

# foodHQ

Media Info 2018



# “food HQ: Launching an Industry Platform”

## At the Heart of the Food Community Since 1985

For more than three decades **Middle East Food (MEF)** has been serving the Food Processing, Ingredients, Packaging, and Catering sectors in the MENA region & beyond, striving to provide a central platform to its readers, subscribers & clients through which cutting-edge high-quality news, information and data pertaining to food industry is presented.

**headquarters (HQ)** *Collins Dictionary*  
plural noun [with sing. or pl. v.]

1. the main office, or center of operations and control, of anyone in command.
2. the main office or center of control in any organization

Starting January 2018 issue, in order to reflect better our magazine's mission as well as its global reach which is not limited to the Arab / MENA region, its name will change to “**foodHQ**”.

foodHQ will continue to be the focal point where industry professionals meet their needs. foodHQ will be published monthly and will provide news, analysis, concepts and trends, product reviews & interviews with leading players in the food industry bringing its readers in-depth insights and information. As the leading B2B food magazine, foodHQ is the vital link between international manufacturers, producers, exporters & agents / resellers in the B2B industry and is your ideal partner whether you wish to gain accurate and up-to-date insight on the food industry or whether you wish to gain maximum exposure to your company's products and services.

Major food companies & manufacturers trust foodHQ as their promotional platform of choice to have maximum exposure for their products & services and increase their market share. fHQ also enjoys a close partnership with leading food-related event organizers worldwide where it holds the status of official, regional or supporting magazine in major events where bonus copies are distributed to exhibitors, visitors and conference attendees.

Content	
<b>Reports</b>	In-depth food reports
<b>Business</b>	Feature articles including interviews with key players
<b>News</b>	The latest regional & international news about food projects
<b>In the Market</b>	Cutting-edge trends on food products

Associate your company or product with foodHQ, the food industry's pioneering & leading media brand. Contact us today to get things started!

## Processing Online News

The foodHQ website provides online insight for e-readers into the food industry through a combination of industrial news and trends, innovative technologies, country reports, and event news related to the Food, Beverages, Ingredients and Packaging sectors. foodHQ website is going to be part of an industry portal [www.industryhq.com](http://www.industryhq.com) which will be launched in January 2018. Log on to [www.foodhq.world](http://www.foodhq.world) and delve into the world of food where current and archived issues of foodHQ magazine are available for free to registered users in three formats (html, flash and pdf e-book) at your whim.

# “Testimonials”

**Tomoko Yamashita**  
Marketing Manager | Yamato Scale Co., Ltd

Packaging  
Sustainable  
Cover Story

It is a pleasure for Yamato to be published in MEF magazine along with other valuable and educative news and updates of the market. MEF magazine has not only helped us advertise our latest products, it has also enhanced our understanding of the food market in the Middle East region. It definitely is a great benefit for Yamato to have this opportunity with MEF Magazine.

**Joni Ford**  
Senior Advertising & Promotions Manager | Kalsec®

Middle East Foods magazine has been an ideal media outlet for Kalsec® in reaching food professionals throughout the Middle East & North African region. Their dedication to service, partnerships with food related events, and their support of our marketing efforts has enabled Kalsec® to expand our presence in this region.

**Mette Dal Steffensen**  
Marketing Coordinator | Palsgaard A/S

Processing  
Country Reports

For more than 10 years Middle East Food magazine has been the preferred media partner for Palsgaard as they have helped us promote our emulsifiers and stabilizers to our target audience of food manufacturers in this region. With the help of this fine publication, our technical articles and advertisements have been distributed at some very important trade shows in the Gulf Region and have helped Palsgaard reach further markets in the Middle East.

**Tracy Anderson**  
Marketing Executive | Heat and Control Pty Ltd

“With the Middle East food processing industries continuing to grow and becoming a vital part of the global food supply, the MENA region is not only important to Heat and Control but every food processing equipment manufacturer. The MEF magazine, not only brings a wide range of topics, the most relevant news of the day for the region, they provide that vehicle via their vast network of readers and subscribers. Heat and Control has and will continue to utilize MEF's variety of advertising capabilities, from print and online product advertising, to getting the latest news for Heat and Control out to a widespread audience.”

# “Clients”

Below are some of the leading companies who trusted MEF to gain market share and increase their products' exposure in the MENA region.

