

Pregnant? Children under four?



Worth up to

£6.20
per week**

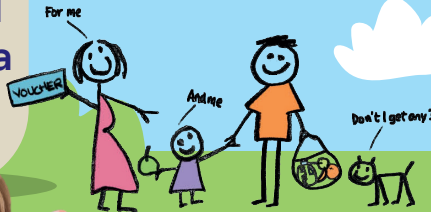
to spend on
milk, fruit
and veg, and
infant formula
milk

Don't miss out on **HEALTHY
START** food vouchers
worth over **£900*** per child

You can get Healthy Start vouchers if you're **at least 10 weeks pregnant** or have a **child under four years old**. Your family must also get one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take home pay of £408 or less per month)

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.



Sign up online today
www.healthystart.nhs.uk

* If you sign up at the first opportunity, when you are ten weeks pregnant.

** If your child is under one, you'll receive two £3.10 vouchers per week.

If your child is 1-4 years old, you will receive one £3.10 voucher per week.

From April 2020, you do not need a signature from a health professional to apply for Healthy Start vouchers.

HEALTHY
START

