

The NHS logo is a blue rectangle with the letters 'NHS' in white.

About the scheme

The NHS Healthy Start scheme helps young families and those who are pregnant to access healthy food, milk and vitamins.

The scheme is available in England, Wales and Northern Ireland.

People may be eligible if they have responsibility for at least one child under the age of four or are more than 10 weeks pregnant. Eligibility also depends on the benefit the person receives and what their income is.

People apply for the scheme online and get a prepaid card, which they can use to buy healthy food and milk. They can also get free Healthy Start vitamins.

The prepaid card can be used in most places that sell eligible healthy food and milk items and accept Mastercard®. The card is topped up every four weeks with their payments.

Once on the scheme, people will get:

- £4.25 each week of their pregnancy (from the 10th week of pregnancy)
- £8.50 each week for children from birth to one year old
- £4.25 each week for children between one and four years old

The payments will stop on the child's 4th birthday or if they no longer receive the qualifying benefits.

A photograph of a family in a kitchen. A man is holding a young child, and a woman is standing next to him, smiling. They are all looking at each other. The kitchen has white cabinets and a stainless steel range hood.

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

Apply online for NHS Healthy Start.

www.healthystart.nhs.uk

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