



NATURAL CHOICE NETWORK

ON PRINT • ONLINE • ON AIR



Multiple Ways to Connect

On Print

The Natural Choice Print Directory has been a trusted resource for conscious living in Puget Sound since 1994. Starting in 2019, we significantly reduced the size to maximize circulation and reduce our carbon footprint with the debut of "The Natural Choice Network's Web Companion" (see a copy [here](#)). The handy "ROAD MAP" format with quick reference Ads and Listings will make it easy to connect a conscious community to local resources for Green Living, Natural Health, Natural Food/Supplements and Mind/Spirit. It also connects you to the expanded NaturalChoice.Net platform, with over 250 searchable categories of resources.

Annual Distribution - 100,000 copies (250,000 readership)

1,300 locations from Olympia to Bellingham including natural food & supplement stores, restaurants & cafes, holistic healthcare offices, spas, gyms, gift stores, bookstores, libraries, and community centers.

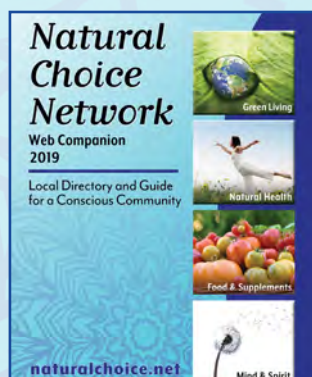
On Line

NaturalChoice.net. SEARCH over 250 categories of resources in our on-line directory. Deepen your search by clicking on display Ads, to link to advertiser's "personal message" page with additional information about their business and services. The perfect place to share your vision and message with an audience already interested in conscious and sustainable living.

You will also find local Events, informative articles, glossaries, guides, and over 200 NCN Radio archives and glossaries to educate, up-lift and motivate our readers to make better choices for themselves, their families and our communities. **Over 60,000 Pageviews per Month.**

On Air

Natural Choice Network Radio, airing every Tuesday at 12:30pm on Alternative Talk 1150 AM. Host Martha Childress talks each week with special guests (often our advertising partners) sharing their knowledge and experience on current hot topics. Each week's show rotates between Green Living, Natural Health, Food & Supplements, and Mind Spirit. Advertisements during the broadcasts rotate between our advertising partners, and every show is archived online at NaturalChoice.net.



Readership Demographics

Age	21-31	31-41	41-51	51-60	21-60
%	10%	32%	28%	21%	91%
Education	Household Income	Gender	Home Ownership		
College Grad 79%	>45,000 53%	Female 73%	Yes Owner 58%		
Adv Degree 31%	>75,000 21%	Male 27%	Non Owner 42%		



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Natural Choice Network Media Kit

As an advertising partner you have multiple ways to connect and communicate with a conscious community. NCN has simplified the print ad sizes for our innovative new format and now offers web-only options. Click on this [link](#) to see the size of each print ad. For questions, please call 425-373-1987.

Premium Printed Display Ad Packages Four Panel Fold-out
Outside Left and Outside Right Full Panel (F/P) Display Ad - \$4,995
Half Panel Inside Right and inside Left Panel (H/P) Display Ad - \$2,595

All Premium Printed Display Ad Packages Include:

- 2 Printed Category Listings in Web Companion
- Web Display Ad/Web page in naturalchoice.net in up to 4 Categories
- Complimentary Graphic Services one proof/one edit (\$200 value)
- F/P — Monthly (12) Thirty-second Radio Commercials on Natural Choice Network Radio, Alternative Talk 11:50AM Tuesdays at 12:30PM and archived in naturalchoice.net.
- F/P — One Radio Guest Appearance on Natural Choice Network Radio
- F/P — Homepage Banner — 3 months
- H/P Radio — (8) Thirty second Radio Commercials on Natural Choice Network Radio, Alternative Talk 11:50 AM Tuesdays at 12:30 PM and archived in naturalchoice.net
- F/P ad is 5.75" wide x 7.5" high; H/P ad is 5.75" wide x 3.625" high

Listing Section Printed Web Companion Display Ad Packages
Full Panel (5.75" wide x 7.5" high) Display Ad- \$3,295
Half Panel (5.75" wide x 3.625" high) Display Ad- \$1,695
Quarter Panel (2.75" wide x 3.625" high) Display Ad - \$895

