BABY STARTS SOLIDS leaflet
Parents and carers
4 pages x A5,
£12 (E) per 50
For bulk copies,
see PRICE BOX B p23
code 169

healthy



HEALTHY TEDDY bookmarks
3 designs
50mm x 210mm
pack of 60,
£4.25
code 485



HEALTHY TEDDY stickers
6 designs, 24
colourways
30mm diameter
pack of 96,
£3.40 code 180



actual size

HEALTHY TEDDY praiselets
12 assorted bands on A4 sheet
Easy to cut with self-adhesive tab
pack of 60 bands,
£3.85
code 324



teddy

Healthy Teddy is a star! This loveable character guides young children towards a healthy lifestyle. Age 3-7 (Early years & key stage 1).



HEALTHY TEDDY poster-frieze 597mm x 210mm £1.30 code 143

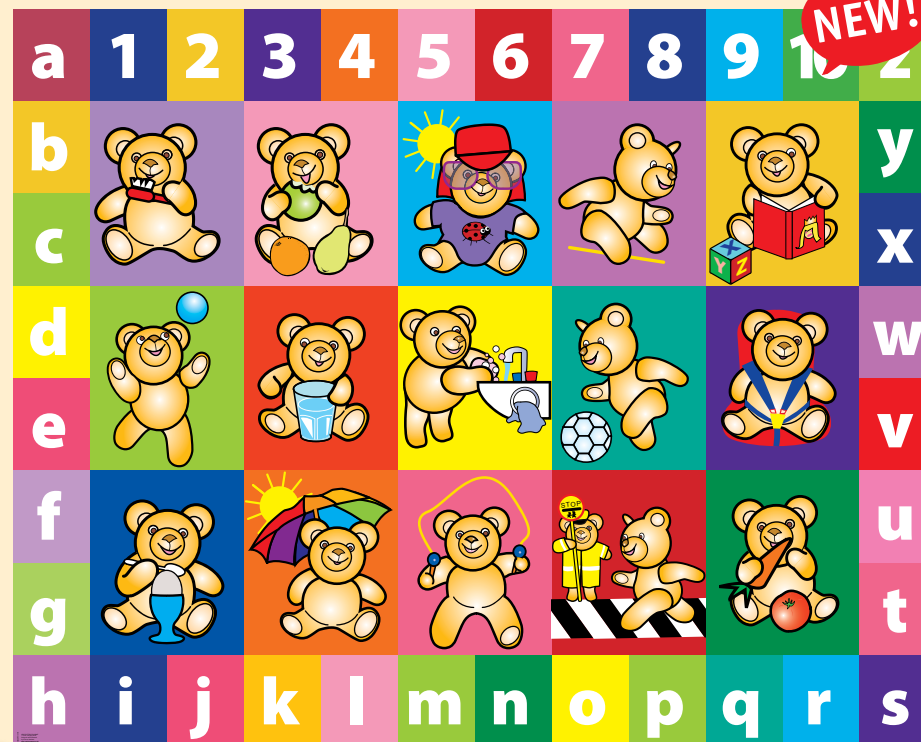


HEALTHY TEDDY GETS ACTIVE poster-frieze 597mm x 210mm £1.30 code 244

HEALTHY TEDDY GETS ACTIVE postcard pack of 50 £5.10 code 489



SUNWISE TEDDY poster-frieze 594 x 210mm, £1.30 code 144



HEALTHY TEDDY activity floor mat 1m x 1.2m, heavy-duty vinyl £50 code 491

How many fruits and veg can you see? What is Teddy doing? Use our new HEALTHY TEDDY FLOORMAT to play games, and to talk about eating well, being active and staying safe.

More Teddy mat ideas online at www.comiccompany.co.uk

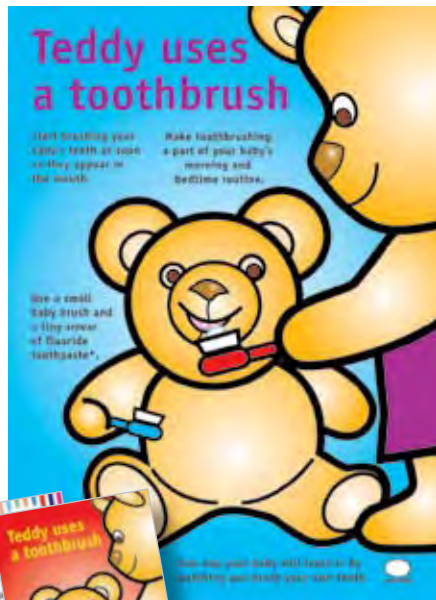
SUNWISE TEDDY bookmarks 6 designs, 50mm x 210mm pack of 60, £4.25 code 191



actual size

SUNWISE TEDDY stickers pack 6 designs, 24 colourways 30mm pack of 96, £3.40 code 192

TEDDY uses a toothbrush



TEDDY USES A TOOTHBRUSH
poster A3, £1.30
code 188
postcard A6, pack of 50
£5.10 code 202



