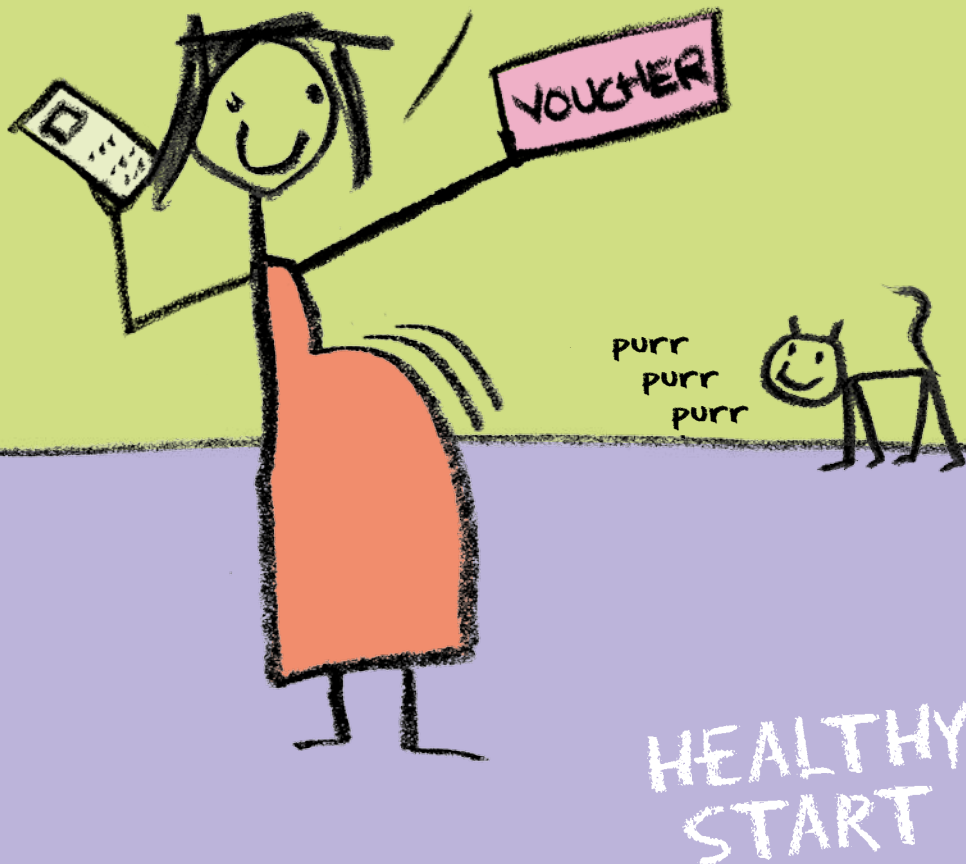


# What you think about Healthy Start

Well, I think the  
baby likes the vouchers!



HS106PREG

# Your thoughts count

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:

- 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.

- 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.

- 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!

- 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

The warm weather helps to produce delicious, sweet vegetables. Why not try some by making one of these healthy and refreshing summer salads – perfect for picnics or a light lunch!



### Simple Greek salad

Chop up some tomatoes, cucumber, red onion and red pepper into bite-sized pieces. You can decide how much of each vegetable you'd like. Mix together with a little oil and a squeeze of lemon juice. Add some torn spinach leaves and cubes of feta cheese to make a really tasty and filling salad.

**Use your vouchers on:** tomatoes, cucumber, red onion, red pepper, lemon and spinach.

### Traffic light pasta salad

Cook a handful of pasta shapes per person in boiling water until soft enough to eat, drain and leave to cool. Chop up a few tomatoes, a red or yellow pepper and a couple of spring onions. Mix the vegetables with the cooled pasta and a spoonful of mayonnaise. You can also add a small tin of drained tuna flakes and a squeeze of lemon juice.

**Use your vouchers on:** tomatoes, spring onions, red or yellow pepper and lemon.



### Rainbow rice salad

Using half a mug of rice per person, cook it according to the instructions on the packet. Meanwhile, boil a handful of frozen peas and frozen sweetcorn until cooked, then drain. Chop up a couple of spring onions, a large handful of spinach leaves and a red pepper. Once the rice has cooked, drain and cool quickly, then gently mix with the veg and a drizzle of oil. If you wish, add half a tin of cooked red kidney beans (rinsed and drained).

**Use your vouchers on:** frozen peas, frozen sweetcorn, spring onions, spinach and red pepper.

## 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!

If you are getting tax credits 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](http://www.healthystart.nhs.uk)

0845 607 6823 (local call rate from BT landlines)

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