 Ishida Europe Limited UK	 Kalsec Inc. USA	 Krones AG Germany	 Rademaker BV Holland	 TNA Europe Ltd UK
 Guentner GmbH & Co. KG Middle East, India & Africa UAE	 Albert Handtmann Maschinenfabrik GmbH & Co. KG Germany	 Sollich KG Germany	 ZA Packaging (ZA Ambalaj San Ve Tic Ltd. Sti) Turkey	
 Multivac Middle East FZE UAE	 Heat and Control Pty Ltd Australia	 Stern-Wywiol Group (Hydrosol) Germany	 Yamato Scale Co. Ltd. Japan	 Palsgaard A/S Denmark

# Food Industry

## MENA

01

The MENA Food & Beverage sector deal value for the full year 2016 surged to over USD3.4 billion, from just USD402 million the previous year, said Mergermarket. MENA consumers are on the pursuit of authentic and unique eating and drinking experiences.

02

With an increased penchant for health and wellness cuisine, sophisticated menus and trendy atmosphere, consumer foodservice value in MENA is expected to reach USD70 billion by 2020, with growth rates hovering between 3% and 5% during 2016-2020, according to Euromonitor International.

03

The GCC's foodservice industry is set to grow at a rate of 6.8% CAGR to USD24.5 billion by 2018, according to Aaron Allen & Associates.

04

Growing population, high disposable incomes, rising tourist arrivals, increasingly urbane lifestyles and evolving consumer preferences have been propelling food consumption growth in the GCC, according to a report by Alpen Capital.

05

Food security remains a key priority for the GCC governments, which have not only been taking measures to enhance domestic productivity, but also are investing in farmlands overseas.

## Global

01

The global food and beverage (F&B) market has seen healthy growth over the last ten years and this is expected to continue. This is being seen, not just in the more mature retail markets in the US and Europe, but also in fast growing emerging markets in Asia Pacific and Middle East & Africa.

02

The global food & beverage industry is expected to reach USD20 to USD25 trillion by 2030, according to recent analysis by Frost & Sullivan.

03

The Asia Pacific is the fastest growing region in terms of consumer spending on Eating Out, with average annual growth of 7.5% is forecast for the 2017-2026 period, according to CUSHMAN & WAKEFIELD.

04

The Americas and Europe have arguably the most mature retail markets in the world and so historic growth between 2006-2016 has been lower at 6% and 4% respectively, as these markets were more saturated prior to 2006.

05

Annual average growth forecasts for 2017-2026 remain positive but are lower than Middle East & Africa and Asia Pacific, with the Americas anticipated to grow by 5.5% over the period and Europe by 4.9%.

# Editorial Program 2018

Issue	January	February	March	April	May	June
Ingredients	Food Additives	Bakery Ingredients	Dietary & Nutritional Ingredients	Emulsifiers & Stabilizers	Flavorings	Spices & Herbs
Packaging	Conveyors	Palletizing	Weighing	Bulk Packaging	Bottling & Filling	Packing
<b>Business Corner</b>						
Sustainability	FAO Sustainability Guidelines	Non-GMO Foods	Food Waste / Food Banks / Food Recycling	Sustainable Agriculture	Organic Farming Fertilizers	Sustainable Seafood
Cover Story	Top Food Sector Players Awards	Interview With a CEO/ Company Profile	Multi-Unit Restaurant Management	Interview With a CEO/ Company Profile	Hotels & Touristic Facilities	Halal Food Industries
Logistics & Supply Chain	Food Safety	Refrigerated Transport	Food Supply Chain Industry	Automation	Food Retailing	Food Supply-Chain Failures: Contamination Case Studies
Processing	Baking Equipment	Display Cabinets	Dairy Processing	Frozen Food Processing	Kitchen Equipment	Sterilization & Pasteurization Techs
Country Reports	Saudi Arabia	UAE	USA	Lebanon	Italy	Kuwait
<b>Consumer Corner</b>						
F&B	Eye Catching Packaged Food	Breakfast Foods	Poultry & Eggs	Vegan Cuisine	Wellness Foods	Chocolate & Confectionary
Top 5 lists MENA	Top 5 Food Brands	Top 5 ME Restaurants	Top 5 Gourmet Food	TOP 5 Chefs	Top 5 Food Innovation (Classification & Systems)	Top 5 Beverage Trends
Hospitality	AAA Diamond Ratings Hotels	Hotel Technology Trends for 2018	Hospitality Trends 2018	Booking Trends	Airport Hotels	Sea Resorts
Bonus Distribution*	Gulfood 2018 - UAE	-Gulfood 2018-UAE -FOTEG Istanbul 2018-Turkey	-FOTEG Istanbul 2018-Turkey -HORECA Lebanon 2018 - Lebanon	HORECA Lebanon 2018 - Lebanon		
Editorial Due	December 18, 2017	January 19, 2018	February 19, 2018	March 19, 2018	April 18, 2018	May 18, 2018
<b>Dates</b>						
Advertising Due	December 20, 2017	January 22, 2018	February 21, 2018	March 21, 2018	April 20, 2018	May 21, 2018
Publishing Date**	December 29, 2017	January 31, 2018	February 28, 2018	March 30, 2018	April 30, 2018	May 31, 2018

