

Pregnant? Children under four?

Don't miss out on Healthy Start food and vitamin vouchers worth £900 per child

FREE

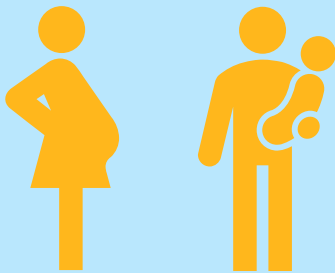
Fruit, veg, milk, and vitamins for you and your family worth up to

£8.50

Per week**

You may qualify for Healthy Start vouchers if you're at least 10 weeks pregnant or have a child under four years old and your family get at least one of the following:

- Income Support
- Income-based Job Seekers 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)



You also qualify if you are under 18 and pregnant, even if you don't have the above benefits

Sign up today at: www.healthystart.nhs.uk
Or telephone: 0300 330 7010

