



# Are you pregnant or do you have children under the age of four?

You could get help to buy fruit, vegetables, pulses, milk and infant formula.

You could also get free Healthy Start vitamins.



SCAN ME

To see if you're eligible for the scheme, please go to the Healthy Start Eligibility calculator by using the following QR code.

- ✓ 5 questions
- ✓ Takes 2 minutes to complete



Apply online for NHS Healthy Start  
**[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**



@NHSHealthyStart



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