

# Free food vouchers

Healthy Start will send you vouchers every week to spend on milk, fruit, vegetables and infant formula.

**You can also get free vitamins.**

To find out more and apply visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or ask your midwife, health visitor or Family Hub.

**You get Healthy Start if you are at least 10 weeks pregnant or have a child under four years old and you or your family one or more of these payments:**

- 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.

**You can get Healthy Start if you are under 18 and pregnant.**

- Pregnant women get one Healthy Start voucher a week worth £3.10
- Babies under the age of one get two vouchers a week worth a total of £6.20
- Children aged over one and under four get one voucher a week worth £3.10.



# HEALTHY START



Doncaster  
Council



**NHS**  
Doncaster and Bassetlaw  
Teaching Hospitals  
NHS Foundation Trust

**NHS**  
Rotherham Doncaster  
and South Humber  
NHS Foundation Trust