

# Free fruit, vegetables, milk and vitamins.

## Do you qualify?



You may qualify for Healthy Start vouchers if you're at least 10 weeks pregnant or have a child under four years old.

Your family must also receive one of the following:

- 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)
- Universal Credit (with a family take-home pay of £408 or less per month).

Sign up today [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or telephone **0345 607 6823**

Most of the big supermarkets and some of your local shops accept Healthy Start vouchers. Iceland and Tesco's are also currently giving people using vouchers in their shops an extra £1 to spend on frozen vegetables (Iceland) and fresh fruit or vegetables (Tesco's).

If you qualify for Healthy Start you will also receive vouchers for **free vitamins**.

Vitamins are available from some of our Children's Centres.

If you don't qualify for Healthy Start you can still **buy Healthy Start vitamins** at the Children's Centre.

They cost:

80p per bottle (pregnant and breastfeeding women)

£1.60 per bottle (vitamin drops for babies and children).

Phone the free phone number **0300 500 80 80** to find a Children's Centre near you