TEDDY BRUSHES TEETH stickers pack
6 designs, 24 colourways, 27mm diameter
pack of 96, £3.40 code 243

TEDDY activities for the early years and key stage 1 (age 3-7)



HEALTHY TEDDY
artlines
photocopiable
8 x A4 sheets,
16 images
£6 (€)
code 323



HEALTHY TEDDY magnets
82mm x 52mm,
pack of 10, £3.40
code 396



TEDDY washes hands

HEALTHY TEDDY WASH YOUR HANDS poster A3,
£1.30 code 241

HEALTHY TEDDY WASH YOUR HANDS
stickers pack
8 designs, 24 colourways, 27mm diameter, pack of
96, £3.40 code 242



HEALTHY TEDDY
WASH YOUR HANDS
postcard A6,
pack of 50, £5.10
code 246

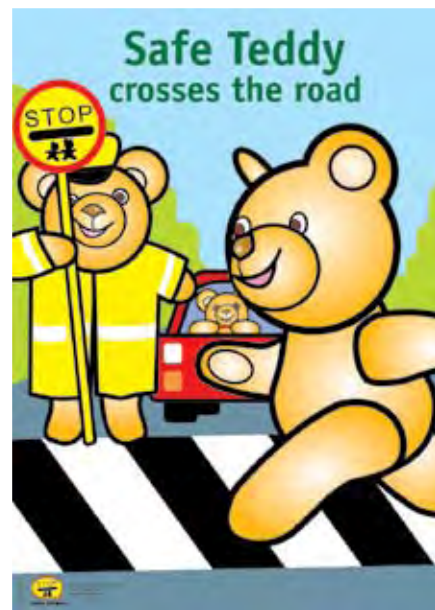
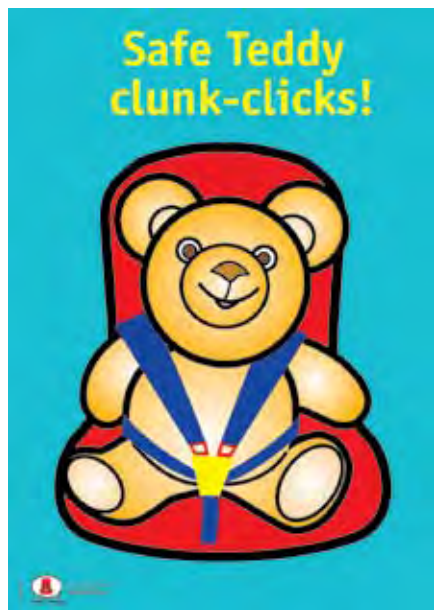


HEALTHY TEDDY
snapper
A4 with folding
instructions
pack of 50 £5.95 (€)
code 356

HEALTHY TEDDY snapper

Very popular, child-friendly, folded-paper quiz.





SAFE TEDDY CLUNK-CLICKS!
poster, A3, £1.30
code 383

SAFE TEDDY CROSSES THE ROAD poster
A3, £1.30 code 381

SMOKEFREE TEDDY poster
A3, £1.30 code 325
postcard A6
pack of 50, £5.10 code 326



TEDDY USES A POTTY poster
A3, £1.30 code 380



50% OFF REGULAR CATALOGUE PRICES. HEALTHY TEDDY RESOURCE PACK 2010

For young children and their carers, parents and teachers.



Includes one pack of everything.

1 x Healthy Teddy poster-frieze	code 143
1 x Sunwise Teddy poster-frieze.....	144
1 x Teddy Gets Active poster-frieze.....	244
1 x Teddy Uses a Toothbrush poster.....	188
1 x Teddy Wash Your Hands poster	241
1 x Teddy Uses a Potty	380
1 x Safe Teddy clunk-clicks.....	383
1 x Safe Teddy crosses the road	381
1 x Teddy No Smoking poster.....	325
50 x Teddy uses a Toothbrush postcard.....	202
50 x Teddy Wash Your Hands postcard	246
50 x Teddy thanks you for not smoking	326

1 x Healthy Teddy Artlines	323
50 x Healthy Teddy snapper.....	356
96 x Healthy Teddy stickers.....	180
96 x Sunwise Teddy stickers	192
96 x Teddy Toothbrush stickers	243
96 x Teddy Wash Your Hands stickers	242
60 x Healthy Teddy bookmarks	485
60 x Sunwise Teddy bookmarks.....	191
60 x Healthy Teddy Praiselets.....	324
10 x Healthy Teddy magnets.....	396
BONUS! 4 x Reading Lights storybooks	47

50% OFF REGULAR CATALOGUE PRICES.

HEALTHY TEDDY RESOURCE PACK 2010

£48 (E)..... code 442

Move those muscles,
tap those trainers,
reward with
beautiful motivators!
Comic artist ZEEL's
characters get into
the active zone...

MOVE IT! NEW!



