

Miyaad qaadataa caanahaaga, mirahaaga, khudaartaada iyo fiitamiintaada bilaashka ah?

Haddii aad uur leedahay ama aad haysato ilme ka yar afar jir oo aad qaadato qaar ka mid ah kaalmooyinka ama cayrta ama gunnooyinka canshuurta togan (tax credits), waxaa lagu siin karaa fowsharro ama tigidho lagu soo qaato caano, miro iyo khudaar caadi ah, daray ah ama barafaysan iyo waraaqo lagu soo gato fiitamiin. Waxaad weliba kuwaas heli kartaa haddii aad 18 jir ka yar tahay oo aad uur leedahay, xataa haddii aadan qaadan kaalmooyin ama gunnooyinka canshuurta togan.

Are you getting your free milk, fruit, veg and vitamins?

If you're pregnant or have a child under four and you're claiming some benefits or tax credits, you could get vouchers to spend on milk, plain fresh or frozen fruit and vegetables, and coupons for vitamins. You can also get them if you're under-18 and pregnant, even if you don't get any benefits or tax credits.

Annaga ayaa qaadanna!



HEALTHY START

War dheeraad ah ka hel halkan
Find out more at
www.healthystart.nhs.uk
Ama soo wac
Or call **0845 607 6823**