Don’t miss out on **HEALTHY START** vouchers and vitamins worth over £900* per child

You qualify for the Healthy Start scheme if you’re at least 10 weeks pregnant or have at least 1 child under 4 years old.

In addition, you must be receiving means-tested benefits.‡

You are also eligible for the Healthy Start scheme if you’re pregnant and aged under 18, even if you don’t receive any benefits.

‡Universal Credit (if your family earns £408 or less from employment) • Income Support • Income-based Jobseeker’s Allowance • Child Tax Credit (if your family’s annual income is £16,190 or less) • Income-related Employment and Support Allowance • Working Tax Credit (if your family is receiving the 4 week ‘run-on’ payment)

Worth up to £6.20 per week** to spend on milk or fresh and frozen fruit and veg

In Cambridge 2 in 5 families are missing out on their vouchers

Drop into your local centres to sign up or ask your midwife or health visitor

More info at: healthystart.nhs.uk

With special thanks to Patrick Morrison and Brighton and Hove Food Partnership for their contributions

HEALTHY START vouchers available here!

*If you sign up at the first opportunity when you are 10 weeks pregnant

**Healthy Start vouchers are worth £3.10 a week, double for babies under one year old