

# Healthy Start

Free fruit, veg, milk, pulses and vitamins



Are you pregnant, or do you have a child under 4 years old?

Healthy Start supports pregnant women and families to eat well and get the vitamins they need for healthy development **[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**

## Who is Healthy Start for?

If you are pregnant, and/or you have at least one child under 4 years, you can get free Healthy Start vitamins from children's and health centres.

If you are also receiving Income Support or certain other benefits, you could be entitled to a Healthy Start prepaid card of up to £8.50 per week too. You can use this to buy food for your family. All pregnant women under 18 are entitled to both free Healthy Start vitamins and the prepaid card. Check whether you are eligible online: **[www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply)**

## How can I apply?

Applications can be made online **[www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply)** or by calling **0300 330 7010**.

## What can I buy?

- Fresh, tinned or frozen fruit and vegetables
- Fresh, dried, and tinned pulses
- Plain cow's milk
- Infant formula



Criteria	Vitamins (women's vitamins and/or children's vitamin drops)	Receiving income support	
		Healthy Start Prepaid Card (£4.25 per week)	Healthy Start Prepaid Card (£8.50 per week)
Pregnant women under 18*	✓	✓	
Pregnant women 18 and over	✓	✓	
Baby under 1 year	✓		✓
Child between 1 and 4 years	✓	✓	

\*Pregnant women under 18 are eligible for a Healthy Start prepaid card, whether or not they are receiving income support.

## Free Healthy Start Vitamins

Healthy Start vitamins are free in Islington if you are pregnant or have at least one child under 4 years. You do not need to receive income support or benefits.

Healthy Start vitamins contain Vitamin D, which is essential for healthy bones, teeth, and immune system function.

Vitamins can be picked up from Islington children's and health centres. Please go to **[www.islington.gov.uk/brightstart](http://www.islington.gov.uk/brightstart)** to find your local centre, or call the Family Information Service on **020 7527 5959**.

## Useful contacts and resources

- **Bright Start Health Visiting Team:** Provides support and advice on infant nutrition and feeding, and building a relationship with your baby. Search for 'Bright Start' at **[www.whittington.nhs.uk](http://www.whittington.nhs.uk)** for more information, or call the Family Information Service on **020 7527 5959**.
- **Bright Start Family Support Surgeries:** A Family Engagement Worker offers support, advice, and information on any issues that may be affecting your family. To find out more, call Bright Start on **020 7527 8376**.
- **Further support to apply for a Healthy Start prepaid card:** Please contact your local children's centre if you need further support in applying for a Healthy Start prepaid card.