

Healthy Start

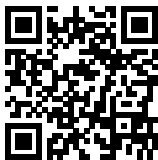
Free fruit, veg, milk, pulses and vitamins



Do you currently receive
Healthy Start food vouchers?



Healthy Start is changing. It is becoming a digital scheme and is moving from vouchers to a prepaid card.



If you currently receive Healthy Start vouchers, **you need to reapply online by 31st March 2022** to continue to receive Healthy Start payments. To reapply, visit www.healthystart.nhs.uk/how-to-apply.

If you are unable to apply online, you can also reapply by calling the National Healthy Start Team on **0300 330 7010**. You can contact your local children's centre if you need further support in applying for a Healthy Start prepaid card. Please go to camden.gov.uk/childrens-centre-services, or call Freephone **0800 731 0232** or **0800 389 5789**, to find your local centre.

What is Healthy Start?

Healthy Start supports pregnant women and families to eat well and get the vitamins they need for healthy development.

Is it for me?

- If you are pregnant, or you are a parent with children under the age of 4, you can get free Healthy Start Vitamins from children's centres.
- If you are also receiving Income Support or other benefits, you could be entitled to a Healthy Start prepaid card of up to £8.50 per week too.
- If you are pregnant and are under 18 years old, you do not need to receive income support to be entitled to a Healthy Start prepaid card.

Check if you qualify and apply for a Healthy Start prepaid card at www.healthystart.nhs.uk

Criteria	Vitamins (women's vitamins and/or children's vitamin drops)	Receiving income support	
		Healthy Start Prepaid Card (£4.25 per week)	Healthy Start Prepaid Card (£8.50 per week)
Pregnant women under 18*	✓	✓	
Pregnant women 18 and over	✓	✓	
Baby under 1 year	✓		✓
Child between 1 and 4 years	✓	✓	

*Pregnant women under 18 are eligible for a Healthy Start prepaid card, whether or not they are receiving income support.