



CNHR

CANADA'S BUSINESS
MAGAZINE FOR NATURAL
HEALTH RETAILERS

2026 MEDIA KIT



CNHR has been supporting
health food stores since 1997.



CNHR: solely focused on health food stores

Founded in 1997, *CNHR* is the only magazine in Canada that focuses solely on health food stores. Its mandate is to help retailers improve their business (and bottom line) through better hiring and training processes, improved advertising and marketing, and guidance for other business aspects. Any content that helps retailers enhance their business is potential editorial for *CNHR*.



If you want to sell to more stores, *CNHR* can help

During its history, *CNHR* has conducted multiple reader surveys, and the results are always the same. Our retailer readership indicates they find *CNHR* magazine to be very important to them, and they read each issue in its entirety. Once read, they share it with staff members and, most importantly, use it to find and order new products. *CNHR* is your ally as you battle to gain shelf space in *health food stores*.

And your message is not lost in *CNHR*; it is a valuable component of the retailers' reading experience. Your customers tell us that *CNHR* is a valuable resource for them ... especially when it comes to learning about your new products!



Readers say *CNHR* is a valuable resource for them

100%

OF OUR READERS SAY THEY NOTICE AND/OR READ VENDOR ADVERTISEMENTS IN *CNHR*.

97%

OF OUR READERS READ OR NOTICE THE PRODUCTS FEATURED IN THE PRODUCT PROFILE SECTION OF *CNHR*.

92%

OF OUR READERS SAY A PRODUCT PROFILE PROMPTED THEM TO CONTACT THE COMPANY.

80%

OF RETAILERS SAY THEY HAVE ORDERED A PRODUCT FEATURED IN *CNHR*.

95%

OF OUR READERS SAY THE INFORMATION *CNHR* OFFERS THEM IS IMPORTANT.

CNHR magazine is the ONLY Canadian B2B publication that goes exclusively to traditional health food stores.



Here's what *CNHR* does for you:

- introduces your company and products
- helps support your new product launches
- gets your brand known ... fast!
- supports both your inside and field sales teams
- explains all the support you offer retailers
- positions your company as an industry leader
- delivers very low cost per contact (just pennies per reader!)
- conveys your company's passion, integrity, values, commitment, ideals, and innovation
- creates familiarity with retailers, establishes credibility, and builds trust
- reaches stores across Canada even your sales team can't get to regularly
- announces your marketing initiatives, programs, contests, and events
- supports your digital initiatives for consumer and trade
- helps drive traffic to your website for detailed information
- generates leads for you with a pre-qualified buying audience

**Every person who reads *CNHR* either buys, sells,
or recommends your products to consumers.**



Here's what *CNHR* does for you:

Hitting the buyer's triggers

Advertising in *CNHR* will help you convey everything you want to share about your company with your retail buying audience.

During interviews or through conversation, retailers have shared with *CNHR* some of the most important qualities they expect from their suppliers, including ongoing support, quality, trust, longevity, teamwork, value, reputation, and aligned vision.

Here are things retailers identified as their triggers when it comes to buying from suppliers:

- trust in their manufacturing and quality
- providing more value than most other suppliers
- ingredients, consumer demand, presentation, sell sheets, and price
- trust in the company and the rep
- support to launch a product
- the importance of the company's reputation
- the company's mission and values
- the quality of the product
- the company's size, reputation, and longevity
- which manufacturers keep their brands looking fresh
- commitment to reducing packing and shipping waste
- brand recognition



Here's what your customers said when asked "*what are the qualities you like best about CNHR?*"

“

WHAT THEY'RE SAYING

“That it talks about our industry and who is important in it with their new products and upcoming events. It also gives the stores a chance to say who they are.”

“It's a nice-looking magazine featuring articles pertaining to the industry, showcasing new products and industry trends.”

“I like reading about what other independent health stores are doing. It encourages me. It motivates me. Helps me feel like I am not alone in this industry.”

“Good mix of content—profiles, helpful business columns, industry updates. The retail-focused columns have improved the appeal of the magazine in the recent years for me personally.”

“I enjoy seeing other retailers and their success stories. Learning about new trends and products.”

“Editorial. The cover story. Articles that I can apply, feel-good stories, reassurance that the industry is thriving.”

“It is current and informative. It is a friendly and personal publication. And it is very beautifully laid out. The cover always invites me to open the magazine right there and then.”

“Company profiles. Highlighting people in the industry that are making tough decisions, doing the right things to support the future of our business.”

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The Last Word ... from your retail customers

In our most recent survey, we asked retailers to describe what *CNHR* means to them in one word.

Here are some replies:

- family
- foundational
- important
- anchor
- essential
- useful
- fantastic
- informative
- interesting
- awesome!
- encompassing
- honest
- helpful
- heartfelt
- ours
- impressive!
- welcoming
- support
- great resource
- our bible!

“

WHAT THEY'RE SAYING

“That you focus on independent health food retailers, that you do a good job of profiling stores across the country and connect us that way. All the advice columns, too, from HR issues to business practices, I always look forward to getting the magazine in the mail!”

“You have an interesting balance of personal and product information that is worth my valuable time to read ...”

“Information about what other health food stores are doing and what’s working for them.”

“Product profiles; feature articles especially on marketing, store profiles.”