MOVE IT!
praiselets, 12
assorted bands
on A4 sheet, easy
to cut with self-
adhesive tab
pack of 60
£3.85 code 490



MOVE IT
magnets
82mm x 52mm,
pack of 10
5 different
designs, £3.40
code 397



MOVE IT badges
54mm diameter
8 different designs
with supersafe pin
pack of 16, £3.85
code 353
Actual size shown left



MOVE IT!
snapper A4
pack of 50
£5.95 (E)
code 445

Ideal for ages 5 – 11 (Key stages 1 & 2).



MOVE IT!
miniquizbook,
A4, folds to A7
pack of 50,
£5.95 (E)
code 433



MOVE IT stickers
30mm diameter,
48 different designs
pack of 96, £3.40
code 446
Actual size shown right



MOVE IT 5 GET ACTIVE poster 597mm x 210mm £1.30 code 215





ARE YOU FIT? poster, A3, £1.30 code 495



EVERYDAY FIT leaflet
code 496
SWIM FIT leaflet
code 195
WALK FIT leaflet
code 196
EACH LEAFLET 4 pages x A6
£8 (£) per 50
For bulk copies, see PRICE
BOX C p23

Walk, swim, Hoover...
Comic Company's popular range of fitness resources shows how to fit physical activity into even the busiest life. For all ages and stages.



GO WALKIES poster, A3, £1.30 code 494



SWIM FIT poster A3, £1.30 code 137

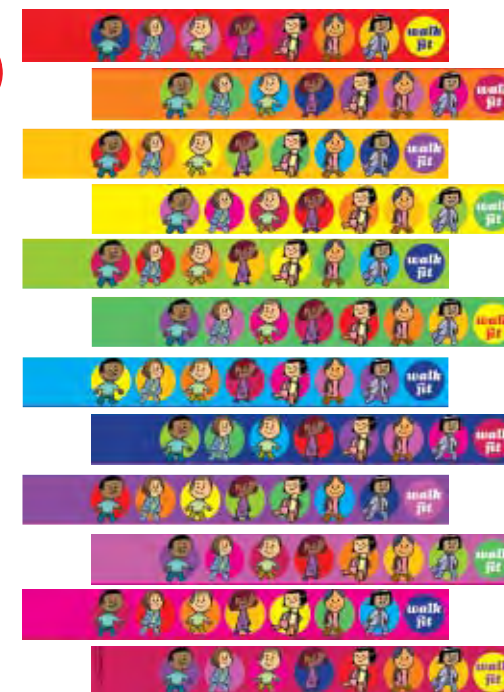


WALK FIT poster A3, £1.30 code 138



EVERYDAY FIT poster, A3, £1.30 code 193

NEW!



WALK FIT
praiselets,
12 assorted
bands on A4
sheet, easy to
cut with self-
adhesive tab,
pack of 60,
£3.85
code 464

TIME TO BURN 100 CALORIES

Did you know you could burn 100 calories by rearranging the furniture for 14 minutes? A new roller banner, display poster and handy postcard list how long everyday activities take to burn . . . 100 calories! Age 14+.



TIME TO BURN 100 CALORIES postcard
A6, pack of 50
£5.10 code 342

TIME TO BURN 100 CALORIES roller banner
2m x 85cm
heavy duty vinyl
£175 code 469

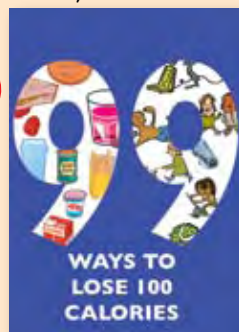
TIME TO BURN 100 CALORIES poster A3
£1.30 code 341

99 WAYS... TO LOSE 100 CALORIES

NEW!

100 calories a day could be all it takes to **LOSE** — or **PUT ON** — around a pound a month. That's nearly a stone in just one year!

This handy zigzag leaflet is full of practical tips on how you can achieve a healthy weight by **MOVING** a little **MORE**, and **EATING** a little **LESS**.



99 WAYS TO LOSE 100 CALORIES leaflet
12 pages, 100mm x 140mm, pack of 50
£12.50 (E) code 501
For bulk copies see Price Box D p23

It's all a question of **BALANCE**. The energy in the food you eat versus the energy used up when you're active.

- **Go the extra mile** — walking a mile burns about 100 calories.
- Drink a **medium** milkshake instead of a large one — save 125 calories.

Eat less, move more — made easy!

Age 14 - Adult



WEIGHTWISE Small Changes, Big Benefits

Exchanging favourite snacks for lower fat alternatives can lead to weight loss, the easy way. For adults.



