

# 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 jobseekers 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  
**£8.50**

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

## DON'T MISS OUT

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



### half of Bucks households are missing out

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

\*\*Healthy Start vouchers are worth £4.25 a week, double for babies under one year old (from 1 April 2021)



Buckinghamshire  
Council