



Healthy Start

Get help to buy food and milk

This is an easy read guide about how to apply for the NHS [Healthy Start](#) scheme and what you can buy.



What is NHS Healthy Start?



You can get **£4.25** every week to help you buy:





You can also get free Healthy Start [Healthy Start vitamins](#).

You will get a prepaid card to use in lots of shops that sells healthy food and milk



You can use your card in most shops that let you pay by card





You can use your card to collect free Healthy Start vitamins

Who can apply for NHS Healthy Start?



Under 18's: Anyone who is under 18 and pregnant can apply.

Over 18's, you must be:

- At least 10 weeks pregnant or
- Have at least one child under 4

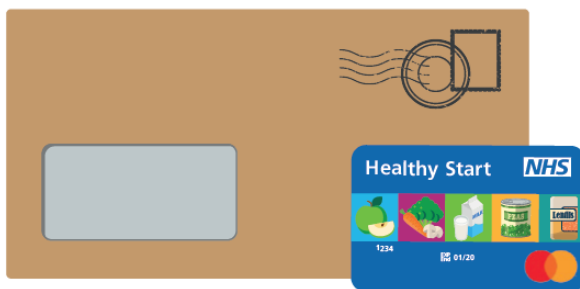
Also be getting any of these benefits:

- 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)
- Income-related Employment and Support Allowance (ESA) and over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only.

How to apply

1. Go to the Healthy Start website: www.healthystart.nhs.uk
2. Fill in the online application form
3. Receive your prepaid card in the post. Activate your card by calling 0300 330 2090 and get your PIN



- Shop for healthy food and milk in any shops that accepts Mastercard® card payments
- Your card will be topped up with your payment every four weeks
- Show your card when you collect your free Healthy Start vitamins
- If you can't apply online you can call our helpline on 0300 330 7010. Your call will be charged at a local rate.

