

Pregnant? Children under four?

Don't miss out on **HEALTHY START** vouchers and vitamins worth over **£900*** PER CHILD

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

- **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)
- **Universal Credit** (with a family take home pay of £408 or less per month)

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.

Worth up to **£6.20** per week** to spend on milk, or fresh and frozen fruit and veg.

3 in 10 eligible households in Brighton & Hove are missing out

Sign up through your local children's centre, midwife, health visitor or GP

- more info at www.healthystart.nhs.uk



*If you sign up at the first opportunity, when you are ten weeks pregnant

**Healthy Start vouchers are worth £3.10 a week, double for babies under one year old

Brighton & Hove
FOOD Partnership


Brighton & Hove
City Council


Sussex Community
NHS Foundation Trust