

# Healthy Start

Free fruit, veg, milk, pulses and vitamins



## Are you pregnant, or do you have a child aged 3 and under?

Healthy Start supports pregnant women and families to eat well and get the vitamins they need for healthy development [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

### Who is Healthy Start for?

If you are pregnant and/or you have at least one child aged 3 and under, you can get free Healthy Start vitamins from children's centres and health centres.

If you are also receiving Income Support or certain other benefits, you could be entitled to a Healthy Start prepaid card of up to £8.50 per week too. You can use this to buy food for your family. All pregnant women under 18 are entitled to both free Healthy Start vitamins and a Healthy Start prepaid card. Check whether you are eligible online: [www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply)

### How can I apply?

Applications can be made online [www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply) or by calling **0300 330 7010**.

### What can I buy?

- Fresh, tinned or frozen fruit and vegetables
- Fresh, dried, and tinned pulses
- Plain cow's milk
- Infant formula (stage 1)



You can contact your local children’s centre if you need further support in applying for a Healthy Start prepaid card.

Please go to **camden.gov.uk/childrens-centre-services** to find your local centre or call Freephone **0800 731 0232** or **0800 389 5789**.

## Free Healthy Start Vitamins

Healthy Start vitamins are free in Camden if you pregnant, have at least one child aged 3 or under, or are trying to conceive. You do not need to receive income support or benefits.

Healthy Start vitamins include Vitamin D, which is essential for healthy bones, teeth, and immune system function.

Vitamins can be picked up from the following children’s centres or health centres:

- 1a Children’s Centre, EC1R 4SR Tel: **020 7974 7024**
- Agar Children’s Centre, NW1 9SU Tel: **020 7974 4789**
- Harmond Children’s Centre, NW1 8DQ Tel: **020 7974 8961**
- Kilburn Grange Children’s Centre, NW6 2JL Tel: **020 7974 5080**
- Regents Park Children’s Centre, NW1 3TJ Tel: **020 7974 8934**
- Belsize Priory Health Centre, NW6 4DN Tel: **020 3317 5800**
- Gospel Oak Health Centre, NW5 4QF Tel: **020 3317 3800**
- Hunter Street Health Centre, WC1N 1BN Tel: **020 3317 2345**
- Hampden Children’s Centre, NW1 1HQ Tel: **020 7974 2841**

Criteria	Vitamins (women’s vitamins and/or children’s vitamin drops)	Receiving income support	
		Healthy Start Prepaid Card (£4.25 per week)	Healthy Start Prepaid Card (£8.50 per week)
Pregnant women under 18*	✓	✓	
Pregnant women 18 and over	✓	✓	
Baby under 1 year	✓		✓
Child between 1 and 4 years	✓	✓	

\*Pregnant women under 18 are eligible for a Healthy Start prepaid card, whether or not they’re receiving income support or other benefits.