

# Healthy Start

## Get help to buy food and milk

An easy read guide about how to apply for NHS Healthy Start and what you can buy.



# What is NHS Healthy Start?



You can get **£4.25** every week to help you buy:



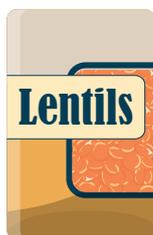
cow's milk



fresh, frozen or tinned fruit and vegetables



infant formula milk



fresh, dried, and tinned pulses



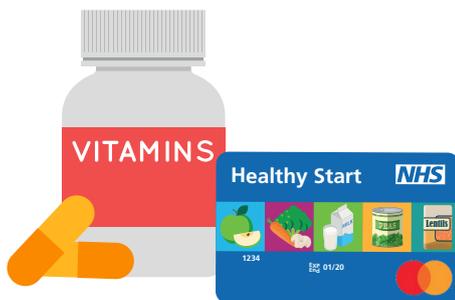
You can also get free Healthy Start vitamins.



You will get a prepaid card to use in lots of shops that sell healthy food and milk



You can use your card in most shops that let you pay by card



You can use your card to collect free Healthy Start vitamins

# Who can apply for NHS Healthy Start?



**Under 18's:** Anyone who is under 18 and pregnant can apply.



**Over 18's, you must be:**

- At least 10 weeks pregnant or
- Have at least one child under 4

Also be getting any of these benefits:

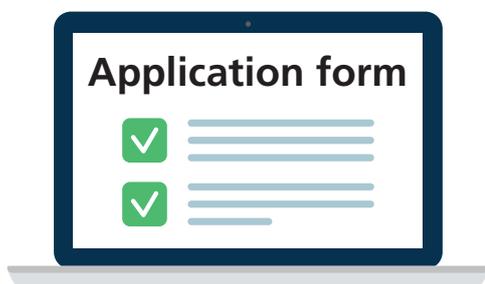
- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)
- Income-related Employment and Support Allowance (ESA) and over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only.



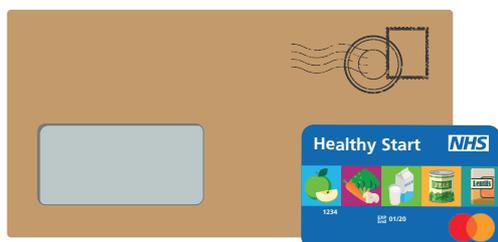
# How to apply



Go to the website  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



Fill in the online application form



Receive your prepaid card in the post



Activate your card by calling  
0300 330 2090 and get your PIN

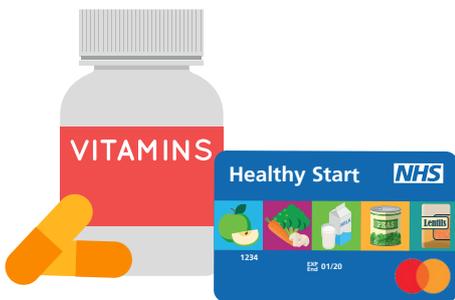
# How to apply



Shop for healthy food and milk in any shops that accepts Mastercard® card payments



Your card will be topped up with your payment every four weeks



Show your card when you collect your free Healthy Start vitamins



If you can't apply online you can call our helpline on 0300 330 7010. Your call will be charged at a local rate.

The allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated. allpay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.