

HEALTHY START

Give your kids the best start in life...



If you are 10 weeks pregnant or have a child under four years old **and** you or your family get any of the following benefits you are eligible to apply for Healthy Start Vouchers:

- 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 total earned income of less than £408 per month for the family.
- You are also eligible if you are pregnant whilst under 18



The voucher value change dependant on the age of the child, but total **£900** if claimed for the full time



Can you help us promote the scheme locally? Email Sam on healthystartwinchester@gmail.com

Find out more

<https://www.healthystart.nhs.uk/>

or

www.facebook.com/Healthy-Start-Winchester

The vouchers can be spent on -

- formula milk (from birth version only)
- cows milk (fresh or UHT)
- fruit and vegetables (fresh, frozen or canned)
- pulses (fresh, dried or tinned)

Frozen and canned must not contain added sugar, salt or other ingredients.