Welfare milk and vitamins

A GUIDE FOR FAMILIES
Free milk and vitamins for families receiving Income Support or income-based Jobseekers’ Allowance

Do you qualify?
If you or your family receive Income Support or income-based Jobseekers’ Allowance, you should get free welfare foods if the family includes any of these:
- a pregnant woman
- a mother who is breastfeeding her baby
- a child aged under five

What do you get?
Pregnant mothers, breastfeeding mothers and children under five are entitled to:
- four litres or seven pints of cow’s milk a week, vitamin supplements, containing vitamins A, D and C.

Bottle-fed babies under one year can have:
- 900 grammes of dried baby milk per week plus free vitamin supplements.

CHEAPER BABY MILK FOR FAMILIES RECEIVING FAMILY CREDIT.
If your family receives Family Credit and you have a bottle-fed baby under one year old, you can buy 900 grammes of dried baby milk a week at reduced prices.

Help for the family

Help for pregnant women
Vitamins are vital for healthy growth. They help your baby build up a store to fight infection. That’s why vitamin supplements, containing vitamins A, D and C are advised for all mothers-to-be. They are available free under the Welfare Food Scheme.

Cow’s milk is also free. It is an excellent food for pregnant women.

Newborn babies’ needs
Your breast milk has everything your baby needs. It is the perfect diet for healthy growth. It gives added protection against infection. Your baby is less likely to suffer from diarrhoea, constipation and tummy upsets. It’s natural and it’s free.

If you choose to breastfeed, it’s best to start as soon as your baby is born. If you stop, it’s difficult to start again. And combining breast milk and baby milk could reduce your milk supply. Breastfeeding mothers need a balanced healthy diet. So, if you’re on Income Support or income-based Jobseekers’ Allowance, you can get free milk and vitamin supplements. This boosts your health and your baby’s.
Help for children

Your baby's first year
Breastfeeding is the ideal way to feed your baby. If you choose to bottle feed, you are entitled to free dried baby milk. Please follow the instructions on the pack carefully when you prepare your baby's milk. Your baby's health could suffer if you don't.

As your baby gets older, you can use a cup rather than a feeding bottle. Use breast milk or baby milk to make up feeds.

Don't give cow's milk as a main drink. Because it is low in iron and vitamin D, it does not give your baby complete nourishment.

Children from one to five years
After their first birthday, children can begin to drink whole cow's milk as a main drink.

If your child is a really good eater, you can give semi-skimmed milk but only from the age of two.

Fully-skimmed milk is not suitable for children under five.

Vitamins for health
All young children need vitamins in their diet for good health.

Yet they often refuse to eat properly. The vitamin supplements, available through the Welfare Food Scheme, are specially made to give you and your children the help you need to stay healthy.

How to get welfare foods
Claiming free milk and vitamins has never been easier
If you already receive Income Support or income-based Jobseekers' Allowance and you or a member of your family becomes pregnant, tell your Social Security office or Jobcentre.

Tell them when the baby is due. Show them your certificate of expected confinement. Ask your doctor or midwife for this. Then the mother-to-be will be entitled to welfare foods.

If you are making a new claim for Income Support or income-based Jobseekers' Allowance, you are automatically entitled to welfare foods. If you have these family members: a pregnant woman, a breastfeeding mother or a child under five.

Two ways to get your milk tokens
Milk tokens can be exchanged for cow's milk or dried baby milk.

If you collect your Income Support or Jobseekers' Allowance every week from the Post Office, you can collect your milk tokens at the same time.

State whether you want cow's milk or dried baby milk and the correct part of the token will be date-stamped.

If you want dried milk, you may be asked to prove that your baby is under one. Your child benefit book or baby's birth certificate is suitable proof.

If your Income Support or Jobseekers' Allowance is paid directly into a bank, your milk tokens will be posted to you. Simply tell your Social Security office or Jobcentre which milk you want.

If your token is stamped for the wrong type of milk, or you lose your token, tell your Social Security office or Jobcentre and ask for another one.
Exchanging your milk token

Exchanging your dried baby milk tokens
Your token for dried baby milk must be stamped over the dried milk box.
You can exchange it for one 900 gramme pack of dried baby milk at your local maternity or child health clinic or at a special welfare food distribution centre. Ask your midwife or health visitor for the nearest one.
Please remember even if you have a token stamped for dried baby milk, you are only entitled to it if your child is under one year old. You may be asked for proof of your baby's age. Your child benefit book or the baby's birth certificate is suitable proof.

Exchanging your liquid milk tokens
All milk tokens are valid for four weeks from the date they are stamped.
A token for liquid milk has to be stamped over the liquid milk box.
You can get it exchanged at any shop, supermarket or milkman who will accept it.

Fair exchange
You can exchange your liquid milk token for four litres or seven pints of whole or semi-skimmed milk. Don't accept less than seven pints.
If you want gold top, Channel Islands or more expensive milk, you may have to pay the difference.

No exchange
You may not exchange your milk token for cash, other goods or other kinds of milk like fully-skimmed, evaporated, condensed, soya, goat's, flavoured or unpasteurised milk.

Dried baby milk
Your local clinic will stock at least four of the following brands of dried baby milk:
Boots Formula 1, Boots Formula 2, Cow & Gate Plus, Cow & Gate Premium, Farley's First, Farley's Second, Milupa Aptamil, Miluma Milumil, SMA Gold, SMA White.
You can't exchange your tokens for follow-on or soya baby milks, other brands or ready-to-feed meals.

Free vitamin supplements
You can get your free vitamins from maternity and child health clinics and welfare food distribution centres. You do not need tokens. Though you may be asked for proof that you are entitled and proof of your children's ages.

Special baby milk prices for families receiving Family Credit
Families receiving Family Credit can buy 900 grammes of dried baby milk a week, at reduced prices from maternity and child health clinics and welfare food distribution centres.
You will be asked for proof of entitlement, like your Family Credit order book or an award letter from the Family Credit Unit. You may have to prove that your baby is under one, by producing your child benefit order book or your child's birth certificate.