

A Healthy Start in County Durham



Free fruit, veg, milk, pulses and vitamins



If you're pregnant or have a child under 4 you could get extra money each week to buy healthy foods and milk.

www.healthystart.nhs.uk

 @NHSHealthyStart

Get help to buy food and milk

The Healthy Start Scheme puts money on a card to help you buy these things:

- milk
- vegetables either fresh, frozen or tinned
- some tinned or dried foods
- baby formula milk

You can also claim free vitamins.

Healthy Start vouchers can be used in many local shops and supermarkets.



vitamins

Get FREE vitamins for you and your baby with your NHS Healthy Start card. Ask your health visitor or check <https://www.healthystart.nhs.uk/> for a local supplier.

What you can get?

- **£4.25** every week once you are 10 weeks pregnant
- **£8.50** every week once your child is born until they are 1 year old
- **£4.25** every week once your child is over 1 year old but under 4 years old
- Free vitamins

Who can get it?

You can get money from the Healthy Start scheme if you are at least 10 weeks pregnant or you have children under 4 years old, and you or your family get certain benefits.

To find out more you can ask your midwife, health visitor or local family hub or go to www.healthystart.nhs.uk/how-to-apply/



How do you apply for Healthy Start?

To apply for the Healthy Start scheme you will need to visit www.healthystart.nhs.uk or if you cannot apply online contact the NHS Healthy Start helpline on **0300 330 7010**.



Visit www.healthystart.nhs.uk



Fill in the online application form



Receive your pre-paid card in the post



You'll need to activate your card to get your PIN before using it.



Shop for healthy food and milk in most retail stores that sell the eligible food and milk items – to use your NHS Healthy Start card the shop must accept Mastercard® payments.



You'll need to insert your card into the card reader and enter your PIN when you make your first transaction.

If you need help to apply for Healthy Start, someone else can do it for you. You must be there when they do this for you so that you can give the correct personal details and say you accept the terms and conditions of the scheme.



How to activate your card

When you get your card in the post you need to activate it before you can use it. You do this by calling **0300 330 2090**.

If you want more information

Visit www.durham.gov.uk/article/24281/Apply-for-Healthy-Start-vouchers – the QR code below will take you there if you scan it with your mobile. Or you can ask your midwife, health visitor or local family hub staff for more information and they will help you.



If you want this information in another language please visit <https://media.nhsbsa.nhs.uk/resources/f/nhs-healthy-start-scheme/healthcare-professionals/materials-in-other-languages-2> or scan this code with your smartphone.



For more information about how we can help you as a family, including: help with your money, staying healthy, relationships and life skills please go to www.durham.gov.uk/helpforfamilies



We run workshops across County Durham to give you examples of what you can cook with the food you buy using your Healthy Start card. For more information please contact the Harrogate and District Foundation Trust Infant Feeding Team at hdft.durhaminfantfeedingteam@nhs.net