

Free food vouchers

Healthy Start will send you vouchers every week to spend on milk, fruit, vegetables and infant formula.

You can also get free vitamins.

To find out more and apply visit: www.healthystart.nhs.uk or ask your midwife, health visitor or Family Hub.

You get Healthy Start if you are at least 10 weeks pregnant or have a child under four years old and you or your family one or more of these payments:

- 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
- Pension Credit;
- Universal Credit with no earned income or total earned income of £408 or less per month for the family.

You can get Healthy Start if you are under 18 and pregnant.

- Pregnant women get one Healthy Start voucher a week worth £3.10
- Babies under the age of one get two vouchers a week worth a total of £6.20
- Children aged over one and under four get one voucher a week worth £3.10.



HEALTHY START



Doncaster
Council



NHS
Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust

NHS
Rotherham Doncaster
and South Humber
NHS Foundation Trust