

# HEALTHY START

FREE milk, fruit,  
vegetables and  
vitamins for you and  
your family



HS01

Visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

# Do I qualify?

You qualify for Healthy Start if you are pregnant or have a child under four years old AND:

- ▶ you or your family get Income Support, or
- ▶ you or your family get income-based Jobseeker's Allowance, or
- ▶ you or your family get Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only\*) and have an annual family income of £16,040 or less (2009/10), or
- ▶ you or your family get income-related Employment and Support Allowance

OR:

- ▶ you're pregnant and under 18 years of age.

\* Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week.

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- If you are a member of the public and would like another copy of this application leaflet please contact the Healthy Start helpline (9am–5pm Monday to Friday) on 0845 607 6823

Textphone: 0845 601 7698 9am–5pm Monday to Friday

If you are a health professional and want to order more copies please contact:

DH Publications Orderline (8am–6pm)

Tel: 0300 123 1002 any time

Textphone: 0300 123 1003

E-mail: [dh@prolog.uk.com](mailto:dh@prolog.uk.com)

- This leaflet can also be made available on request to the orderline in Braille, on audio-cassette tape and in large print.

Visit: [healthystart.nhs.uk](http://healthystart.nhs.uk)



# What is Healthy Start?

The Healthy Start scheme provides everyone who qualifies with vouchers which can be used to buy milk, fresh fruit, fresh vegetables and infant formula. You can also get free vitamin supplements. The Healthy Start scheme replaces the Welfare Food Scheme which provided milk tokens.

Under Healthy Start:

- ▶ if you're pregnant, you get one voucher a week worth £3.10
- ▶ for each baby under the age of one, your family gets two vouchers a week worth a total of £6.20
- ▶ for each child aged over one and under four, your family gets one voucher a week worth £3.10.

## How Healthy Start works for Cheryl

Cheryl is 25. She's pregnant and she has a three-year-old boy called Lee. She's not working but is on Child Tax Credit. Cheryl gets one £3.10 voucher each week for Lee. Since getting pregnant she has applied for and receives another £3.10 voucher each week for herself.

This means she now gets £6.20 every week to spend on milk, fruit and vegetables – and will get an extra voucher each week when her new baby is born. She also gets free vitamin supplements for herself and Lee.



## What's in this leaflet?

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# It's easy to make a Healthy Start

It's easy to get your Healthy Start vouchers.

First, look under 'Do I qualify?' at the very start of this leaflet to see if you can get Healthy Start vouchers and vitamin supplements.

Then, if you qualify, read this leaflet carefully and then fill in Part A of the application form at the back. You must fill in all sections of Part A that are relevant to you and your answers must be honest.

**Remember – you'll need to ask your midwife or health visitor (or another nurse or doctor) to fill in and sign Part B of the form before you send it back to us.**

## When to apply

If you qualify, you can apply for Healthy Start for your children at any time. If you're pregnant, you can apply when you are ten weeks pregnant.

It's important to apply as soon as you qualify so that you don't miss out on any vouchers.

## VERY IMPORTANT

**We want to make sure that Healthy Start vouchers go to the people who need them most. It is against the law to give details that you know to be untrue when applying for Healthy Start or not to inform us of a change in your circumstances. If we find anything suspicious, we will inform the NHS Counter Fraud and Security Management Service, Northern Ireland Central Services Agency Counter Fraud Unit or the police. They will investigate and may prosecute.**

## Looking after yourself – and your family

Eating well is good for you and your growing family. Look after yourself while you're pregnant – you are more likely to feel better and to have a healthy baby. After the birth, you should continue to help your children eat well. A healthy start increases your children's chances of staying healthy as they grow up.

### How Healthy Start works for Susie

Susie has a two-month-old baby boy and is on Income Support as well as Child Tax Credit.

Each week, she gets vouchers worth £6.20 – so that means she'll get over £322.00 in vouchers by the time her baby is one year old. Susie is breastfeeding, so that's money she's free to spend on milk and fruit and vegetables for herself until she starts weaning her baby. And she gets free vitamin supplements too.



### What can I buy with Healthy Start vouchers?

You can spend your Healthy Start vouchers on:

- ▶ liquid cow's milk
- ▶ fresh fruit
- ▶ fresh vegetables
- ▶ infant formula milk

They can be used in any shop that has agreed to take part in the Healthy Start scheme.

Healthy Start shops can include:

- ▶ greengrocers
- ▶ milkmen
- ▶ market stalls
- ▶ chemists
- ▶ corner shops
- ▶ food co-operatives
- ▶ supermarkets
- ▶ box schemes

**Ask your midwife or health visitor where you can collect your free vitamin supplements**



# How to apply for Healthy Start

This section explains how to fill in the application form at the back of this booklet. Please read these pages carefully. We have included some frequently asked questions on pages 8 and 9 which may also be helpful.

If there is anything you don't understand or are unsure about, you can call us on **0845 607 6823** and we will help you.

Make sure you fill in every section of Part A that is relevant to you, and fill in every box. Then you need to ask your midwife, health visitor or other health professional to fill in and sign Part B.

**If your form is not complete or has not been signed by a health professional, we will have to send it back to you.**

Please write clearly and in black ink.

## Section 1

Use this section to tell us about the person who is applying. If you're pregnant, enter your own details here. If you are filling this form in on behalf of someone who is pregnant they need to be named as the applicant in Section 1 and they must sign Section 7 unless they are under 16 years of age.





