

A Healthy Start in County Durham



Free fruit, veg, milk, pulses and vitamins



From April 2021, if you're pregnant or have a child under 4, you could get **£4.25** per week to help buy healthy foods.

www.healthystart.nhs.uk



Get help to buy food and milk

With Healthy Start, you get free vouchers every week to spend on:

- milk, fresh, frozen or tinned fruit and vegetables
- fresh, dried or tinned pulses
- infant formula milk.

You can also claim free vitamins.



Find out if you qualify

You qualify for Healthy Start vouchers if you're at least 10 weeks pregnant or have a child under four years old, and you or your family get one of the following benefits:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit with a family income of **£16,190** or less per year
- Pension Credit
- Universal Credit with no earned income, or total earned income of **£408** or less per month for the family.

What you can get?

- Pregnant women can get a weekly **£4.25** voucher
 - Each child over 1 and under 4 can get a weekly **£4.25** voucher per child
 - Each child under 1 can get two **£4.25** vouchers (**£8.50**) per week
 - Vitamin coupons (if you receive Healthy Start food vouchers)
- Find out more at [Healthy Start: what do I get?](#)

How do you apply for Healthy Start vouchers?

To apply for the Healthy Start scheme, you need to fill in a paper application form. This can be downloaded from the Healthy Start website www.healthystart.nhs.uk, you can get one from your GP or Midwife, or you can call the Healthy Start helpline on **0345 607 6823**.

If you're under 18 and more than 10 weeks pregnant, you qualify for Healthy Start until your baby is born. You do not need to receive any of the qualifying benefits or be getting tax credits. However, you must complete an application and send it to the Healthy Start Issuing Unit.

After your baby is born, you will only continue to qualify for Healthy Start if you get the qualifying benefits or tax credits. To make sure you continue to receive Healthy Start vouchers once your baby is born, you should:

- Call the Healthy Start helpline on **0345 607 6823**
- Apply for Child Tax Credits as soon as you can – your vouchers may stop without this
- Inform Universal Credit by updating your online account
- Please be aware that your Healthy Start Vouchers could be affected by fluctuations in Universal Credit, based on monthly income levels and pay dates.

For more information visit Healthy Start

www.durham.gov.uk/article/24281/Apply-for-Healthy-Start-vouchers