All Printed Display Ad Packages Include:

- One Printed Category Listing
- Web Ad/Web page in naturalchoice.net in up to 4 Categories
- Graphic Services one proof/one edit (\$200 value)
- Thirty second Radio Commercials on Natural Choice Network Alternative Talk 11:50AM Tuesdays at 12:30PM and archived in naturalchoice.net



NATURAL CHOICE NETWORK

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Web Display/Print Listing Package — \$395

Web Display/Print Listing Package Includes:

- Web Display Ad is linked to complimentary personal web page message in up to 4 categories on naturalchoice.net
- One Print listing in the 2019 Web Companion
- Graphic Services 1 proof/1 edit (\$200 value)

Complimentary Benefits for Annual Display or Web/List Print Advertisers

- Up to 3 event postings on naturalchoice.net
- Social Media promotions and announcements for selected events, radio guest appearances and articles
- Special Discounts for selected Expo and Tradeshow Booths
- Unlimited Article Submissions to hyperlink from Web Ad and searchable in archive (Subject to approval)
- Homepage Featured Positions for selected articles and events

Add-ons for Display Ad Packages and Web/Printing Listing Packages

- \$40 each additional listing on naturalchoice.net
- \$195 each additional print listing on 2019 Web Companion
- \$100 Downloadable Coupons (up to 3 changes annually)
- Flexible Payment Plans
- \$50 hour graphic services
- \$250 Homepage Banner Ad for 3 months (Space Limited)

Web Only — \$250

Web Only Includes (in any 12 month cycle):

- Web Display Ad is linked to complimentary personal web page message in up to 4 categories on naturalchoice.net
- \$50 Graphic Services one proof/one edit if provided by NCN

START LISTENING TODAY AT 1150KKNW.COM

1150 AM KKNW
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TALK RADIO FOR YOUR LIFESTYLE

CONVERSATIONS LIVE WITH VICKI ST. CLAIR



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CONSCIOUS TALK



Food & Supplements

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
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- * [New Roots Organics Delivery](#) [NewRootsOrganics.com](#) 206.261.2500
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- * [Vegetarians of Washington](#) VegFest Dinners/[Classes](#) [VegOWA.org](#) 206.706.2635
- * [Vitamin Life](#) Great Prices-HUGE Selection [VitaminLife.com](#) 866.998.8855
- * [Community Food Co-op](#) & [Swan Cafe](#) 2 Bellingham locations [CommunityFood.coop](#)
- * [Skagit Valley Food Co-op](#) & [Deli](#) Mt. Vernon [SkagitFoodCOOP.com](#) 360.336.9777
- * [Skipley Farm](#) U-Pick fruits and Vegies [SkipleyFarm.com](#) 206.679.6576
- * [Sno-Isle Natural Foods](#) Everett [SnoIsleFoods.com](#) 425.259.3798
- * [The Sisters Restaurant](#) Everett [TheSistersRestaurant.com](#) 425.252.0480

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Bookmark [NaturalChoice.net](#) for in-depth information & to search through over 40 categories in [Food & Supplements](#)