WEIGHTWISE- SMALL CHANGES, BIG BENEFITS leaflet-poster
4 pages x A5, plus A3 fold-out poster
£20 (E) per 50, code 69
For bulk copies, see PRICE BOX A p23

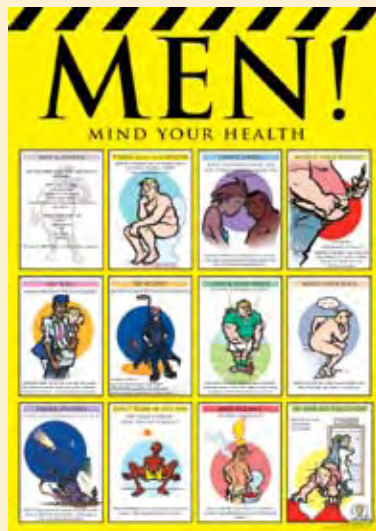


WEIGHTWISE- SMALL CHANGES, BIG BENEFITS roller banner
Rolls up to 2m x 85cm, easy-carry holdall, weight 4kg, £175 code 478



MEN'S HEALTH

A handy checklist for the gym, surgery, pub and club — or anywhere that men get together!



MEN! MIND YOUR HEALTH poster
A2, £1.70 code 230

MEN! MIND YOUR HEALTH leaflet
12 pages, 100mm x 140mm, pack of 50
£12.50 (E) code 231
For bulk orders, see PRICE BOX D p23



MEN! MIND YOUR HEALTH postcard
A6, pack of 50
£5.10 code 476



MEN'S HEALTH/SIZE MATTERS PACK 15% off

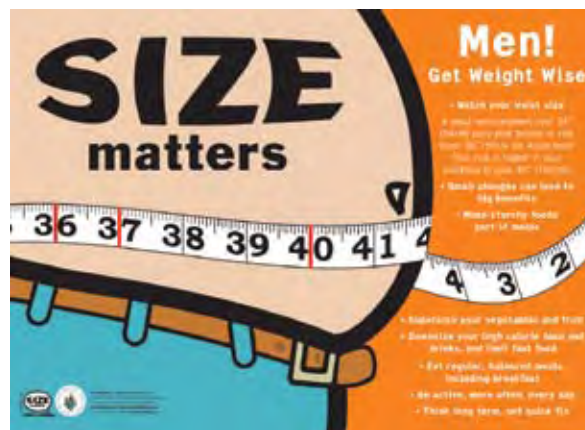
Pack includes
25 x Men! Mind Your Health leaflet,
25 x Size Matters leaflet,
2 x A2 posters, 2 x A3 posters
10 x Big Dave magnets
£20 (E), code 344

ITEMS ALSO AVAILABLE SEPARATELY



SIZE MATTERS – MEN! GET WEIGHT WISE poster
A2, £1.70
code 156

SIZE MATTERS – WATCH YOUR WAIST poster
A3, £1.30 code 155



SIZE MATTERS – MEN! GET WEIGHT WISE roller banner
Rolls up to 2m x 85cm, easy-carry holdall, weight 4kg, £175
code 471



SIX TIPS FOR A SIX-PACK poster
A3, £1.30 code 493



SIZE MATTERS - MEN! GET WEIGHT WISE postcard
A6, pack of 50
£5.10
code 474

NEW!

NEW!

SIZE matters

How and why it's important for men to take exercise and eat well.



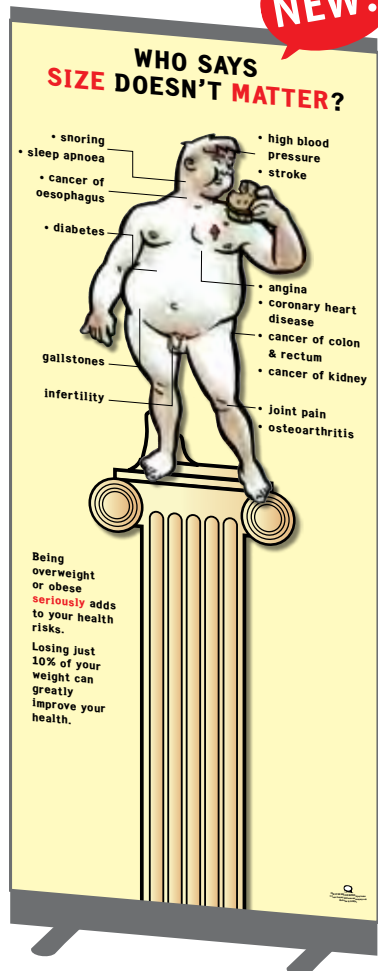
SIZE MATTERS
leaflet 12 pages
100 x 140mm
£12.50 (E) per 50
code 154
For bulk copies, see
PRICE BOX D p23

SIZE MATTERS
— **BIG DAVE**
fridge magnet
82mm x 52mm
pack of 10
£3.40
code 427

SIZE MATTERS - BIG DAVE poster
A3, £1.30 code 157



SIZE MATTERS — **BIG DAVE**
roller
banner
Rolls up to
2m x 85cm
easy-carry
holdall
weight 4kg
£175
code 477



NEW!

GOOD heart FOOD

GOOD HEART FOOD resources promote the main heart-health diet messages, including the importance of eating oily fish, mono-unsaturated fats, and at least 5 portions of fruit and vegetables every day.



