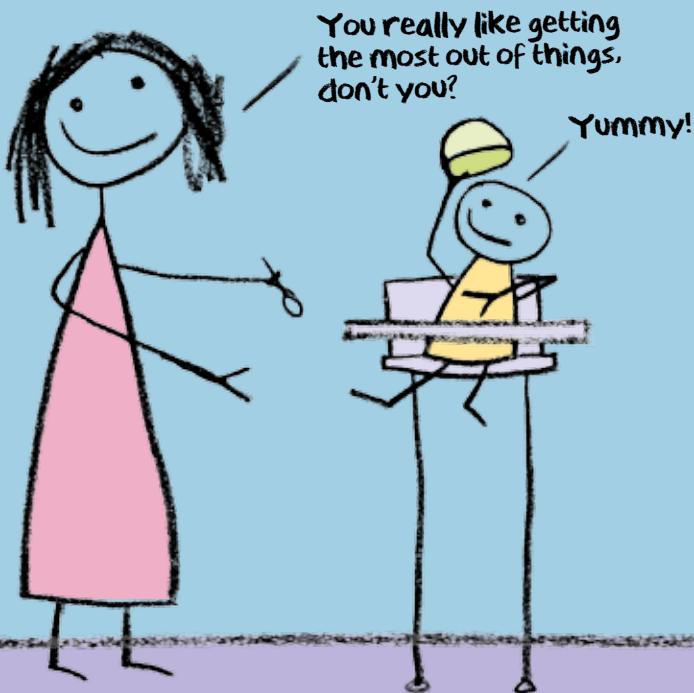


Make the most of Healthy Start vouchers



HEALTHY START

HS10912MNTHS



Department of
Health, Social Services
and Public Safety
www.dhsspsni.gov.uk



GIG
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NHS
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healthier
scotland
SCOTTISH GOVERNMENT



How to get the most from your Healthy Start vouchers

It couldn't be easier to use Healthy Start vouchers.

- You can spend your vouchers on plain fresh or frozen fruit and vegetables.
- You can also spend them on plain cow's milk, which can be pasteurised, sterilised, long-life or UHT.
- You can spend them in lots of retailers such as supermarkets, greengrocers and corner shops – and even some market stalls, too.
- You can use more than one voucher at a time if you want.
- You can use a mix of vouchers and cash.

Make sure you use up your whole voucher when you're shopping, as you can't get change. And remember that you should always use your vouchers for yourself – you can't give them away.

It's easy to find out where you can spend your vouchers – just visit www.healthystart.nhs.uk and put your postcode in the 'Search for a retailer' box.

Are you getting everything you're entitled to?

- Does your shop always give you £3.10 worth of Healthy Start foods for every Healthy Start voucher you spend? ✓
- Does your shop allow you to spend your vouchers on all the Healthy Start foods it sells? ✓
- Does your shop try to charge you extra for using your vouchers, or charge you more for products you buy with vouchers? ✗
- Does your shop let people spend vouchers on things which aren't Healthy Start foods? ✗



If you find a shop that isn't following the rules, vote with your feet by not using your vouchers there – and make sure you tell us, too. You can call us on **0845 607 6823** and we'll follow it up. And don't worry – we won't give the shop your name.

You can spend your vouchers on this... or this... or this...

Are you crazy about carrots? Or is your baby into bananas? You can spend your vouchers on whatever plain fresh or frozen fruit and vegetables you like, or choose fresh cow's milk.

Sweet potato and carrots make a tasty mash which you can give to your baby – just cook until soft and mash with a little of their usual milk.

FRESH SEMI SKIMMED MILK (2 PINTS)	£0.89
FROZEN PEAS (1kg)	£0.85
SWEET POTATO (1kg)	£1.06
CARROTS (1kg)	£0.98
BUNCH OF FIVE BANANAS	£1.00
PUNNET OF STRAWBERRIES (500g)	£1.50

TOTAL £6.28 (2 VOUCHERS + 8p)

WHITE POTATOES (1kg)	£1.37
PEARS (500g)	£0.99
RED APPLES (500g)	£0.87

TOTAL £3.23 (1 VOUCHER + 13p)

Cooked apples and pears are both great for when your baby is starting on solid foods. Try stewing the fruits with a little water or baking them in the oven until soft – remember, you don't need to add any extra sugar.

1 GALIA MELON	£1.00
FROZEN MIXED VEG (1kg)	£1.00
BROCCOLI (500g)	£0.99
LEEKs (500g)	£1.34
CORN ON THE COB (2 PACK)	£1.87

TOTAL £6.20 (2 VOUCHERS)



What's good to buy now and what's around the corner?

September/October

Courgettes, blackberries, runner
beans, sweetcorn, Cox apples

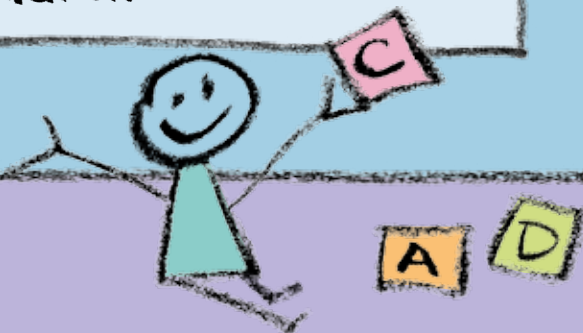


November/December

Potatoes, red cabbages, leeks,
carrots, Brussels sprouts



**Next issue – find out all about
vitamin C and why it's important
for growing children**



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 and Jobcentre Plus straight away. That way, you'll keep getting the right amount of Healthy Start vouchers.