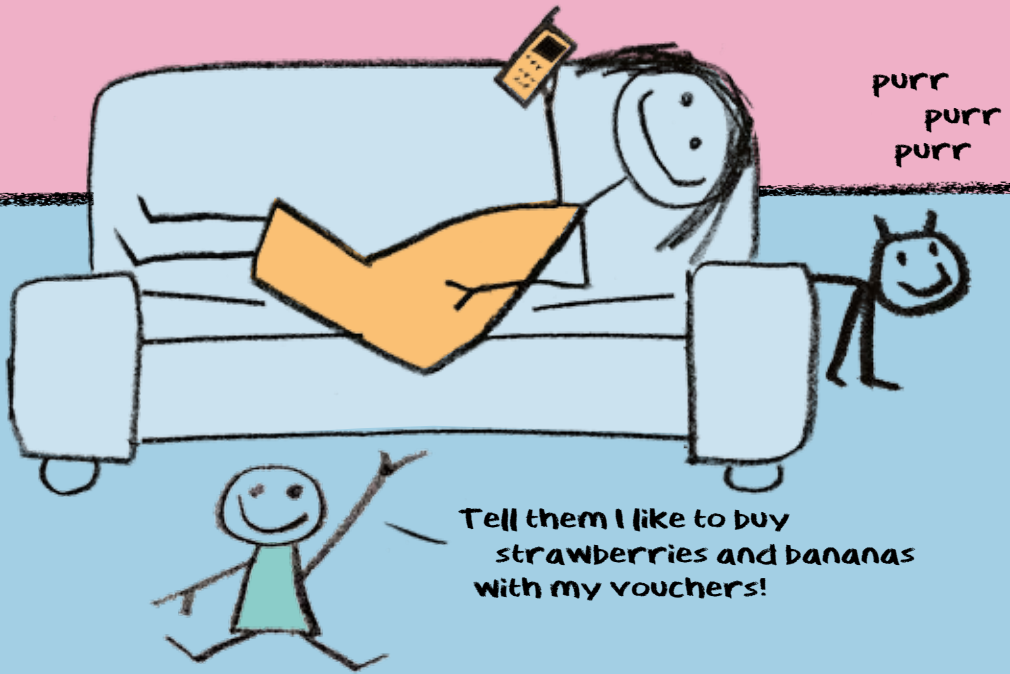


What you think about Healthy Start



HEALTHY START

HS10612MNTHS

Your views matter

We asked some of you about Healthy Start and how we can help make the scheme even better. The great news is that most of you are very happy! Here are some of the highlights:

- Fruit and veg are the most popular foods to buy with your vouchers; 60% of you spend your vouchers on them.

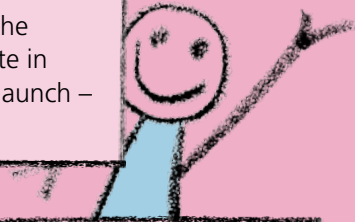
Seasonal fruit and vegetables taste great and can be really good value, making your vouchers go even further! Try our delicious, seasonal recipe ideas opposite.

- Good news – a huge 91% of you find it easy to use your vouchers in shops!

If you ever have problems using your vouchers in shops (like not being able to spend the full value of the voucher or being told you can't buy one of the foods included in Healthy Start), call us in confidence on 0845 607 6823 and we'll follow it up.

- Just over half of you asked for more information and advice to be available on the internet.

We're redesigning the Healthy Start website in time for a summer launch – watch this space!



- Most of you know how important it is that babies and young children take vitamins. But some of you don't know where to get them.

Your midwife or health visitor can tell you where you can get vitamins locally. All you need to do is swap the green coupon (attached to every second Healthy Start letter) for your free children's vitamin drops!

- Lots of you want more information about how the scheme works.

We'll make sure that each voucher letter you get will include clear information about the scheme, what you can buy with your vouchers and when you need to contact us to make sure you are getting everything you're entitled to.

Sunny days and summer recipes

Blueberry and banana fruit mash

Babies around six months old who are just starting on solid foods will really enjoy this sweet, healthy mash. Blueberries are also in season at the moment so will taste great and should be cheaper than at other times of the year.

Using a fork, simply mash a banana with a few blueberries and a little of your baby's usual milk (either breast milk or infant formula).

Smoothie

For everyone else in the family, a blueberry and banana smoothie will be a really refreshing summer treat!

Ingredients

Serves: 1–2 adults

- 1 banana
- 2 handfuls of fresh blueberries
- 2 tablespoons of low-fat natural yoghurt
- 150ml of semi-skimmed or skimmed milk



How to make it

1. Peel and slice the banana.
2. Put the banana into a blender and add the berries, yoghurt and milk.
3. Put the lid on the blender and blend for 5–10 seconds until the mixture is smooth. (If you haven't got a blender, mash with a potato masher or a fork until smooth.)
4. Serve – add ice if you like.

Cook's tips:

- Use whole milk and full-fat yoghurt if you are giving this to children under two years old.
- You can use any berries in place of the blueberries – use whatever berries you can find in the shops.



What's good to buy now and what's coming into season next?

Get ahead of Mother Nature with our handy guide to what fruit and veg is in season:

June/July

Strawberries, cherries, peas, tomatoes, cucumber, lettuce, spinach, spring onions.



August/September

Raspberries, plums, apples, courgette, runner beans, sweetcorn.

A reminder about tax credits renewals!

You should get your tax credits renewal pack between April and 30 June.

If you don't get your pack by 15 July, contact the Tax Credit Helpline on 0845 300 3900 and they will send you the forms you need.

Remember: if you don't renew your tax credits claim you'll stop receiving your Healthy Start vouchers, so complete your forms and send them off as soon as you can.

www.healthystart.nhs.uk

0845 607 6823 (local call rate from BT landlines)

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