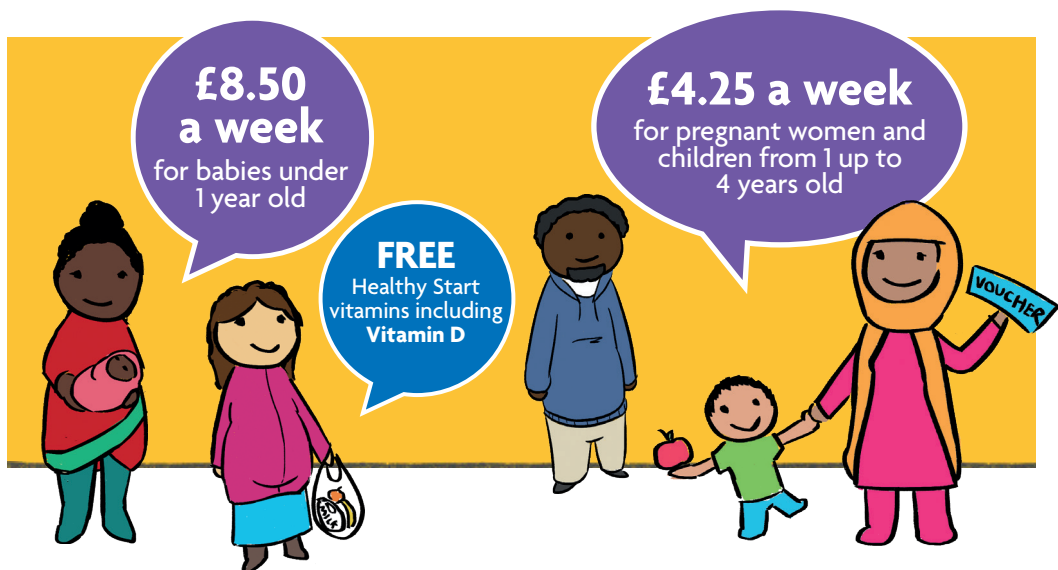


WE ARE HEALTHY. FREE FOOD AND MILK WITH HEALTHY START.



PREGNANT? CHILDREN UNDER 4?

You may be able to get help to buy healthy food and milk. **2,400** eligible families in Newham are missing out.

Apply online by visiting
www.healthystart.nhs.uk.

If you need help applying online, speak to your local Children's Centre, library, midwife or health visitor.

Applying is easy and **DOES NOT** affect your other financial benefits.

NEW!* If you are currently receiving paper vouchers, you must reapply – see details overleaf.

FREE Healthy Start vitamins with Vitamin D for all children under 4 years, pregnant women and new mums.



Collect from a number of distribution outlets in Newham. See overleaf for details.

WE ARE HEALTHY. FREE VEGETABLES, FRUIT, MILK AND PULSES EACH WEEK.

Who is eligible?

- Pregnant women (from 10th week of pregnancy) and families with a child under 4 years if you get any of the qualifying benefits such as Child Tax Credit, Income Support, Pension Credit, Universal Credit etc.
- Anyone under 18 and pregnant can get Healthy Start even if they are not on any benefits.

If you are currently receiving paper vouchers

If you are currently receiving paper vouchers, you will soon be mailed a letter asking you to reapply. This is because Healthy Start is stopping paper vouchers and introducing a prepaid card. You must reapply to receive this card. If you do not, your payments will stop. You can continue to use your paper vouchers until the expiry date printed on them. For more information or to reapply, go to www.healthystart.nhs.uk

Healthy Start vitamins

- The first 1,000 days of life (from conception to child's second birthday) is a unique period of opportunity when the foundations of optimum health, growth, and brain development are established.
- Healthy Start vitamin drops contain vitamins A, C & D to help babies and children to grow up healthy and strong with healthy bones, teeth, vision and immune function.
- Vitamin tablets contain Folic Acid, Vitamin C & D to help reduce the risk of neural birth defect and help mother to maintain her own health and supports her unborn baby to develop properly.



Collect from a number of
distribution outlets in Newham.
Scan the QR code to find your
nearest location.



Ask your local Children's Centre, library, midwife, health visitor or visit

www.healthystart.nhs.uk