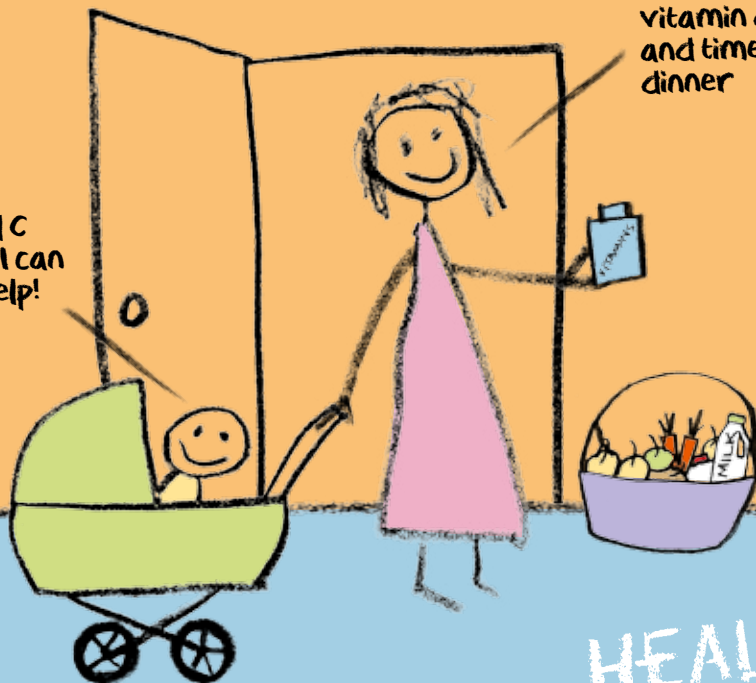


Top up on vitamin C with Healthy Start

Time for your
vitamin drops...
and time to make
dinner

I'll C
if I can
help!



HEALTHY START

HS11012MNTHS

Get your free vitamins!

Healthy Start vitamins are specially made to help you and your baby get an extra boost of some important vitamins. Don't forget to swap the green coupon attached to your voucher letter for your FREE Healthy Start vitamins – tablets for you and drops for your baby from six months.

Top up on vitamin C

Vitamin C helps to protect the cells in our bodies and keeps them healthy. Our skin, bones and teeth need vitamin C to stay strong and healthy.

Our bodies can't store vitamin C, so we need to make sure we get enough of it every day. A supplement can give young children and new mums a boost of this important vitamin. This is especially important for young children who can be fussy eaters and might not get enough vitamin C from their food.

Remember: babies who are having 500ml (a pint) or more of formula a day don't need to take vitamin drops, as infant formula has vitamins and minerals added to it.

Where do I pick up my vitamins?

If you live in **England**, you can find out where to get your vitamins locally by visiting www.nhs.uk/healthystart and typing in your postcode – or ask your midwife where you can get them.

If you live in **Scotland** or **Wales**, just ask your midwife or health visitor where you can collect your free vitamins.

If you're in **Northern Ireland**, post the top of your voucher letter (which shows your address) and the green coupon to the following address:

Business Services Organisation
Healthy Start vitamin scheme
Pinewood Villa
73 Loughgall Road
Armagh
BT61 7PR



The Healthy Start vitamins will be posted directly to you at home.

Broccoli, cauliflower and potato mash

This is a great recipe when you are introducing your baby to solid foods – and it's packed full of vegetables which contain vitamin C!

Makes 6 portions

Ingredients

- 2 medium-sized potatoes
- 3–4 pieces of broccoli
- 3–4 pieces of cauliflower
- Milk (you can use whole cow's milk, breast milk or infant formula milk)

Cook's tips

- If you overcook the veg some of the vitamin C can end up in the cooking water so be careful to just cook them until they are soft enough to mash.
- Remember not to add salt to foods for your baby.

How to make it

1. Peel and wash the potatoes, wash the broccoli and cauliflower pieces, and chop all the veg into small, even-sized pieces.
2. Heat enough water in a saucepan to just cover the vegetables.
3. When the water boils, add the potatoes and cook for 10 minutes.
4. Add the broccoli and cauliflower, and cook until soft enough to mash.
5. When soft, remove from the heat, drain, and leave to cool.
6. Mix in a little milk and mash the vegetables with a fork or potato masher.



Lots of fruit and vegetables are good sources of vitamin C

Fruit

- Oranges and other citrus fruit
- Strawberries and other berries
- Tomatoes
- Mangoes

Vegetables

- Leafy greens like cabbage, kale and spinach
- White potatoes
- Sweet potatoes
- Broccoli
- Cauliflower
- Brussels sprouts
- Peppers



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

September/October

Berries, cauliflower, spinach, sweetcorn, Cox's apples, runner beans, squash, pumpkin.



November/December

Potatoes, red cabbage, leeks, carrots, Brussels sprouts.



Visit the new and improved Healthy Start website: www.healthystart.nhs.uk

- Check where you can spend your vouchers locally.
- Read about what you can spend your vouchers on and how to claim your FREE vitamins.
- Get loads of tips on food and healthy eating for you and your family.
- Check out some delicious, easy recipes.

Remember to add www.healthystart.nhs.uk to your favourites!

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.