

**SUBMISSION FORM****Each submission must be accompanied by a signed form to be considered****Send submissions to: [advertising@EpicGrandValley.com](mailto:advertising@EpicGrandValley.com)****FEATURE ARTICLES**

1. Maximum 1250 words
2. Educational; advertorials not accepted
3. Submit in an editable format (such as Word or Pages) with no formatting (i.e., tables, columns, clipart, etc.)
4. Include by-line and 50 word bio with contact info
5. Save and submit file with *your proposed title*
6. Submit electronically with proposed title as *subject line*
7. Book excerpts not accepted

**RECIPES**

1. Submit in an editable format (such as Word or Pages)
2. Accompanying photos, if any, must be high resolution (300dpi) JPG format

**SHORT FEATURES (INCLUDING POETRY/PROSE)**

1. Maximum 600 words
2. Submit in an editable format (such as Word or Pages) with no formatting (i.e., tables, columns, clipart, etc.)
3. Include by-line and 50 word bio with contact info
4. Save and submit file with *feature name* (Health Tip, Sustainability, Empowerment & Inspiration) **OR** *your proposed title* (if Poetry or Prose)

**COVER ART**

1. High resolution image (300dpi)
2. PDF or TIFF Format
3. Include title of the piece
4. Include 50 word bio with contact info

Name of Submission: \_\_\_\_\_

 Feature Article   
  Short Feature   
  Cover Art   
  Recipe
Has your submission been previously published?  YES  NO If so, by whom? \_\_\_\_\_ Date \_\_\_\_\_Do you own the rights to your submission?  YES  NOPlease add my submission to the E.P.I.C.™ Content Library for possible use in other Editions of E.P.I.C.™  YES  NO

I understand submission does not guarantee publication and that E.P.I.C.™ reserves the right to edit any submission. I \_\_\_\_\_ give E.P.I.C.™ permission to use and promote my submission in all E.P.I.C.™ venues (i.e., print, digital, social media).

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DATE

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