**Healthy Start Vouchers Scheme**

Pregnant women and families with children under four who receive certain benefits can get Healthy Start vouchers. Pregnant women and families with children aged over one and under four years old can get one £3.10 voucher per week.  For children under one year old, they can get two £3.10 vouchers (£6.20) per week. The vouchers can be used to buy milk, plain fresh or frozen fruit and vegetables and infant formula milk.

More information can be found on the Family Information website. Full details and for the application form visit [www.healthystart.nhs.uk](https://www.healthystart.nhs.uk/) or telephone [0345 607 6823](tel:03456076823). Applications are now easier to complete as a second signature from a health professional is no longer required.