

Healthy Start

Healthy Start helps you give your family the very best start in life

If you are pregnant or have a child under four years old you could get Healthy Start vouchers to help buy some basic foods. This important means-tested scheme provides vouchers to spend with local retailers. Pregnant women and children over one and under four years old can get one £3.10 voucher per week. Children under one year old can get two £3.10 vouchers (£6.20) per week.

The vouchers can be spent on:

- plain cow's milk - whole, semi-skimmed or skimmed. It can be pasteurised, sterilised, long life or UHT
- plain fresh or frozen fruit and veg (fruit and vegetables with no added ingredients), whole or chopped, packaged or loose
- infant formula milk that says it can be used from birth and is based on cow's milk.

Healthy Start vitamins

Women and children getting Healthy Start food vouchers also get vitamin coupons to swap for free Healthy Start vitamins. Healthy Start vitamins are specifically designed for pregnant and breastfeeding women and growing children.

Your midwife or health visitor will be able to tell you where you can swap your coupon for vitamins in your area.

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:

- Income Support, or
- Income-based Jobseeker'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** has an annual family income of £16,190 or less (2014/15).

You also qualify if you are under 18 and pregnant, even if you don't get any of the above 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 (single adults) or 24 hours per week (couples).

If you are claiming Universal Credit and are pregnant or have a child under four years old call the Healthy Start helpline on 0845 607 6823 for information about any discretionary support that may be available.

Who to contact

Telephone	0845 607 6823
Website	http://www.healthystart.nhs.uk/

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