HEALTHY START

FREE milk, fruit, vegetables and vitamins for you and your family

Application form inside

www.healthystart.nhs.uk
Do I qualify?

You qualify for Healthy Start if you are pregnant or have a child under four years old AND:

- you or your family get Income Support, or
- you or your family get income-based Jobseeker’s Allowance, or
- you or your family get Child Tax Credit (but not Working Tax Credit) and have an annual family income of below £14,155 (2006/07)

OR:

- you’re pregnant and under 18 years of age.

This leaflet gives general guidance and should not be treated as a complete and authoritative statement of law.

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If you need further copies of this leaflet (HS01) contact:

Publications Orderline
Tel: 08701 555 455 any time
E-mail: dh@prolog.uk.com

08700 102 870 – Textphone (for minicom users) for the hard of hearing, 8am to 6pm Monday to Friday.

This leaflet can also be made available on request in Braille, on audio-cassette tape and in large print.

www.healthystart.nhs.uk

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What is Healthy Start?

Healthy Start is the new name for the Welfare Food Scheme – instead of milk tokens you will now get Healthy Start vouchers to spend on milk, fresh fruit, fresh vegetables and infant formula. You can also get free vitamin supplements.

Under Healthy Start:
- if you’re pregnant, you get one voucher a week worth £2.80
- for each baby under the age of one, your family gets two vouchers a week worth a total of £5.60
- for each child aged over one and under four, your family gets one voucher a week worth £2.80.

How Healthy Start works for Cheryl

Cheryl is 25. She’s pregnant and she has a three-year-old boy called Lee. She’s not working but is on Child Tax Credit. Cheryl gets one £2.80 voucher each week for Lee. Since getting pregnant she has applied for and receives another £2.80 voucher each week for herself.

This means she now gets £5.60 every week to spend on milk, fruit and vegetables – and will get an extra voucher each week when her new baby is born. She also gets free vitamin supplements for herself and Lee.

What’s in this leaflet?

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www.healthystart.nhs.uk
It's easy to make a Healthy Start

How to get your vouchers
It's easy to get your Healthy Start vouchers.

First, look under 'Do I qualify?' at the very start of this leaflet to see if you can get Healthy Start vouchers and vitamin supplements.

Then, if you qualify, read this leaflet carefully and then fill in Part A of the application form at the back. You must fill in all sections of Part A that are relevant to you and your answers must be honest.

Remember – you’ll need to ask your midwife, health visitor or other health professional to fill in and sign Part B of the form before you send it back to us.

When to apply
If you qualify, you can apply for Healthy Start for your children at any time. If you’re pregnant, you can apply as soon as you are ten weeks pregnant.

VERY IMPORTANT
We want to make sure that Healthy Start vouchers go to the people who need them most. It is against the law to give details that you know to be untrue when applying for Healthy Start or not to inform us of a change in your circumstances. If we find anything suspicious, we will inform the NHS Counter Fraud and Security Management Service, Northern Ireland Central Services Agency Counter Fraud Unit or the police. They will investigate and may prosecute.
Looking after yourself – and your family
Eating well is good for you and your growing family. Look after yourself while you’re pregnant – you are more likely to feel better and to have a healthy baby. After the birth, you should continue to help your children eat well. A healthy start increases your children’s chances of staying healthy as they grow up.

How Healthy Start works for Susie
Susie has a two-month-old baby boy and is on Income Support as well as Child Tax Credit.

Each week, she gets vouchers worth £5.60 – so that means she’ll get over £290 in vouchers by the time her baby is one year old. Susie is breastfeeding, so that’s money she’s free to spend on milk and fruit and vegetables for herself until she starts weaning her baby. And she gets free vitamin supplements too.

What can I buy with Healthy Start vouchers?
You can spend your Healthy Start vouchers on:

- liquid cow’s milk
- fresh fruit
- fresh vegetables
- infant formula milk

They can be used in any shop that has agreed to take part in the Healthy Start scheme.

Healthy Start shops can include:

- greengrocers
- milkmen
- market stalls
- chemists
- corner shops
- food co-operatives
- supermarkets
- box schemes

Ask your health professional where you can get free vitamin supplements
How to apply for Healthy Start vouchers

Please read these pages carefully before you start filling in the application form at the back of this leaflet.

If there is anything you don’t understand or are unsure about, you can call us on 0845 607 6823 and we will help you.

Before you call, take a look at pages 8 and 9 – we might have already answered your questions there.

Make sure you fill in every section of Part A that is relevant to you, and fill in every box. Then you need to ask your midwife, health visitor or other health professional to fill in and sign Part B.

If your form is not complete or has not been signed by a health professional, we will have to send it back to you.

Please write clearly and in black ink.

Before you fill in section 1
Use this section to tell us about the person who is applying, if you’re pregnant, enter your own details here.
Before you fill in section 2
Make sure that the address you give here matches the address you use when you claim Income Support, income-based Jobseeker’s Allowance or Child Tax Credit, if you get them.

If the address on your Child Tax Credit or benefit claim is out of date, contact the Tax Credits Helpline on 0800 300 3900 or your local benefit office (their number is in the phone book) as soon as possible and ask them to update their records. If the address you put on this form does not match, we will have to send the form back to you.

Before you fill in section 3
If you have a partner who lives with you, please tell us about them in this section.

Before you fill in section 4
If you are under 20 and live as the dependant, of a parent or other carer, please tell us about them, and any partner they have who is over 18 years old and lives with them, in this section.

If you are aged 18 or 19 and you are in full-time education, it is important that you confirm in section 4c if your carer or carer’s partner has named you as a dependant in their claim for any of the qualifying benefits.