GOOD HEART FOOD poster
A3, £1.30
code 124



EAT FISH poster
A3, £1.30
code 122



EAT FISH postcard
A6, pack of 50, £5.10
code 123



GOOD HEART FOOD was created for the UK Heart Health and Thoracic Dietitians Group of the British Dietetic Association
www.bda.uk.com

GOOD HEART FOOD leaflet
4 pages A5, £12 (E) per 50
code 126
For bulk orders, see
PRICE BOX B p23



GOOD HEART FOOD postcard
A6, pack of 50, £5.10
code 125



GOOD HEART FOOD / EAT FISH magnets 82mm x 52mm
pack of 10 (5 of each), £3.40
code 140

www.comiccompany.co.uk

HEALTHY HEART

HAPPY HEART!

Healthy heart know-how with Happy Heart – eat lots of fruit & veg, drink plenty of water, eat foods low in fat and salt, eat oily fish, take plenty of exercise, walk up stairs, keep active, stay slim – oh, and thank you for not smoking!

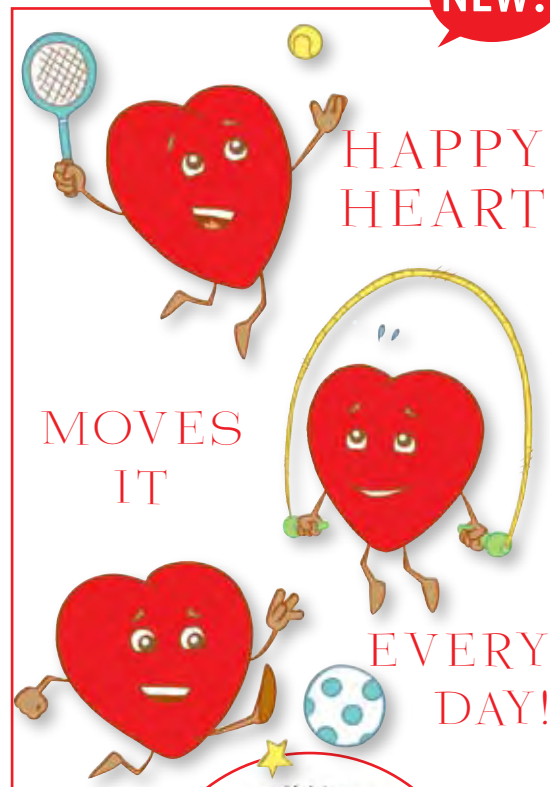
Ideal for ages 5-11 (Key stages 1 & 2)



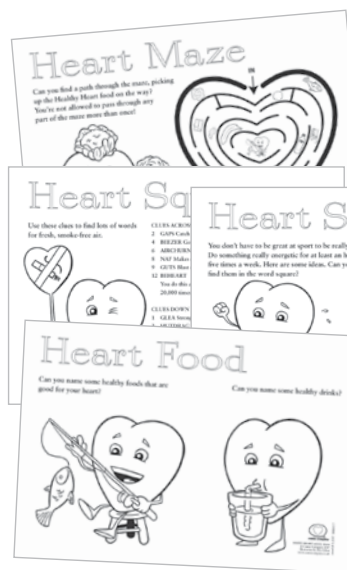
**HAPPY HEART
snapper**
A4 with folding
instructions
pack of 50,
£5.95 (€)
code 355



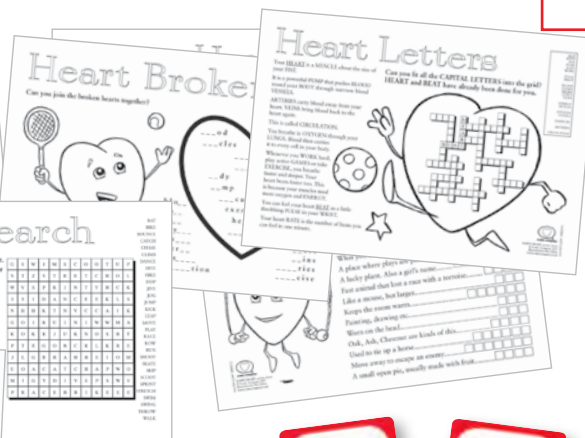
**HAPPY HEART
MOVES IT poster**
A3, £1.30
code 497



NEW!



HAPPY HEART activity sheets
photocopiable, 8 x A4 sheets
£6 (€) code 328



**HAPPY HEART
magnets**
82mm x 52mm
pack of 10
£3.40
code 395



HAPPY HEART stickers
45mm
pack of 60
£3.40
code 331

HAPPY HEART poster
A3, £1.30
code 329

**HAPPY HEART
bookmarks**
pack of 60
£4.25
code 393



Everything you need to know about looking after your teeth and mouth: how to brush, 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! Written with teens in mind but used by all ages.

ITEMS AVAILABLE AS A PACK OR SEPARATELY.



