



Healthy Start Scheme

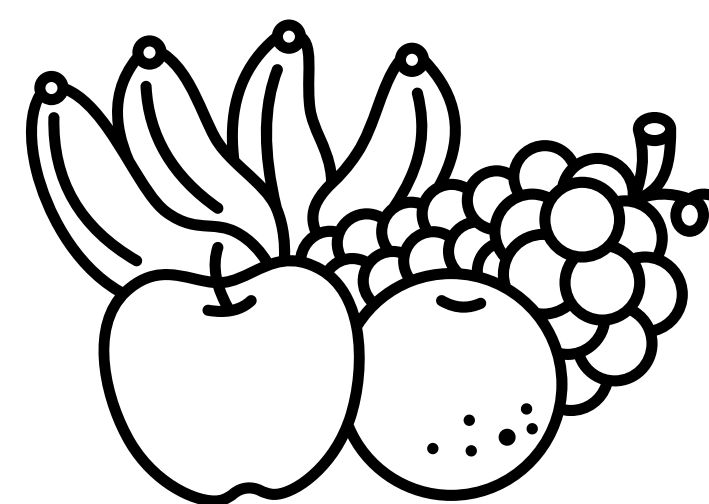
Information from www.healthystart.nhs.uk

What is the Healthy Start Scheme?

If you are more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If eligible, you'll be sent a Healthy Start card with money on it that you can use in some supermarkets. Your benefit will be added to the card every 4 weeks.

You can use the card to buy:

- plain liquid cow's milk
- fresh, frozen and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cows' milk



You can also use your card to collect:

- Healthy Start vitamins- these support you during pregnancy and breastfeeding
- Vitamin drops for babies and young children- these are suitable from birth to 4 years old.

You will get:

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

Applying for Healthy Start

If you're receiving a qualifying benefit and are pregnant or have parental responsibility for at least one child under the age of 4, you can apply at www.healthystart.nhs.uk