NHS

Healthy Start

Get help to buy food and milk

An easy read guide about how to apply for NHS Healthy Start and what you can buy.

SCAN ME

What is NHS Healthy Start?

You can get **£4.25** every week to help you buy:

cow's milk

fresh, frozen or tinned fruit and vegetables

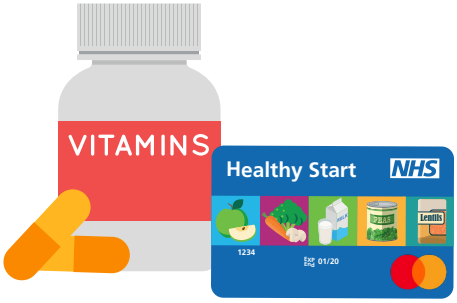
infant formula milk

fresh, dried, and tinned pulses

You can also get free Healthy Start vitamins.

You will get a prepaid card to use in lots of shops that sell healthy food and milk

You can use your card in most shops that let you pay by card



You can use your card to collect free Healthy Start vitamins

Who can apply for NHS Healthy Start?

Under 18's: Anyone who is under 18 and pregnant can apply.

Over 18's, you must be:

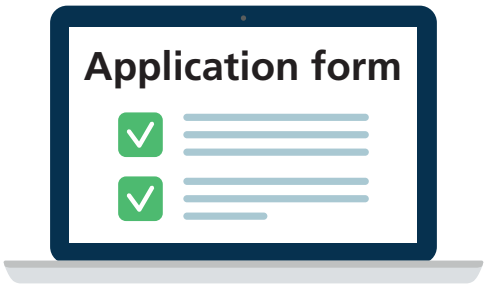
- At least 10 weeks pregnant or
- Have at least one child under 4

Also be getting any of these benefits:

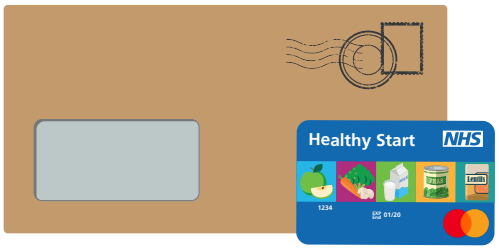
- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)
- Income-related Employment and Support Allowance (ESA) and over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only.

How to apply

Go to the website
www.healthystart.nhs.uk



Fill in the online application form



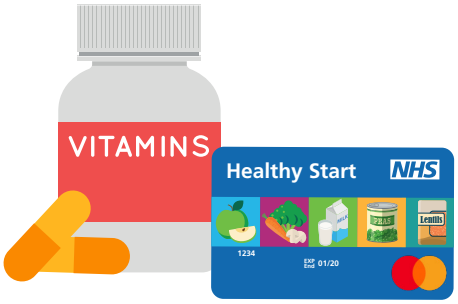
Receive your prepaid card in the post

Activate your card by calling
0300 330 2090 and get your PIN

How to apply

Shop for healthy food and milk in any shop that accepts Mastercard® card payments

Your card will be topped up with your payment every four weeks



Show your card when you collect your free Healthy Start vitamins

If you can't apply online you can call our helpline on 0300 330 7010. Your call will be charged at a local rate.

How to contact NHS Healthy Start

To talk to someone about NHS Healthy Start, call 0300 330 7010

Open Monday to Friday, 8am to 6pm.

Your call will be charged at a local rate.

Email NHS Healthy Start:
healthy.start@nhsbsa.nhs.uk

For help with your prepaid card, call 0300 330 2090.

You can:

- activate your card
- find out your PIN
- check how much money is on your card
- tell us your card is lost or stolen

Open all day every day.

Your call will be charged at a local rate.

For information about NHS Healthy Start or to apply visit **www.healthystart.nhs.uk** or scan the QR code.

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