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- ★ [Indianola Organics](#) Grasses/Shoots/Grains Delivers to Sea area [IndianolaOrganics.com](#)
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- ★ [Nash's Organic Produce](#) Secure [NashsOrganicProduce.com](#) 360.683.4642
- ★ [Nature's Market Kent](#) [NaturesMarketKent.com](#) 253.854.5395
- ★ [Next To Nature](#) Your Pet's Health Food Store Tacoma [Next-To-Nature.com](#) 253.779.8141
- ★ [Olympia Food Co-Op Organic | Natural | Everyone Welcome!](#) [OlympiaFood.Coop](#)
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- ★ [Purified Water & Oz Ozone Purified](#) 2012 S 314th St, Federal Way 253.941.2150
- ★ [Stiebrs Farms Organic Eggs, Beef & Feed](#) [StiebrsFarms.com](#) 360.458.3333
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- ★ [CrownHill Pet Supply Your Natural Pet Care Oasis CrownHillPet.com](#) 206.783.9570
- ★ [Habitat for Humanity HabitatSKC.org](#)
- ★ [Millionaire Club Charity Homeless to Hopeful | FOR HIRE MillionairClub.org](#) 206.728.5627
- ★ [Next to Nature Your Pet's Health Food Store West Seattle Next-To-Nature.com](#)
Edmonds/Shoreline/Lynwood Delivery Next-To-Nature.com 206.935.1134
- ★ [Pompeo's Hair Salon for Chemically Sensitive Skin 425.774.6700](#)
- ★ [Seattle Natural Mattress SeattleNaturalMattress.com](#) 206.419.9550
- ★ [Shoreline Solar Project & The NW Solar Fest ShorelineSolar.org](#)
- ★ [Sierra Club SierraClub.org/wash](#) 206.378.0114
- ★ [Uniquely Natural Non-Toxic Chemically Gentle Salon UniquelyNaturalSalon.com](#) 425.774.6078
- ★ [Vegfest: Each Spring at the Seattle Center VegOFAWA.com](#) 206.706.2635
- ★ [WA Environmental Council WECProtects.org](#) 206.631.2600

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- ✿ **Borealis Landscapes** Edible Landscapes BorealisLandscapes.com 360.734.6977
- ✿ **NW Sleep Solutions** Natural Bedding NWSleepSolutions.com 360.734.6977
- ✿ **Skipley Farm** U-Pick fruits and Vegies SkipleyFarm.com 206.679.6576

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- ✿ **Batt + Lear, Inc** Sustainable Design BattAndLear.com 206.301.1999
- ✿ **Habitat for Humanity** Home Improvement Outlets Purchase/Donate.HabitatSKC.org
- ✿ **In Harmony** Sustainable Landscapes InHarmony.com 888.472.7748
- ✿ **Living Shelter Design** Innovative Home & Community Design LivingShelter.com 425.427.8643
- ✿ **The Sleep Store** Organic Mattresses BellevueTheSleepStoreUSA.com 425.454.8727
- ✿ **WA Wilderness Coalition** Protecting WA's wild places WAWild.org 206.633.1992

Next To Nature Your Pet's Health Food Store TacomaNext-To-Nature.com 253.779.8141

- ✿ **Traditions Folk Art & Cafe** OlympiaTraditionsFolkTrade.com 360.705.2819

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- * **Borealis Landscapes** Edible Landscapes [BorealisLandscapes.com](#)
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- * **Evergreen Retirement Plan Consulting, LLC** [EvergreenRetirement.com](#) 425.238.5617
- * **Frank Childress**, Registered Investment Advisor since 1993. [ChildressInvestment.com](#)
- * **Go Green** Sustainability conferences for Business/Gov/Public [GoGreenConference.net](#)
- * **Green America** Come Together | [GreenAmerica.org](#) 800-58-GREEN
- * **Green Pursuits Bookkeeping** [GreenPursuitsBookkeeping.com](#) 425.953.0491
- * **Holy Lamb Organics** Mattress/Bedding/Bath [HolyLambOrganics.com](#) 888.359.1362
- * **In Harmony Sustainable Landscapes** [InHarmony.com](#) 888.472.7748
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- * **Pacific Yurts** Reduce your footprint/Be closer to nature Yurts.com 800.944.0240
- * **SoulDuster** Artsy stationery & gifts (that calm your soul) SoulDuster.net 888.858.6687
- * **Spark Northwest** Shift to Clean Energy Community Social SparkNorthwest.org
- * **Tilth Alliance** Gardening Classes/Kids camps/Hot Line/Volunteer TilthAlliance.org
- * **Washington Trails Association** Non-Profit Find Your Next Adventure at WTA.org
- * **Whale Scout** FREE Land Based Whale Watching to restore Habitat WhaleScout.org
- * **Living Earth Landscapes** Eco-Friendly LivingEarthLandscapes.com 425.882.2930

- * **Blue Sky Cleaners** Zero Toxin Free Pick Up/Delivery BlueSkyCleaners.com 206.838.8433
- * **The Recology Store** RecologyCleanSpaces.com/store 425.392.0285



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