\* Tentative list of events at which foodHQ will have bonus distribution of its issues - liable to changes.

\*\* Indicates when the issue would be available from the printing press for circulation and distribution. Allow 2 to 3 weeks period for the issue to reach you by post.

Issue	July	August	September	October	November	December
Ingredients	Sweeteners	Preservatives	Concentrates	Yeasts & Enzymes	Functional Ingredients	Colorings
Packaging	Packaging Techniques & Designs	Coding & Labeling	Wrapping	Smart Packaging (Traceability)	Canning	Sorting & Grading Systems
<b>Business Corner</b>						
Sustainability	Soil Degradation & Habit Destruction	Sustainability in Food Manufacturing	Sustainable Packaging	Energy Management & Efficiency in Food Production	Water Treatment & Reuse in Food	Organic Food
Cover Story	Beverages & Drinks	Ice Cream & Sorbets	Ready-Made Food	Interview With a CEO/ Company Profile	In-Flight Catering	Food Processing
Processing	Fruits & Vegetables Processing Equipment	Material Handling Equipment	Sweets Equipment	The Industrial IoT	Meat & Poultry Processing Equipment	Seafood Processing
Country Reports	China	•Bahrain •France •Australia	•Saudi Arabia •Italy •Turkey	•UAE •Germany •USA	•Oman •Scandinavia •India	•Egypt •UK •Iran
<b>Consumer Corner</b>						
F&B	Ice Cream	Fish & Seafood	Dairy Products	Seasonings & Spices	Baby & Infant Food	Coffee & Tea
Hospitality	Luxury Travel	Luxury Travel	Hotels Mergers & Branding	Room Service	Fine Dining	Resorts
Bonus Distribution*			Gulfood Manufacturing 2018-UAE	Gulfood Manufacturing 2018-UAE	SIAL Middle East 2018 - UAE	SIAL Middle East 2018 - UAE
Editorial Due	June 18, 2018	July 18, 2018	August 17, 2018	September 19, 2018	October 17, 2018	November 19, 2018
<b>Dates</b>						
Advertising Due	June 20, 2018	July 20, 2018	August 20, 2018	September 21, 2018	October 19, 2018	November 21, 2018
Publishing Date**	June 29, 2018	July 31, 2018	August 31, 2018	September 28, 2018	October 31, 2018	November 30, 2018

