

## Healthy Start Information and Links

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

To find out more information and to apply, visit <https://www.healthystart.nhs.uk/>

Find lots more information about Children and Families Newcastle including everything from pregnancy to school age children, visit <https://www.childrenandfamiliesnewcastle.org.uk/welcome-your-family-hub>