

Get free food and vitamin vouchers from the Healthy Start Programme

[Healthy Start](#) is a programme to help families with young children get **free food vouchers** to spend on milk, plain fresh and frozen fruit and vegetables and infant formula milk. You can also get **free vitamins** for under 4's (vit A, C and D) and vitamins if you are pregnant (folic acid and vit C & D). Because we're indoors a lot of the time at the moment, we might not be getting enough vitamin D from sunshine so a vitamin D supplement will help.

If you have children under 4 or are pregnant, **and** you or your family receive qualifying benefits you may be eligible - you can quickly find out [here](#).

Applying is easy, you can print off an [application form](#) from the Healthy Start website and post it to the Healthy Start office.

Once you are **registered**, food vouchers are posted to you every 4 weeks and vitamin coupons every 8 weeks.

To make things easier at the moment, vitamins are currently being posted to families – please ask your midwife or Children's Centre for more information, or text your health visitor on 07520 631721

