Free milk, fruit, vegetables and vitamins

HEALTHY START
What can I use my vouchers for?

- cow's milk
- plain fresh or frozen fruit
- plain fresh or frozen vegetables
- infant formula milk

You can use them at your local shops and supermarkets. And you can also get FREE Healthy Start vitamins, to boost you and your child’s health. Just ask your midwife or health visitor where you can pick them up locally.

Where can I use the vouchers?

In lots of local shops, greengrocers and supermarkets. Find your nearest shops at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)
What do I get?

If you’re pregnant you get one voucher a week worth **£3.10**

For each baby under the age of one, you get two vouchers a week worth a total of **£6.20**

For each child aged over one and under four, you get one voucher a week worth **£3.10**

Plus we will send you coupons for vitamin tablets for you and vitamin drops for your baby or toddler.

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**FREE VITAMIN DROPS**

*For your child*

Healthy start vitamin drops are for children over 6 months old. Ask your health visitor where you can use the coupons, or for advice on vitamin use based on NHS criteria.
Do I qualify?

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 any one of the following:

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 an annual family income of £16,190 or less in 2011/12.

You also qualify if you are under-18 and pregnant, even if you don’t get any of these 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.
How do I get Healthy Start vouchers and vitamins?

1. Get the Healthy Start application leaflet. Look for it in your local clinic or doctor's surgery, or call 0845 607 6823. You can also visit www.healthystart.nhs.uk to download it (you’ll need to print it out).

2. Fill in the application form. If you need some help, talk to your friends, family or community adviser.

3. Get the form signed by your midwife or health visitor.

4. Send us your application in the post.

میں صحتی انتخابات کے وادی حصے اور ویمین کو کیے لوک پرین کئی؟

1. صحتی انتخابات کے لئے لیٹی کی درخواست حاصل کیئے۔ ایک مفتی لیکے ہاں دکھنی ملیں خامہ کیئے۔

2. ویمین کے لئے ڈرخواست کا قائم پر ہو کھیچوں۔ آپ کو ملی دکھن۔

3. اپنے قیام پر اپنے مفتی آئے۔

4. اپنے درخواست کوئی بھی دائرے ڈاک کھیچے۔