

Make the most of Healthy Start vouchers

I always make sure I get the most out of my vouchers!



HEALTHY START

HS109PREG

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...

Do you love leeks? Or are you passionate about peaches? You can spend your vouchers on whatever plain fresh or frozen fruit and vegetables you like – and don't forget your milk!

FROZEN MIXED VEG (1kg)	£1.00
FRESH CARROTS (1kg)	£0.98
CORN ON THE COB (2 PACK)	£1.87
CLOSED CUP MUSHROOMS (250g)	£0.83
1 GALIA MELON	£1.00
PUNNET OF RASPBERRIES (125g)	£1.00

TOTAL £6.68 (2 VOUCHERS + 48p)

Frozen mixed veg makes a great base for a delicious veggie stir-fry. You could throw in some mushrooms too – just serve with some rice or noodles. Then how about melon and raspberries with plain yoghurt for pudding?

Why not try making a quick and delicious milkshake with milk and strawberries?

FRESH SEMI SKIMMED MILK (2 PINTS)	£0.89
PUNNET OF STRAWBERRIES (500g)	£1.50
FROZEN PEAS (1kg)	£0.85

TOTAL £3.24 (1 VOUCHER + 14p)

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

TOTAL £3.23 (1 VOUCHER + 13p)

A baked potato with some broccoli and grated reduced-fat cheese makes a lovely lunch.



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 you and your baby.

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