

# 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](http://www.healthystart.nhs.uk)



Healthy Start paper vouchers will soon be replaced with a prepaid card



## Get help to buy food and milk

With Healthy Start, you get financial support through the new prepaid card 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 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.

If you are unsure about your eligibility you can contact the County Durham Welfare Rights Advice Line on **03000 268 968** who can assist.

## What you can get?

- **£4.25** each week of your pregnancy from the 10th week
- **£8.50** each week for children from birth to 1
- **£4.25** each week for children between 1 and 4
- Vitamin coupons

## How do you apply for Healthy Start?

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

If you are in receipt of a qualifying benefit and are more than 10 weeks pregnant or have parental responsibility for at least one child under 4 years you can apply online. To apply, you will need:

- **Name**
- **Address**
- **Date of Birth**
- **National Insurance number**
- **Babies due date (if pregnant)**

If you have been in receipt of the vouchers these will stop once you have completed the application and received the prepaid card.

The online application process enables someone to apply on the applicant's behalf, however the claimant must be present during the application process to confirm any personal information and accept the prepaid card terms and conditions.

## For more information visit Healthy Start

[www.durham.gov.uk/article/24281/Apply-for-Healthy-Start-vouchers](http://www.durham.gov.uk/article/24281/Apply-for-Healthy-Start-vouchers)

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smartphone

