

Find out more on the Healthy Start website!

This map shows all the
local shops where we
can spend our Healthy
Start vouchers

Then let's go
and spend them
now, Mummy!



HEALTHY START

HS11112MNTHS

Useful info and great recipes at your fingertips!

Have you checked out the new and improved Healthy Start website yet? Apart from helpful information about the Healthy Start scheme you can also:

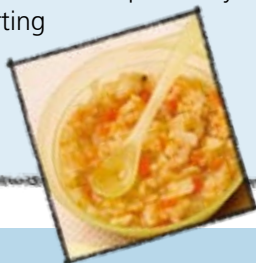
Find a shop

The handy 'search for a retailer' tool helps you find all the local shops where you can spend your Healthy Start vouchers.



Get tasty recipes

We've got lots of great ideas on how you can turn your voucher buys into healthy, tasty meals. There are also lots of nutritious recipes to try out when starting your baby on solid foods.



Having trouble spending your vouchers?

Our easy-to-use online form helps you to tell us about shops that are breaking Healthy Start rules or which are making it difficult for you to use your vouchers.



Learn more about things that really matter to you

For example, how to give your family healthy meals and when to start feeding your baby solid foods.

Share Healthy Start with a friend

Do you have friends interested in applying for Healthy Start vouchers? Use the qualifying wizard to help them check if they can.

So don't forget to visit the new and improved Healthy Start website today at

www.healthystart.nhs.uk

and add it to your favourites!

Quick veggie pizza

Try this delicious pizza – easy to put together and ready in minutes.

Serves 4 adults

Ingredients

For the pizza:

- 4 wholemeal rolls or English muffins (halved)
- 4 large tomatoes, chopped very small
- 85g grated reduced fat hard cheese



For the toppings try any combination of the following:

- 4 mushrooms, sliced
- 1 yellow pepper, sliced
- 1 green pepper, sliced
- 2 tbsp frozen sweetcorn
- ½ courgette, thinly sliced
- ½ red onion, sliced

Feel free to add your favourite toppings.

-
- Tomatoes
 - Mushrooms
 - Yellow and green peppers
 - Frozen sweetcorn
 - Frozen peas
 - Red onions
 - Courgettes

How to make it

1. Pre-heat the grill and toast the rolls or muffins lightly on both sides.
2. Spread the chopped tomatoes over the toasted bread, then add your chosen toppings and the grated cheese.
3. Put back under the grill and heat until the cheese is melted and bubbling.
4. Serve with a side salad.

Cook's tips

- If you're cooking for the under-twos, use full fat cheese to give them the extra energy they need.
- This meal is perfect once your child is older and is used to eating a wide range of solid foods. Wait for the pizza to cool, then cut into small pieces for them to pick up and chew on.

For more Healthy Start recipes visit www.healthystart.nhs.uk

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

November/December

Parsnips, swede, cabbage, apples



January/February

Broccoli, pears, carrots,
cauliflower, leeks



**Next issue: Some great ideas
for breakfast warmers for the
winter months!**

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.