

Bright Idea

Are you on a low income or receiving certain benefits?

You could be eligible for a Healthy Start card. This can be used to buy fruit, vegetables, milk and infant formula for you and your children. You'll get money added onto it every 4 weeks:



- £4.25 each week of your pregnancy from the 10th week
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

Your money will stop when your child is 4 years old, or if you do not get benefits that make you eligible.

When you apply, make sure:

- Your details are up to date with HMRC or DWP
- You enter your details as they are written on your benefits award letter
- All your children under 4 are named on your Universal Credit claim

If you're having difficulties with applying and need help, call Family Support on 020 7527 8376 or visit your local children's centre.

All women trying to conceive, pregnant women and young children can also get free Healthy Start vitamins from children's and health centres, no matter what their income.