SMILE PLEASE booklet
16 pages x A6
£20 (E)
pack of 50
For bulk copies
see PRICE BOX A p23
code 63



THE GOOD BREATH GUIDE poster A3
£1.30
code 146

postcard A6
pack of 50
£5.10 code 187



SMILE PLEASE snapper
A4 with folding instructions
pack of 50, £5.95 (E)
code 358

GIVE YOUR TEETH A MAKEOVER bookmarks
6 designs
pack of 60
£4.25
code 186



PIERCED SPIKE poster
A3, £1.30 code 147

GIVE YOUR TEETH A MAKEOVER poster A3, £1.30 code 145



ACID ATTACK! poster A3
£1.30 code 75
postcard A6, pack of 50
£5.10 code 87



SMILE PLEASE! – RESOURCE PACK For all ages **15% off!**

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

1 x Pierced Spike poster, A3 code 147
50 x Smile Please snappers..... 358
More than 15% off regular catalogue prices
SMILE PLEASE – ORAL HEALTH RESOURCE PACK
£34 (E) code 371
ITEMS AVAILABLE AS A PACK OR SEPARATELY.

SUNWISE

POSTERS, LEAFLETS and MOTIVATORS reinforce the SUNWISE message and give hours of puzzle fun with quizzes, mazes, wordsearches, crosswords and brain teasers. **ITEMS AVAILABLE AS A PACK OR SEPARATELY.**



SUNWISE SAFE IN THE SUN poster
A3, £1.30 code 97



SUNWISE SPOT THE DIFFERENCE poster
A3, £1.30 code 190



SUNWISE SLIP SLAP SLOP poster
A3, £1.30 code 59

Suitable for all ages and great for parents, carers and children together



SUNWISE activity sheets
photocopiable
8 x A4 sheets,
£6 (€)
code 336

SUNWISE RESOURCE PACK Ages 7+ 15% off!

50 x Sunwise Slip Slap Slop leafletcode 60
1 x Sunwise activity sheets..... 336
50 x Sunwise miniquizbooks..... 36
1 x Sunwise Safe in the Sun poster, A3..... 97
1 x Sunwise Spot the Difference poster, A3.....190
1 x Sunwise Slip Slap Slop poster, A3.....59

5 sheets (120 stickers) Slip Slap Slop stickers code 61
50 x Sunwise snappers..... 357
More than 15% off regular catalogue prices
SUNWISE RESOURCE PACK
£34 (€)code 372
ITEMS AVAILABLE AS A PACK OR SEPARATELY.

SUNWISE SLIP SLAP SLOP leaflet

4 pages x A5, £12 (€) per 50
For bulk copies, see PRICE BOX B p23 code 60

SUNWISE SLIP SLAP SLOP postcard

A6, pack of 60, £5.10
code 475



SUNWISE SLIP SLAP SLOP stickers

6 designs, 50mm diameter
pack of 48, £3 code 61



SUNWISE snapper

A4 with folding instructions
pack of 50, £5.95 (€)
code 357



SUNWISE miniquizbook

A4, folds to A7
pack of 50
£5.95 (€) code 36

CHEERS! YOUR HEALTH

No excuse for not knowing the risks when you've read our lively, informative leaflet.



CHEERS! YOUR HEALTH
leaflet 8 pages, 148 x 99mm, £12 (E) per 50
code 142
For bulk copies, see PRICE
BOX B p23

BINGE BRITAIN

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
£1.70
code 189



CHEERS – YOUR HEALTH snapper
A4 with folding instructions
pack of 50 £5.95 (E)
code 359



CANNABIS & TOBACCO

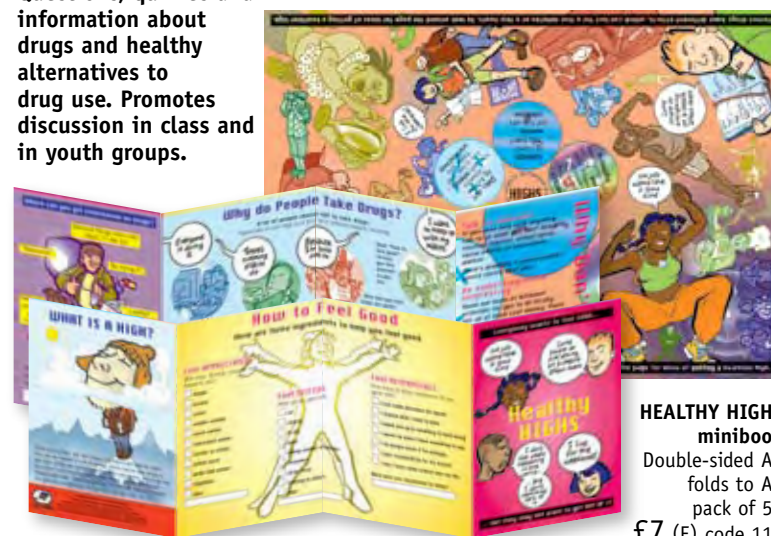
Includes the current legal situation, and the latest thinking on added risks to young users.



