



# If you're pregnant or have children under the age of 4, you could get help to buy food and milk

Apply online to get your prepaid card.

You could be missing out on free fruit, vegetables, or milk worth at least £220 a year and free vitamins.

If you are more than 10 weeks pregnant or have a child under four years old, and are in receipt of benefits, you could be entitled to a Healthy Start prepaid card worth £4.25 per child per week to spend on healthy food and milk.

Check your eligibility and apply at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



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  @NHSHealthyStart