



THE

HEALTHY

START SCHEME

WHAT IS HEALTHY START?

If you're pregnant or have children under the age of 4 you can get free payments every 4 weeks to spend on:



Cow's milk



Fresh, frozen or tinned fruit and vegetables



Infant formula milk



Fresh, dried, and tinned pulses



You can also get
Free Healthy Start vitamins.

To check if you can apply or to find out more speak to your Midwife or Health Visitor or visit

www.healthystart.nhs.uk

You can also call the Healthy Start helpline on

0300 330 7010

YOU COULD GET:

£4.25 each week of pregnancy (from the 10th week of your pregnancy)

£8.50 each week for children from birth to 1 year old (£442 a year*)

£4.25 each week for children between 1 and 4 years old (£221 a year total of £663*)

Over **£1000** over 4 years*

**costings based on 2021 data.*

Your money will stop after your child's 4th birthday, or if you no longer receive benefits.



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To qualify for the Healthy Start scheme you need to be at least **10 weeks pregnant** or have at least one child that's under 4.

In addition, you must be receiving one of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week)

To find out if your family earns £408 or less per month from employment whilst claiming Universal Credit, look at your 'take-home pay for this period' on your monthly Universal Credit award notice.

HOW TO APPLY

Download the Healthy Start application form from www.healthystart.nhs.uk. Or call the Healthy Start helpline on **0300 330 7010** and ask them to send one to you by post.

You can also ask a Midwife or Health Visitor for an application form.

