

# How to get free milk, fruit, veg and vitamins

I am



So am I

HEALTHY  
START

I accept  
Healthy Start  
vouchers



# So what do you get?

**You can join Healthy Start at any time, even if you've already had your baby.**

**Here's what you get:**

- while you're pregnant, you get one voucher a week worth £3.10
- once you've had the baby you get two voucher worth £6.20 until the baby is one year old
- then you get one voucher a week worth £3.10 until your child's fourth birthday.

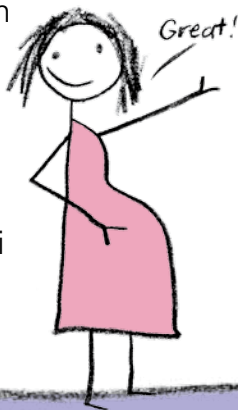
It might not sound like a lot, but it adds up to over £700, so it's well worth doing!

We'll also send you helpful information about healthy eating and handy tips on breastfeeding, as well as recipes to help you make the most of your vouchers.

## Do I qualify?

**You qualify for Healthy Start if you're at least 10 weeks' pregnant or have a child under four years old AND you or your family get any one of the following:**

- Income Support **or**
- Income-based Job Seeker's Allowance **or**
- Income-related Employment and Support Allowance **or**
- Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only\*) **AND** an annual family income of £16,190 or less in 2011/12.



**You also qualify if you're under-18 and pregnant, even if you don't get any of these benefits or tax credits.**

\*Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week.

# How to get your vouchers

You can download a Healthy Start application leaflet at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or call **0845 607 6823** to get one sent to you.

Call us anytime from 9am–5pm Monday to Friday. We'd love to tell you about how we can help you.

# Where to use them

You can use them at local shops and supermarkets as well as with milkmen and some market stalls. To find your nearest participating shops go to [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or call the Healthy Start helpline on **0845 607 6823**.



## And vitamins too...

We'll send you vouchers by post every four weeks. And we'll also send you a coupon for free vitamins every eight weeks. Ask your midwife or health visitor where you can swap them for vitamin tablets. There'll be some for you while you're pregnant or a new mum, plus vitamin drops for your child.



**Free vitamin tablets for women**

Vitamins are very important for your health. Ask your midwife or health visitor where you can exchange this coupon for women's vitamins in your area.



Women's  
vitamins for  
women



Children's  
vitamin  
drops

## It's easy with Healthy Start

Healthy Start is here to help you give your baby the very best start in life!

If you're pregnant or have a child under four and you're claiming benefits, you could get vouchers to spend on milk, plain fresh or frozen fruit and veg, and vitamins absolutely free!

Join Healthy Start and we'll send you vouchers in the post that you can use at local shops and supermarkets. We'll also send you a coupon that you can swap for **free vitamins**, to help make sure that you and your baby get all the nutrients you need.

For more information  
visit our website  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

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START

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