# Advertising Benefits & Options

## Print Options

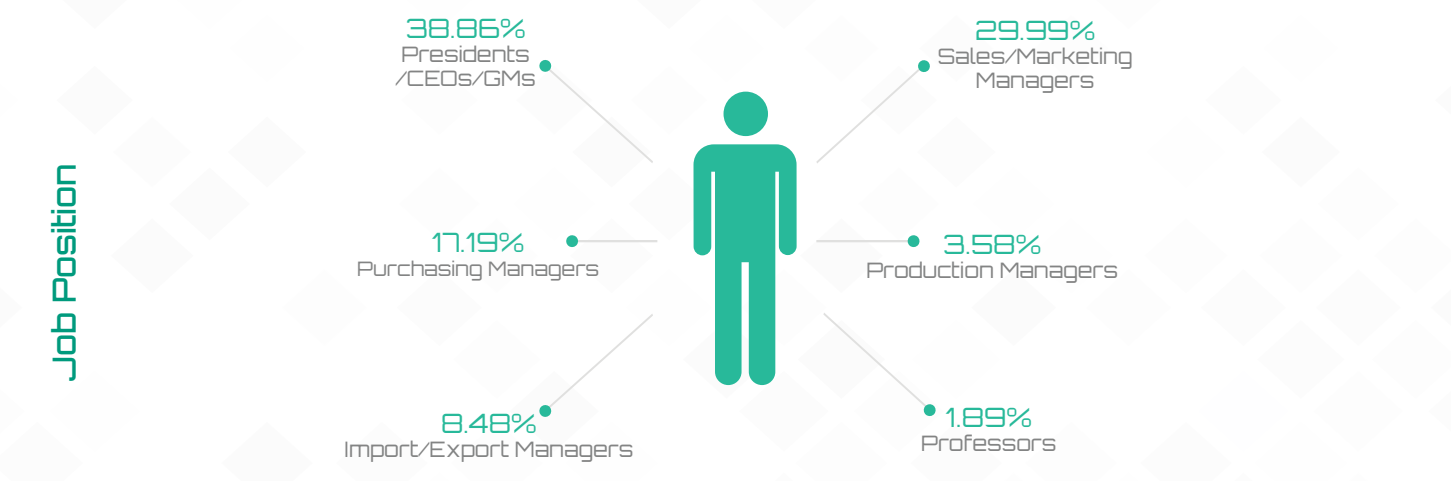
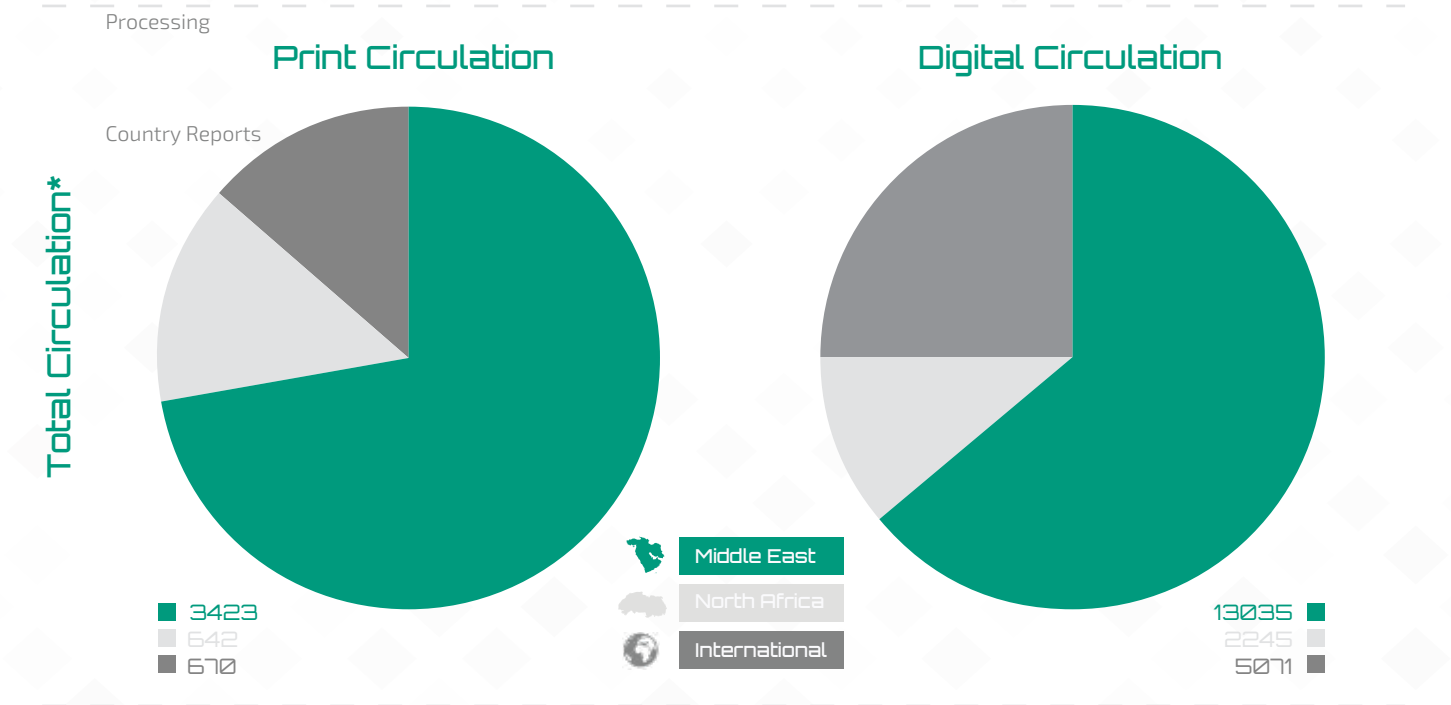
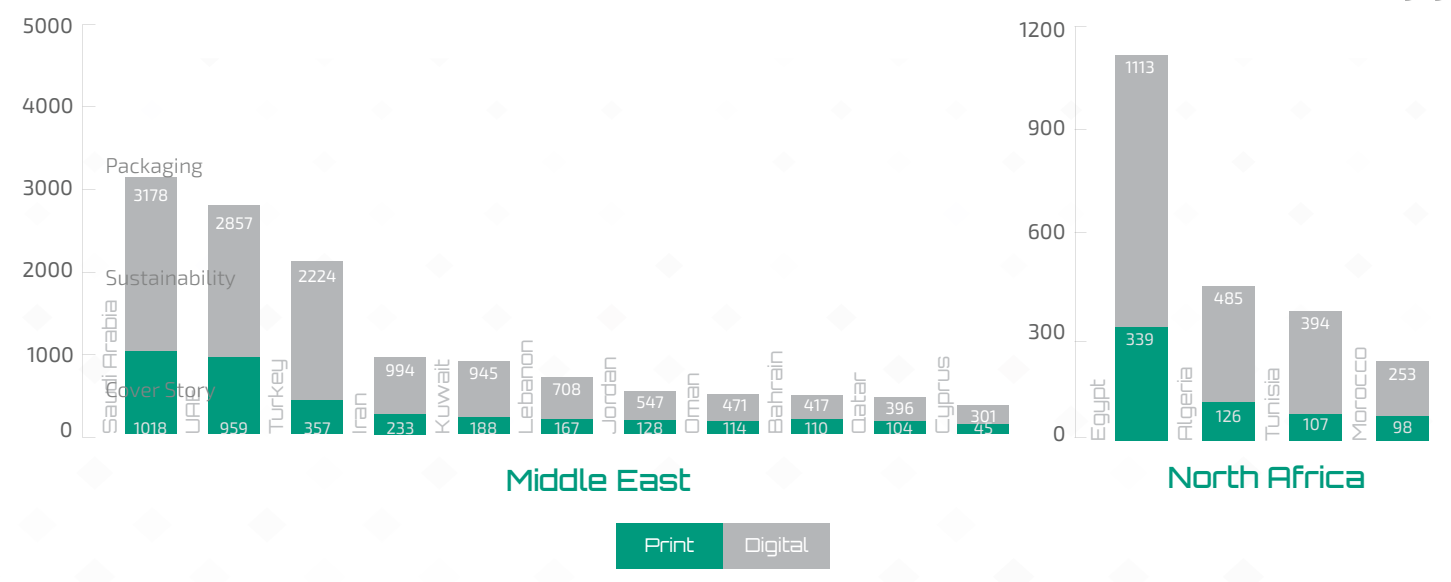
- **Display Advertising:** foodHQ offers advertisements in an extended range of sizes and placements with full-color or mono display spots.
- **Classified Advertising:** The Buyers' Guide (BG) is dedicated to companies planning to test the market with a limited budget.
- **Advertorials:** This option has double use; to get story to foodHQ's readers and to maximize the company's exposure by placing its full contact details.
- **Fixed Inserts:** A popular and effective form of advertising as it makes your advert stand out from the rest!
- **Company Profile or Interview:** This offers comprehensive coverage of your company's history and products, including an interview with a chosen executive.