CANNABIS & TOBACCO leaflet
8 pages, 148 x 99mm
£12 (E) per 50
code 239
For bulk copies,
see PRICE BOX B p23

HEALTHY HIGHS

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 (E) code 113

ALCOHOL & DRUGS RESOURCE PACK 1 (SMALL) – AGE 12+

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

Nearly 20% off regular catalogue prices

ALCOHOL & DRUGS RESOURCE PACK

£34 (E) code 449

ALCOHOL & DRUGS RESOURCE PACK 2 (LARGE) – AGE 12+

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

30% off regular catalogue prices

ALCOHOL & DRUGS RESOURCE PACK

£55 (E) code 367

ITEMS AVAILABLE AS A PACK OR SEPARATELY

**ITEMS AVAILABLE AS A
PACK OR SEPARATELY**

www.comiccompany.co.uk

INSIDE STORY

What smoking does to your health - in graphic detail. The latest research explained in a straightforward way.

INSIDE STORY poster A2
£1.70 code 346

INSIDE STORY leaflet
folded to 12pp, 100mm x 140mm, pack of 50
£12.50 (€)
code 345
For bulk copies, see PRICE BOX D p23



SEX & SMOKING leaflet A humorous, no-holds-barred look at how smoking affects sexual health – the latest info on the risk of impotence, reduced fertility, and the hazards added to pregnancy.



For more smoking resources, see our website

SEX & SMOKING leaflet
A4 folded
£12 (€) code 58
For bulk copies, see PRICE BOX B p23

I QUIT! booklet, snapper & cards for teens and adults

I QUIT BOOKLET is one of our most popular resources. A tremendous aid to quitting – full of useful, practical ideas including diary, questionnaire and quit tips. Visit www.iqitononline.com for free downloads and more.

QUIT ME QUICK snapper is a folding quiz game with top tips to help you quit. Perfect for cessation groups, and to keep agitated fingers busy during those 3 minutes of craving.



QUIT ME QUICK snapper
A4 with folding instructions
pack of 50
£5.95 (€) code 431

I QUIT! TIPS folding card
Full of tried and tested quit tips
A6 folded to A7
pack of 50
£5.10 code 236

I QUIT! CASH IN HAND folding card – lets you know exactly what you're missing by wasting money on cigarettes
A6 folded to A7, pack of 50, £5.10 code 237

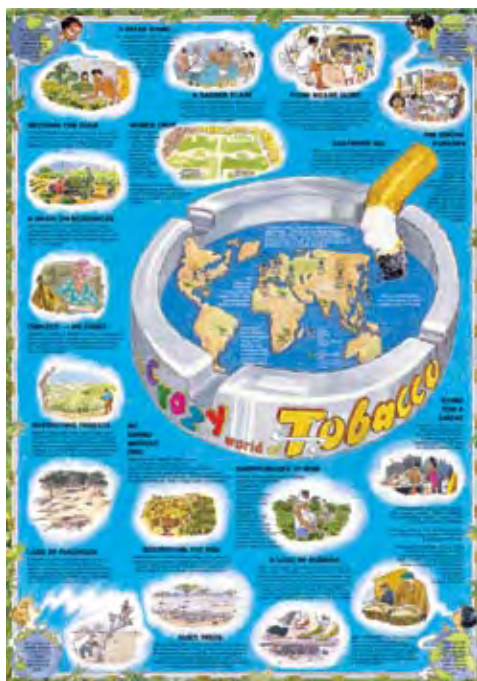


I QUIT! was developed in association with health promotion departments in Dudley, Sheffield, Staffordshire and Southwark.

I QUIT! booklet
16 pages x A6
£20 (€) per 50
code 31
For bulk copies, see PRICE BOX A p23



I QUIT! DAY YOU STOP postcard
A6, pack of 50
£5.10
code 28



CRAZY WORLD OF TOBACCO poster A2, £1.70 code 21

I'D RATHER...

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



actual size



I'D RATHER stickers
9 designs
45mm diameter
free photocopiable
template per pack,
pack of 48, £3
code 25



I'D RATHER poster
A2 with photocopiable template
£1.70 code 26



SMOKEFREE SNAPPER – one of our most popular and successful quiz games tests tobacco awareness.



SMOKEFREE snapper
A4, with cutaway folding instructions
pack of 50, £5.95 (E)
code 27



A-Z FOR A SMOKEFREE WORLD poster A2, £1.70 code 82



NO SMOKING stickers
45mm, pack of 120
£3.40 code 333



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, £3.85
code 132



actual size

HEALTHY CHOICE ANIMAL stickers
24 animals
48 colourways
27mm diameter
pack of 96, £3.40
code 133



www.comiccompany.co.uk

TOBACCO EDUCATION PACK 2010 — PRIMARY



2 x Charlie Grey poster, A2	CODE 148
2 x Crazy World poster, A2	21
2 x Inside Story poster, A2	346
50 x Inside Story Leaflet	345
2 x I'd Rather poster A2 + template	26
3 sheets (120 stickers) x I'd Rather stickers	25
2 x Spot the Difference poster, A3	30
2 x Up in Smoke poster, A3	83
2 x Animals Thank You poster, A3	23
50 x Happy Heart No Smoking bookmarks	394
1 x Smokefree Bingo Game	334
100 x Smokefree! snappers	27
5 sheets (120 stickers) No Smoking stickers	333
3 sheets (144 stickers) Healthy Choice Animals stickers	133

45% off regular catalogue prices!

