

Free Food Vouchers

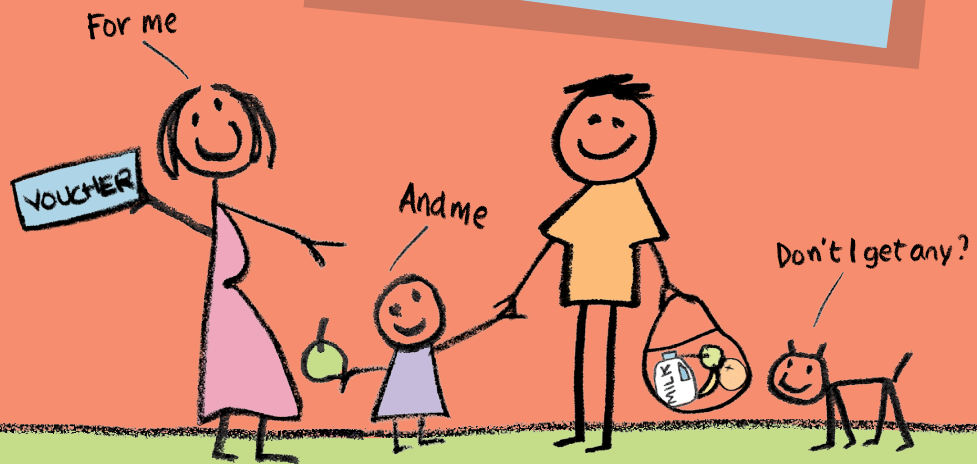
The Healthy Start schemes sends you vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula. You can also get free vitamins.

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:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit with a family income of £16,190 or less per year
- Pension Credit; or
- Universal Credit with no earned income or total earned income of £408 or less per month for the family.

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits. If you're eligible you could get:

- Pregnant women get one Healthy Start voucher a week worth £3.10
- Babies under the age of one get two vouchers a week worth a total of £6.20
- Children aged over one and under four get one voucher a week worth £3.10.



To find out more and apply visit:

www.healthystart.nhs.uk

or ask your midwife, health visitor or Family Hub.

HEALTHY START



Doncaster
Council



NHS
Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust

NHS
Rotherham Doncaster
and South Humber
NHS Foundation Trust