

Healthy Start

Free fruit, veg, milk, pulses and vitamins



Pregnant? Children under four?

Don't miss out on **Healthy Start** food and vitamin vouchers worth **over £900** per child*

You may qualify for Healthy Start vouchers if you're **at least 10 weeks pregnant** or have a **child under four years old**. Your family must also receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.



FREE
fruit, veg, milk
and vitamins for
you and your family.
Worth up to
£8.50
per week**



Sign up today www.healthystart.nhs.uk
or telephone **0345 607 6823**

* If you sign up at the first opportunity, when you are ten weeks pregnant

** If your child is under one, you'll receive two £4.25 vouchers per week. If your child is 1-4 years old, you will receive one £4.25 voucher per week.

www.healthystart.nhs.uk

You can collect or buy Healthy Start Vitamins at many of our Children's Centres