TOBACCO EDUCATION PACK 2010 — PRIMARY

£40 (E)..... code 456

**BRILLIANT
VALUE! 45%
OFF REGULAR
CATALOGUE
PRICES!**

TOBACCO EDUCATION PACK 2010 — SECONDARY



2 x A-Z Smokefree World poster, A2	CODE 82
2 x Charlie Grey poster, A2	148
2 x Crazy World poster, A2	21
2 x Inside Story poster, A2	346
50 x Inside Story Leaflet	345
2 x Craving poster, A3	149
2 x Grin Reaper poster, A3	100
2 x Spot the Difference poster, A3	30
2 x The Kiss poster, A3	22
2 x Up in Smoke poster, A3	83
2 x I Quit - Who to Call poster, A3	235
50 x I Quit! Day You Stop postcards	28
50 x I Quit! booklet	31
50 x Sex and Smoking leaflet	58
1 x Smokefree Bingo Game	334
5 sheets (120 stickers) No Smoking stickers	333
50 x Quit Me Quick snappers	431
50 x I Quit Tips folding cards	236
50 x Cash in Hand folding cards	237
1 x pack Tattoos	335

45% off regular catalogue prices!

TOBACCO EDUCATION PACK 2010 — SECONDARY

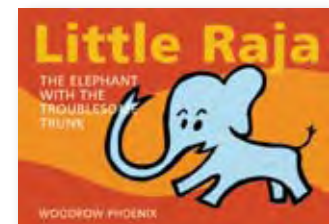
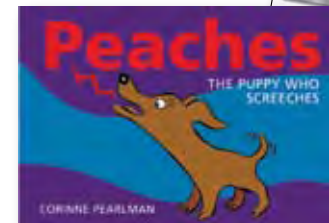
£59 (E)..... code 457

EMOTIONAL HEALTH

Beautifully illustrated picture books for primary age children taking a look at the problems of four appealing animal characters. Engaging ways to develop children's strengths and confidence.

Includes A2 poster with discussion and activity suggestions.

Developed in association with The Royal College of Psychiatrists.



READING

LIGHTS pack
4 x A5 20-page
booklets plus
A2 poster with
4 photocopiable
activity sheets

£10 (E)

per pack
code 47

HOW TO BEE HAPPY

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.

BEE HAPPY minibook
A4, folds to 8pp 75mm x 105mm
pack of 50
£5.95 (E)
code 410



BEE HAPPY poster A3
£1.30
code 411

BEE HAPPY badges
54mm diameter
8 designs with Supersafe pin
Mixed pack of 24
£3.85 code 462



BEE HAPPY praiselets
12 bands on A4 sheet
Easy to cut with self-adhesive tab, pack of 60 bands
£3.85 code 465



Sex and relationships

Four lively resources on puberty and growing up, created in association with fpa. Ideal for use by teachers and sexual health professionals delivering sex and relationships education, and for parents and carers to use with their children.



4 YOU miniquizbook
Age 9+ (KS2)
A4 folds to A7
pack of 50
£5.95 (E)
code 454



4YOU snapper
Age 9+ (KS2)
A4, pack of 50
£5.95 (E)
code 453



4GIRLS snapper
Age 12+ (KS3 & 4)
A4, pack of 50
£5.95 (E)
code 452



4BOYS snapper
Age 12+ (KS3 & 4)
A4, pack of 50
£5.95 (E)
code 451



HANDWASHING is the single most important thing you can do to protect yourself (and others) from colds, flu and other germs. Help reinforce this message with our colourful and versatile resources.



WASH YOUR HANDS
poster A3, £1.30
code 185

WASH YOUR HANDS
postcard A6, pack of 50,
£5.10 code 199



WASH YOUR HANDS
magnet
82mm x 52mm
pack of 10
£3.40
code 402

TEDDY washes hands Age 3-7



HEALTHY TEDDY WASH YOUR HANDS poster A3,
£1.30 code 241

HEALTHY TEDDY WASH YOUR HANDS
postcard A6,
pack of 50, £5.10
code 246

HEALTHY TEDDY WASH YOUR HANDS
stickers pack
8 designs, 24 colourways, 27mm diameter, pack of 96
£3.40 code 242



EATWELL PLATE RESOURCE PACK

See page 7

Have you seen our great value resource packs?



MORE RESOURCE PACKS

Healthy eating pages 7, 11, 28, 29

Healthy meals pages 22, 27

Oral health page 41

Sun safety page 42

Alcohol and drugs page 47

Tobacco education page 46

Men's health page 38

Healthy Teddy page 33