

Top up your freezer with Healthy Start

Shall we get some veg to have with dinner?

Yes peas!



HEALTHY START

HS10412MNTHS

Frozen fruit and veg come in from the cold!

You told us you'd like to be able to buy plain frozen fruit and vegetables with your Healthy Start vouchers – and from 6th April, you can!

Plain frozen fruit and veg are great because:

- they give you more choice about what you can spend your vouchers on
- they can be easy to mash up for quick meals if your baby has started on solids
- they are a great back-up for days when you don't have any fresh fruit and veg handy, or don't have much time

Remember, you can't use your vouchers to buy frozen or fresh fruit and veg with added ingredients such as fat, sugar, salt and flavourings. Here are some examples of frozen food you can get with your Healthy Start vouchers – and some you can't.

Super chilled - some frozen foods you can choose

- ✓ Peas, carrots, cauliflower, broccoli, sweetcorn, mixed vegetables
- ✓ Summer fruits, raspberries, blueberries

All these contain frozen fruit or vegetables and nothing more.



Frozen out - frozen food you can't spend vouchers on

- ✗ Oven chips, roast potatoes, or waffles
- ✗ Vegetable burgers, battered onions, veg and rice stir fry mix

All these contain ingredients such as fat, salt or other foods.

If it's not clear what's in it from the front of the pack, check the ingredients label.

Cauliflower cheese with pasta

Serves: 4 adults (but you can easily reduce the ingredients if you want to make a smaller batch).

Ingredients

- 150g or a large handful of pasta spirals (or whatever small pasta spirals you like)
- Around 500g of cauliflower florets
- 25g low-fat spread
- 25g plain flour
- 1 pint semi-skimmed milk
- 75g of strong cheese (eg cheddar), grated
- Pepper to taste



How to make it

1. Preheat the oven to 200°C (400°F) or gas mark 6.
2. Put the pasta in a medium-sized pan with water and boil for 5 minutes.
3. Pour in the frozen cauliflower florets (add more water if you need to) and bring to the boil for a further 5 minutes.
4. Drain the cauliflower and pasta in a colander. Tip into an ovenproof dish.
5. To make the sauce, put your hob on low and melt the spread in a saucepan. Add the flour and stir to a paste. Then add the milk, bit by bit, stirring, until it starts to bubble and thicken.
6. Add half the grated cheese into the sauce so it melts. Add pepper to taste.
7. Pour the sauce over the cauliflower and pasta and sprinkle the remaining cheese over the top.
8. Put the dish into the oven for 15 minutes, or until the cheese has browned on top.

Use your vouchers

Frozen cauliflower
Semi-skimmed milk



Cook's Tips

- Why not try using a mix of frozen cauliflower and broccoli?
- You can also throw in a handful of frozen mixed vegetables or peas with the cauliflower at stage 3 if you like.
- Babies who are over six months old and beginning to eat a range of solid foods can try this too. Simply mash up the cauliflower with a fork and cut the pasta spirals into bite-sized pieces. You could also try using spaghetti, which can be easier to cut up small for babies.



Healthy Start vitamins for baby and you

Healthy Start children's vitamin drops have exactly the right mix of vitamins for your baby – they contain vitamins A, C and D. And Healthy Start women's vitamins tablets are just right for you when you've got a new baby (under 12 months old) – they contain vitamins D, C and folic acid.

Best of all, Healthy Start vitamins are FREE. Simply swap your green coupon for the vitamins locally – your health visitor will be able to tell you where you can get them.

Remember, you'll receive a vitamins coupon every other month with your vouchers and you can swap it for enough vitamins to last you until your next coupon.



Are you giving your baby infant formula milk?

Remember – babies who are having infant formula milk only need Healthy Start vitamins once they start having less than 500ml (one pint) of formula milk per day.



www.healthystart.nhs.uk

0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, if you move home), remember to tell HMRC Tax Credits or JobCentre Plus straightaway. That way, you'll keep getting the right amount of Healthy Start vouchers.