

How can Healthy Start help?

- Healthy Start provides help to buy food and milk for low-income families
- £4.25 per week from the 10th week of pregnancy until a child's 4th birthday. (£8.50 for children from birth to 1 year old)
- Low-income families who are in receipt of benefits and pregnant mums under 18 may be eligible

Did you know?

- £ Healthy Start boosts family income by £1139. This may increase family income by one-fifth (extra £52/month)
- £ Paper vouchers have been replaced by a pre-loaded card which can be used in most shops which sell food
- £ A wider variety of foods can now be purchased, including plain cow's milk, fresh, frozen or tinned fruit & vegetables, fresh, dried & tinned pulses and infant formula milk
- £ Free Healthy start vitamins are also available

Applying

Parents can apply online. They no longer need a signature of a Midwife or Health Visitor. Under 18's apply via email or telephone

How can I help?

Research shows women introduced to Healthy Start by a Health professional are more likely to understand the benefits and make better use of the scheme

ASK those you directly support if they know about Healthy Start

ADVISE them about the key benefits of the scheme

ASSIST by signposting them to apply via the Healthy Start website

Take every opportunity to remind parents to apply and ask about their experience

<https://www.healthystart.nhs.uk/how-to-apply/>



www.healthystart.nhs.uk



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