

# Healthy Start vouchers available now

Healthy Start is a food and vitamin scheme for families on low income (families on income support or Child Tax Credit recipients with household income less than £16,190). Pregnant women under 18 years old are also eligible, regardless of income.

Vouchers can be spent on fruit, veg, milk or formula feed. Supermarkets and many local shops and food coops accept them. They are worth up to £899 (if eligible all the way through from week 10 of pregnancy to 4th birthday).

A quarter of eligible families don't currently receive vouchers so it's worth checking your entitlement. Ask your midwife, health visitor or GP practice.

Watch a video about the vouchers here:

[Healthy Start Vouchers and Vitamins](#) from [Children and Families](#) on [Vimeo](#).

Check eligibility on website: <http://www.healthystart.nhs.uk>