

pregnant? children/child under 4?

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

- Income Support
- Income based jobseekers 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 get any of the above benefits

Worth up to
£8.50

per week**
to spend on
milk or fresh
and frozen
fruit and veg.

Sign up through your local children's centre, midwife, health visitor or GP

More info at

www.healthystart.nhs.uk

DON'T MISS OUT

on HEALTHY START
vouchers and
vitamins worth
over £900*
per child



half of Bucks households are missing out

*If you sign up at the first opportunity, when you are ten weeks pregnant

**Healthy Start vouchers are worth £4.25 a week, double for babies under one year old (from 1 April 2021)



Buckinghamshire
Council