



Healthy Start Food and vitamin voucher scheme

What is Healthy Start?

Healthy Start is a food and vitamin voucher scheme for low income families.

What could you get?

The food vouchers are worth from £3.10 per week (£6.20 for child before 1st birthday) and could be worth up to £899 in total. The vouchers can be spent on

- fresh or frozen fruit and vegetables
- milk
- formula feed

Eligible families also receive vouchers for vitamin tablets that are designed for use during pregnancy and vitamin drops for young children.

Who gets Healthy Start vouchers?

Families (pregnant women and children up to their 4th birthday) are eligible for Healthy Start vouchers if they receive either

- Income Support
- or Child Tax Credit and have a household income of less than £16,190

Pregnant women under 18 years of age are eligible regardless of income.

How do I get Healthy Start vouchers?

You can ask your midwife, health visitor, general practitioner or practice nurse to sign you up. Depending on your circumstances, you might be eligible from week 10 of pregnancy or following birth. If your circumstances change (e.g. loss of job, change in pay) then check again. Unfortunately you cannot usually claim for vouchers that you have missed.

More information is available here: <http://www.healthystart.nhs.uk/> and there is a film in English (subtitles are available by clicking 'cc' box) <http://vimeo.com/102126052>.

Here are some practical tips about making an application:

- ask your midwife, health visitor or GP practice for a form, and ask them to sign/ stamp it
- fill in your section of the form in black ink, block capitals and in English
- not sure if you're eligible? If in doubt, fill it out and check flowchart over page
- if you don't hear back about your application within 3 weeks then reapply
- ask for advice from a welfare rights advisor (make sure it is a free service). There are free welfare rights services across Edinburgh and the Lothians (e.g. Citizens Advice, Granton Information Centre in north Edinburgh, CHAI in south Edinburgh, Advice Shop in West Lothian). Ask your healthcare worker for a referral.

Citizens Advice Direct provides internet and telephone advice (<https://www.citizensadvice.org.uk/>) or call 0808 800 9060 - free from all UK landlines and mobiles on Three, EE, O2, Orange, T Mobile, Vodafone and Virgin networks).

- if you've been receiving vouchers during pregnancy make sure that you phone the Healthy Start helpline when your baby is born (0345 607 6823). Check charges if calling from your mobile -

<http://consumers.ofcom.org.uk/phone/how-much-does-a-phone-call-really-cost/>



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



Healthy Start: FLOWCHART 1

Check list for pregnant woman

Are you under 18 years old?

Yes → Apply for Healthy Start
No → Are you on income support? (*)

Apply for Healthy Start

Are you on income support? (*)

Ask your midwife for the Healthy Start leaflet and complete application form (part B for midwife, part A for you).
Post after 8 weeks of pregnancy
See also www.healthystart.nhs.uk

Also consider requesting referral to a welfare rights advisor (WRA). There may be other sources of financial support they can help you access. On referral the WRA will need to see family income and you should bring evidence - payslips/P60s/ benefit & tax credit awards etc. The service is confidential.

Do you have other children?

No → See advice about welfare rights advisor below
Yes → Do you receive Child Tax Credit, and is your household income less than £16,190?

See advice about welfare rights advisor below

Do you receive Child Tax Credit, and is your household income less than £16,190?

You should still check your Child Tax Credit entitlement
Call 0345 300 3900

(*) Income support in this context means that you receive:
• Income Support or
• Income-based Jobseeker's Allowance or
• Income-related Employment and Support Allowance?

www.hmrc.gov.uk/leaflets/wrc2.pdf

Further info at www.healthystart.nhs.uk/

Local Healthy Start film at: <https://vimeo.com/102126052>

Local Facebook page: www.facebook.com/GetHealthyStart



Call Healthy Start helpline if you change address 0345 607 6823

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Healthy Start: FLOWCHART 2:

Check list for family with new baby

Did you receive Healthy Start vouchers during pregnancy?

Yes → Apply for Healthy Start vouchers
No → Are you on income support? (*)

Are you on income support? (*)

Notify the Healthy Start helpline of the birth of your child so that vouchers continue
0345 607 6823

Also consider requesting referral to a welfare rights advisor (WRA). There may be other sources of financial support they can help you access. On referral the WRA will need to see family income and you should bring evidence - payslips/P60s/ benefit & tax credit awards etc. The service is confidential.

Apply for Healthy Start vouchers
Apply for Child Tax Credit
Is your household annual income less than £16,190?

Apply for Child Tax Credit (CTC)
Once in receipt of CTC apply for Healthy Start vouchers
You may still be eligible for Child Tax Credit
0345 300 3900

(*) Income support in this context means that you receive:

- Income Support or
- Income-based Jobseeker's Allowance or
- Income-related Employment and Support Allowance?

www.hmrc.gov.uk/leaflets/wrc2.pdf

Call Healthy Start helpline if you change address 0345 607 6823