“Friendly, helpful biz articles, industry updates.”

“Ideas on how to make my business better. Staying current on new products—especially from companies that don’t have reps in my area.”

“Focus on the independent retailer.”

“I love the sections which pertain to training employees and retailing in a changing environment.”

“The information provided is essential to our business as it helps us keep abreast to what is happening within our industry. I mostly like the articles on how to better your business. I believe this is crucial at this point in time.”

“Business advice for marketing and merchandising.”

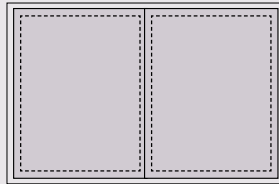
“Content is relevant and valuable—great resource for my business.”

“I like reading the store stories. Many of them I know and take a special interest in reading. What I find most useful is suppliers featuring new products. If it is a company I currently deal with, I’ll know about the products prior to seeing it in *CNHR*. Those companies we don’t deal with benefit from us seeing it in the magazine.”

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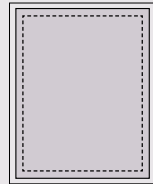
Specifications

Ad sizes



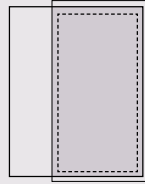
Double-Page Spread

16.25" x 10.88" trim
16.50" x 11.13" bleed
15.25" x 9.875" live area



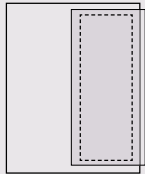
Full Page

8.125" x 10.88" trim
8.375" x 11.13" bleed
7.125" x 9.875" live area



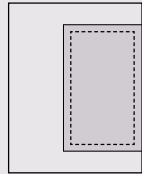
2/3 Page Vertical

5.15" x 10.88" trim
5.4" x 11.13" bleed
4.4" x 9.88" live area



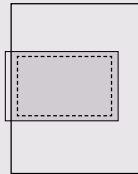
1/2 Page Vertical

3.979" x 10.88" trim
4.229" x 11.13" bleed
2.979" x 9.88" live area



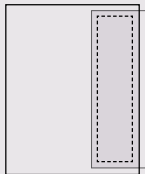
1/2-Page Island

4.75" x 7.387" trim
5.25" x 7.887" bleed
4.25" x 6.887" live area



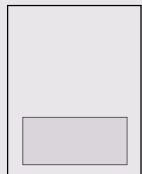
1/2 Page Horizontal

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8.375" x 5.64" bleed
7.125" x 4.39" live area



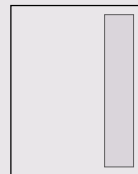
1/3 Page Vertical

2.75" x 10.88" trim
3.00" x 11.13" bleed
2.25" x 10.38" live area



1/3 Page Horizontal

7.125" x 3.40" trim



1/4 Page Vertical

3.6285" x 4.9485" trim

(0.125" Bleeds and 0.50" Margins for all ad materials)

Ad booking deadlines

ISSUE	AD RESERVATION	MATERIAL DUE
January/February	November 13 2025	November 20, 2025
March/April (CHFA NOW West)	January 8, 2026	January 15, 2026
May/June	March 5, 2026	March 12, 2026
July/August	May 7, 2026	May 14, 2026
September/October (CHFA NOW East)	July 9, 2026	July 16, 2026
November/December	September 3, 2026	September 10, 2026

Advertising submissions

Please send all advertising material as a high-resolution PDF, **300 DPI**, in a **CMYK** format. Please allow 1/8" for bleed.

Electronic to email: cnhart@alive.com

Mechanical specifications

Printing: Four-colour process

Sheet fed. Coated stock

Binding: Saddle stitch

Advertising rates

AD SIZES	1X	2X	4X	6X
Full page	\$2,930	\$2,825	\$2,735	\$2,630
2/3 page	\$2,535	\$2,485	\$2,425	\$2,305
1/2 page	\$2,345	\$2,290	\$2,215	\$2,160
1/3 page	\$1,885	\$1,790	\$1,685	\$1,195

Let us customize an ad quote for you!

We have many advertising options at many different price points.

Let us know your budget and we will be happy to customize a proposal specific to you explaining all of the benefits, editorial opportunities, and value-added features that *CNHR* has to offer your company.

Contact advertise@alive.com to get started!

Advertiser Value-Added:

- free **Product Profile** each issue
- expanded free **Trade Talk**

Outside Back Cover:

\$2,950 (based on six-time rate)

Inside Front Cover:

\$2,835 (based on six-time rate)

Inside Back Cover:

\$2,835 (based on six-time rate)

False Cover:

\$4,770 (ask about availability and details)

Inserts:

Single sheet (both sides) starting from \$1,999. Ask for full details.

Product Profiles: \$450 each

*Rates are net and in Canadian funds.
Agencies add 15%*



Choose natural.

WE'RE LOOKING
FORWARD TO
BUILDING A GREAT
PARTNERSHIP
WITH YOU

alive magazine

thrive

alive USA

CNHR

delicious living

delicious living Awards

delicious living Retailer Preview

delicious living Newsletter

alive.com

alive Academy

alive Connect

alive Workplace Wellness

alive Awards

alive Listens

alive Newsletter

alive Executive Summit



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With the participation of the Government of Canada.

