



NHS Healthy Start

Get help to buy healthy food and milk

The scheme is designed to help families access fruit, vegetables and milk, worth £220 a year. Families who use NHS Healthy Start can also access free vitamins.

If you are more than 10 weeks pregnant or have a child under four years old, and are in receipt of certain benefits, you could be entitled to a Healthy Start prepaid card worth £4.25 per week, to spend on healthy food and milk. **Previous voucher recipients must re-apply to continue getting help.**

If you are entitled to Healthy Start, you will also get free vitamins designed to help pregnant and breastfeeding women and growing children.



You can also use the benefit-checker on the Hertfordshire County Council website, and access free information about benefits that you might be missing out on.



Scan this code with your smart phone to check your eligibility and apply.

