



## Healthy Start

### What is Healthy Start?

With Healthy Start, you can get free vouchers every week which you swap for milk, fresh fruit, fresh vegetables and infant formula milk. You can also get free vitamins.

### Who qualifies for Healthy Start?

Healthy Start is open to pregnant women and families with children under the age of four who are on:

- Income Support
- income-based Jobseeker's Allowance or
- Child Tax Credit (but not Working Tax Credit) with an income of £14,495 a year or less

All pregnant women under the age of 18 also qualify, whether or not they are on benefits.

Anyone who thinks they are eligible should apply. The scheme is available throughout England, Scotland, Wales and Northern Ireland.

### How does Healthy Start work?

Once accepted on the scheme, pregnant women and families will receive a set of vouchers through the post every four weeks. Each voucher is worth £2.80 and can be exchanged in registered shops for any combination of milk, fresh fruit, fresh vegetables and infant formula milk.

Entitlement to vitamin supplements will be printed on the letter attached to the vouchers. Beneficiaries should bring this letter with them to claim their vitamins from the distribution points at their health trust or health board.

### How many vouchers do families get?

- Pregnant women and children aged between one and four will receive one voucher per week, worth £2.80, for each child/pregnancy.
- Babies under one year old will receive two vouchers, worth a total of £5.60.
- Babies who are born before the estimated date of delivery (EDD) will receive two vouchers until one year after their EDD.
- Babies who are born after the EDD will receive vouchers for one year from the date of delivery.

As well as their vouchers, beneficiaries also get lots of health advice about healthy eating, breastfeeding, infant feeding and using the vouchers.

Further information and an online application can be found at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)