## Digital Options

- **Web Banners:** For ultimate exposure, place your hyperlinked web banner to your company's website, landing page or e-mail address on foodHQ's website via a Leaderboard Banner, MPU Banner, Half Page Banner, and/or a Billboard Banner.
- **Newsletters:** The monthly Newsletter contains several dedicated advertising spots, providing commercial partners with a cost effective and highly credible route into the inbox of food professionals globally.
- **Email Shots:** We know how important it is that your email looks and reads right before you send it out to your existing and potential industry professionals. That's why our direct e-mail shots offer this opportunity using a vast user database.
- **Coming Events:** The Coming Events service offers a comprehensive listing of food events, conferences seminars, and workshops.
- **Buyers' Guide:** It is a service that offers high exposure at a nominal cost. The classified ad is 360 px x 300 px, including company logo, product photo, and a brief message with contact details.
- **Business Directories:** The Business Directories service puts you in contact with food-related suppliers, manufacturers, purchasers, sellers, re-sellers and high level professional employees who visit our website regularly.

# Circulation



\*As a first step towards BPA accreditation, we refined the quality of our circulation in comparison to previous years' figures.

Rates (Print & Digital)

Display Advertising - 4 Color & Rates (US\$)

Frequency	1 - 3 Time(s)	4 - 6 Times	7 - 9 Times	10 - 12 Times
Gatefold	7,570	7,190	6,810	6,435
Double Page Spread	5,400	5,130	4,860	4,590
1/2 Page Spread	3,350	3,180	3,015	2,845
2 <sup>nd</sup> Cover (IFC)	3,300	3,135	2,970	2,800
3 <sup>rd</sup> Cover (IBC)	3,000	2,850	2,700	2,550
4 <sup>th</sup> Cover (OBC)	3,500	3,325	3,150	2,975
Full Page	2,750	2,610	2,475	2,335
2/3 Page	2,100	1,995	1,890	1,785
1/2 Page	1,750	1,660	1,575	1,485
1/3 Page	1,400	1,330	1,260	1,190
1/4 Page	1,150	1,090	1,035	975

Advertorials & Rates (US\$)

Frequency	1 - 3 Time(s)	4 - 6 Times	7 - 9 Times	10 - 12 Times
Full Page	2,000	1,800	1,700	1,600
2/3 Page	1,450	1,300	1,230	1,150
1/2 Page	1,200	1,080	1,020	960
1/3 Page	900	810	765	720
1/4 Page	700	630	595	550

Classified (Buyer's Guide) Ads & Rates (US\$)

Frequency	1 - 3 Time(s)	4 - 6 Times	7 - 9 Times	10 - 12 Times
Buyer's Guide Ad	450	400	365	325
Twelve Times Prepaid				2,925

Specs (Print)

Space	Dimensions	(WxH)mm
Full Page	Trim Size	200 x 270
Double Page Spread	Print Size	400 x 270
Vertical 2/3 Page	Print Size	118 x 241
Vertical 1/2 Page	Print Size	87x 241
Horizontal 1/2 Page	Print Size	180 x 118
Horizontal 1/2 page Spread	Print Size	400 x 118
Island 1/2 Page	Print Size	118 x 186
Vertical 1/3 Page	Print Size	65 x 241
Horizontal 1/3 Page	Print Size	180x 80
Vertical 1/4 Page	Print Size	87 x 118
Horizontal 1/4 Page	Print Size	180 x 60

\*Bleed Ads must be sent with 4 mm added on each side of the ad

Rates (Digital)

Digital Display Advertising | 4 Color & Rates in US\$

Frequency	1 - 3 Time(s)	4 - 6 Times	7 - 9 Times	10 - 12 Times
Double Page Spread	3,365	3,195	3,030	2,860
1/2 Page Spread	2,300	2,185	2,070	1,955
2 <sup>nd</sup> Cover (IFC)	1,990	1,890	1,790	1,690
3 <sup>rd</sup> Cover (IBC)	1,850	1,760	1,665	1,570
4 <sup>th</sup> Cover (OBC)	2,200	2,090	1,980	1,870
Full Page	1,715	1,630	1,545	1,460
2/3 Page	1,440	1,365	1,295	1,225
1/2 Page	1,165	1,105	1,045	990
1/3 Page	950	900	855	805
1/4 Page	800	760	720	680

Advertorials | Rates (US\$)

Frequency	1 - 3 Time(s)	4 - 6 Times	7 - 9 Times	10 - 12 Times
Full Page	1,375	1,305	1,235	1,165
2/3 Page	1,100	1,045	990	935
1/2 Page	825	785	745	700
1/3 Page	655	625	590	555
1/4 Page	515	490	460	435

