

Visit the Healthy Start website today!

This website is really useful. Lots of tips and recipes for eating healthily during pregnancy!

Let's make the fish cakes then. That will keep the bump happy!



HEALTHY START

HS111PREG

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.

Why not try a warming vegetable chilli or a delicious fish pie?



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

Find out how to eat healthily and stay active during your pregnancy; get information on breastfeeding and safe bottle feeding for when your baby arrives; and find out how to introduce them to solid foods later on!

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.

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 tip

For other topping ideas and flavours try adding chopped garlic, spring onions, frozen peas, dried herbs, sliced hard-boiled egg, sliced ham or leftover meat, tinned tuna or pink salmon (drained and flaked with any bones removed).

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, 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.