

Free milk, fruit, veg and vitamins for you and your family



If you're receiving a qualifying benefit and are pregnant or have a child under 4, you can get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops.

For more information and to apply scan the QR code or visit:



<https://services.nhsbsa.nhs.uk/apply-for-healthy-start/>

Your money will stop after your child's 4th birthday, or if you no longer receive benefits.