Classified (Buyer's Guide) Ads & Rates (US\$)

Frequency	1 - 3 Time(s)	4 - 6 Times	7 - 9 Times	10 - 12 Times
Buyer's Guide Ad	310	295	280	260
Twelve Times Prepaid				2,960

Specs (Digital)

Space	(WxH)px	Format
Full Page	2362 x 3189	JPG, PNG, PDF
Double Page Spread	4724 x 3189	JPG, PNG, PDF
Vertical 2/3 Page	1394 x 2846	JPG, PNG, PDF
Vertical 1/2 Page	1028 x 2846	JPG, PNG, PDF
Horizontal 1/2 Page	2126 x 1394	JPG, PNG, PDF
Horizontal 1/2 page Spread	4724 x 1394	JPG, PNG, PDF
Island 1/2 Page	1394 x 2197	JPG, PNG, PDF
Vertical 1/3 Page	768 x 2846	JPG, PNG, PDF
Horizontal 1/3 Page	2126 x 945	JPG, PNG, PDF
Vertical 1/4 Page	1028 x 1394	JPG, PNG, PDF
Horizontal 1/4 Page	2126 x 709	JPG, PNG, PDF

### Web Banners & Rates (US\$)

Banner	Format	Dimensions	Size	Rate/Month (USD)	Duration
Leaderboard	GIF, JPEG, or Animated GIF	728 x 90 Pixels	50 KBs	550	1 Month
				495	3 Month
				470	6 Month
				440	12 Month
MPU	GIF, JPEG, or Animated GIF	300 x 250 Pixels	50 KBs	650	1 Month
				585	3 Month
				550	6 Month
				520	12 Month
Half Page	GIF, JPEG, or Animated GIF	300 x 600 Pixels	50 KBs	1000	1 Month
				900	3 Month
				850	6 Month
				800	12 Month
Billboard	GIF, JPEG, or Animated GIF	970 x 250 Pixels	50 KBs	1500	1 Month
				1350	3 Month
				1275	6 Month
				1200	12 Month

### Email Shots & Rates (US\$)

Format	Dimensions	File Size	Rate (US\$)
HTML	900 Pixels in Width	100 KBs	350/CPM

### Online Buyer's Guide Ads & Rates (US\$)

Duration	1 - 3 Month(s)	4 - 6 Months	7 - 9 Months	10 - 12 Months
Online Buyers' Guide/Month	300	275	250	225
Twelve Times Prepaid				2,400

### Online Coming Events Listing & Rates (US\$)

Frequency	1 - 3 Month(s)	4 - 6 Months	7 - 9 Months	10 - 12 Months
Online Coming Events/Month	250	225	200	175
Twelve Times Prepaid				1,900

### Online Directory Listing & Rates (US\$)

Frequency	1 - 3 Month(s)	4 - 6 Months	7 - 9 Months	10 - 12 Months
Online Directory Listing/Month	100	80	60	40
Twelve Times Prepaid				400

Digital Rates

[www.foodHQ.world](http://www.foodHQ.world)

Specialized in:

- Packaging
- Sustainability
- Cover Story
- Processing
- Country Reports

**Postal Address**  
 foodHQ  
 P.O. Box: 13-5121 Chouran  
 Postal Code: 1102-2802  
 Beirut - Lebanon

**Courier Address**  
 foodHQ  
 Hamra, Commodore, Barouk St.  
 Chatila & Chehab Bldg, 2<sup>nd</sup> Floor  
 Beirut - Lebanon

**Communication**  
 Tel : +961 (01) 748333  
 Mobile : +961 (70) 100094  
 Fax : +961 (01) 352419  
 Email : info@foodhq.world

**Circulation, Marketing & Sales Department:** [marketing@foodHQ.world](mailto:marketing@foodHQ.world)  
**Content & Research Department:** [content@foodHQ.world](mailto:content@foodHQ.world)

Follow us on:

- 
- 
- 
-

## “About CPH World Media”

With more than four decades of experience in providing innovative media products and serving its sustainable vision "Helping Advance MENA & Beyond!", CPH World Media is constantly evolving to keep its rank as an industry icon in media at the regional and international levels alike. 2018 will mark a major leap forward in the company's milestone achievements. We will launch an online industry portal "industryHQ" that covers all business and industrial news, analysis and trends. Our print & digital media products Arab Water World (AWW), Arab Construction World (ACW), Middle East Food (MEF), and MENA Health World (MHW) are aligned now under one brand (HQ): WaterHQ, ConstructionHQ, FoodHQ and HealthHQ (which will be relaunched starting January 2018).

