

## And vitamins too...

We'll also send you a coupon for free vitamins every eight weeks. Ask your midwife or health visitor where you can swap them for vitamin tablets which will help both you and your unborn baby. If you still qualify for Healthy Start after your baby is born, you can get these for your first year as a new mum, plus vitamin drops for the baby too.



## It's easy with Healthy Start

Healthy Start is here to help you and other young mums give your baby the very best start in life!

If you're under-18 and pregnant, you can get **FREE milk, fruit and veg**. Join Healthy Start and we'll send you vouchers in the post that you can use at local retailers.

We'll also send you coupons that you can swap for **free vitamins**, to help make sure that you and your baby get all the nutrients you need. Plus we'll send you **health information, tips and recipes** to help you get the most out of your vouchers.

For more information visit our website  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



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HEALTHY  
START

# Free milk, fruit, veg and vitamins if you're under-18 and pregnant



HEALTHY  
START

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## So what do I get?

While you're pregnant, you get one voucher a week

And if, after the baby is born, you or your family receive:

- 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 2010/11

– then you will stay on the scheme and get **two vouchers a week (worth £6.20 in total) until the baby is one year old and then one voucher a week (worth £3.10) until your child's fourth birthday.**

\*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.

## Over 18? You might be able to get a Healthy Start

If you're older than 18, you still qualify if you're pregnant, a new mum or have children under four **AND** you or your family are getting any of the benefits listed to the left of this page.



## How to get your vouchers

You can download a Healthy Start application leaflet at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or call **0845 607 6823** to get one sent to you.

Call us anytime from 9am-5pm Monday to Friday. We'd love to tell you about how we can help you.

## Where to use them

You can use them at local retailers as well as with milkmen and some market stalls. To find your nearest participating shops goto [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or call the Healthy Start helpline on **0845 607 6823**.

