

Pregnant? Children/child under 4?

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.

Sign up through your local children's centre, midwife, health visitor or GP.
More info at
www.healthystart.nhs.uk

DON'T MISS OUT

on **HEALTHY START**
vouchers and
vitamins worth
over **£900***
per child



half of Kent households
are missing out

*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