**industryHQ** portal covers a broad spectrum of business news, technical articles, market research reports, analysis, trends and events spreading across multiple industry sectors. For more details log on to [www.industryhq.com](http://www.industryhq.com)

**waterHQ** a sister publication for foodHQ serving the Water, Wastewater, Desalination & Energy sectors. waterHQ provides news, analysis, concepts and trends, product reviews & interviews with leading players in the water industry bringing its readers in-depth insights and information. The total brand readership is 34.308 of decision makers or decision influencers for their companies. For more details log on to [www.waterhq.world](http://www.waterhq.world)

**constructionHQ** a sister publication for foodHQ serving the Building, Machinery, Road & Power Generation sectors in the MENA region & beyond. constructionHQ provides news, analysis, concepts and trends, product reviews & interviews with leading players in the construction industry bringing its readers in-depth insights and information. The total brand readership is 33.148 of decision makers or decision influencers for their companies. For more details log on to [www.constructionhq.world](http://www.constructionhq.world)

**healthHQ** a sister publication for foodHQ serving the Medical, Laboratory, Pharmaceuticals & Fitness sectors. healthHQ provides news, analysis, concepts and trends, product reviews & interviews with leading players in the health industry bringing its readers in-depth insights and information. The digital edition only of the magazine will be relaunched starting January 2018. For more details log on to [www.healthhq.world](http://www.healthhq.world)



# foodHQ

## Subscription Form

Kindly Complete the Entry Form Below - It's as easy as ABC!

**I wish to:**  Subscribe (fill A>C)  Renew my subscription (fill A>C)  Update my information (fill A)

**Receive sample copy to:**

- constructionHQ magazine Packaging
- waterHQ magazine
- foodHQ magazine
- Get contacted by my nearest agent to discuss my advertising needs (fill A)
- Submit my Article / Press Release / Product / news to be published in the next issue (fill A)
- Receive a specially promotional offer for advertising (fill A)

*Publication of Editorial material is subject to the editor's discretion and space availability*  
Cover Story

**A Entity Details -** (Fields marked with a (\*) should be filled. Kindly specify if not available by typing/printing N/A)

Personal Details	Name*:	Position*:
	Direct Tel: (+ )-( ) ( ) Ext:	Mobile: (+ )-( ) ( )
	Direct Fax: (+ )-( ) ( ) Ext:	Email:
Company Details	Name*:	Year Established*:
	Tel (s): (+ )-( ) ( )	Fax (es): (+ )-( ) ( )
	Business Activity / Description*:	
	Email*:	http*://
	Export Markets:	Import Markets:
	# of Employees*:	Annual Turnover:
Address	Brands / Trademarks:	
	P.O. Box:	Zip Postal Code:
	Street / Postal Address*:	
	City*:	State / Province*:
	Country*:	Date*:

**B Subscription Rates -** (choose your preferred subscription)

	Lebanon	Arab Countries, Cyprus, Iran	Africa (Excluding Arab Countries), Europe, Turkey	Other Countries
One Year	<input type="checkbox"/> \$25	<input type="checkbox"/> \$65	<input type="checkbox"/> \$95	<input type="checkbox"/> \$120
Two Years	<input type="checkbox"/> \$50	<input type="checkbox"/> \$105	<input type="checkbox"/> \$160	<input type="checkbox"/> \$210
Three Years	<input type="checkbox"/> \$75	<input type="checkbox"/> \$145	<input type="checkbox"/> \$230	<input type="checkbox"/> \$305

**C Payment Methods**

Cheque made payable to CPH World Media - Cheque must be drawn on any U.S. Bank

Please charge my credit card: MasterCard / Visa / AMEX

Your Credit Card Details: Type:  AMEX  MasterCard  Visa

Number:

Card Holder Name : ..... Card Expiry Date: ..... / ..... / ..... (dd/mm/yyyy) Signature: .....

Choose any method below to return your order...

**Scan & E-mail to:**  
**subscriptions@foodHQ.world**