## Section 2

Make sure that the address you give here matches the address you use to claim Income Support, income-based Jobseeker's Allowance, Child Tax Credit or income-related Employment and Support Allowance, if you get them.

If the address on your Child Tax Credit or benefit claim is out of date, contact the Tax Credits Helpline on 0845 300 3900 or your local benefit office as soon as possible and ask them to update their records. If the address you put on this form does not match, we will have to send the form back to you.

## Section 3

If you have a partner who lives with you, please tell us about them in this section.

## Section 4

If you are under 20 and live as the dependant of a parent or other carer, please tell us about them, and any partner they have who is over 18 years old and lives with them.

If you are aged 18 or 19 and you are in full-time education, it is important that you confirm in section 4c if your carer or carer's partner has named you as a dependant in their claim for any of the qualifying benefits or tax credits.



## Section 5

Please give the full names and dates of birth of every child under four years old that you are claiming vouchers for. If you are claiming for more than three children, please provide their details on a separate piece of paper and attach it firmly to your application form when you send it to us.

## Section 6

Tick the box to tell us whether the person whose details are in section 1 is pregnant or not.

## Section 7

The person whose details are in section 1 should sign and date the form here, unless they are under 16 years old. If they are under 16, the parent or carer named in section 4 should sign and date the form.

We will use the contact details you have given us on your form if we need to get in touch with you about the Healthy Start scheme or about your application for vouchers.

## Part B

This section is for your midwife or health visitor (or other nurse or doctor) to fill in.

**Part B must be completed and signed by a health professional before you send it to us or we will have to send it back to you.**



Your health professional will offer you advice about healthy eating, and breastfeeding (if you are pregnant or have just had a baby). They will also be able to tell you about local support services for pregnant women and families with young children.

**Don't forget to ask your midwife or health visitor how you can claim your free Healthy Start vitamins too.**

### Data protection

The information you give us will only be used by the UK Health Departments and their agents. This may include contacting other organisations to check that the information is correct and to stop false claims.

### Using Healthy Start vouchers

When using Healthy Start vouchers, you must follow these rules:

- ▶ Only spend your vouchers on cow's milk, fresh fruit and vegetables and infant formula milk. Shops won't allow you to use them for anything else.
- ▶ Don't sell your vouchers or give them to other people.
- ▶ Use up the whole voucher each time – you won't get any change when you use your vouchers.
- ▶ Spend them before the use-by date on the voucher.

Don't try to use your vouchers to buy vitamins. You can get your free vitamin supplements as well as vouchers – ask your midwife or health visitor where you can get them.

# Answers to some of your questions

## When do I get my vouchers?

Once your application form reaches us, we will check that we have all the information we need. If any information is missing, we will send the form back to you so that you can correct it. If you give us your telephone number, we may be able to call you to resolve any problems so that we can process your application more quickly.

If your form is filled in correctly and you qualify, we'll write back to you within two weeks. We will send you vouchers every four weeks. If you don't hear back from us within two weeks call the Healthy Start helpline on 0845 607 6823.

## Why do I need to put my National Insurance number on the form?

We need the National Insurance number of anyone named on the form who is aged 16 or over. We use these numbers to check that you qualify for Healthy Start vouchers. If you do not provide correct National Insurance numbers, we may not be able to give you Healthy Start vouchers.

If you are under 16, you may not have a National Insurance number yet. If so, leave the box for the number empty. Do not put anyone else's number into it. When you get your National Insurance number, you can write to us or telephone us to tell us what it is.

## How do I claim tax credits or benefits, or get my benefit claim updated if my details change?

To claim tax credits or update the details of your tax credit claim, or to notify a change of address, please call the Tax Credits Helpline on 0845 300 3900.

To claim Income Support, income-based Jobseeker's Allowance or income-related Employment and Support Allowance, or to update the details of your claim, contact your local Jobcentre Plus or benefit office. You can find their number in the phone book or at the top of any letter you have had from them.

### **Do I need to tell you about any benefits or tax credits that my family is getting, even though I am pregnant and under 18?**

If you are under 18 and are not applying for vouchers for children, you don't have to tell us about any benefits or tax credits you, your partner, your parent or carer are getting. But if you do not tell us about qualifying benefits your family is getting, we will stop sending you vouchers as soon as your baby is born.

### **Where do I send the form once it is filled in?**

When you have checked that the whole form is filled in, send it to us in the freepost envelope at the back of this leaflet.

If you have lost the freepost envelope, send it in an envelope to:

Healthy Start Issuing Unit  
FREEPOST RRTR-SYAE-JKCR  
PO Box 1067  
Warrington  
WA55 1EG

**Remember**, you don't need a stamp!

If you have read this leaflet carefully and you still have questions, you can call us on **0845 607 6823** and we will help you.



# Before you put your form in the post

Before you put your form in the post to us, have you:

- ▶ checked that you qualify for Healthy Start? See 'Do I qualify?' at the start of this leaflet or visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)
- ▶ read how to fill in the form on pages 4–7 of this leaflet?
- ▶ filled in sections 1 and 2 (your details)?
- ▶ filled in sections 3 and 4 if they apply to you (details of your partner or parent/carer and their partner)?
- ▶ checked that all the National Insurance numbers you have given on the form are correct?
- ▶ given the names and dates of birth of all children you are claiming for in section 5?
- ▶ told us if you are pregnant in section 6?
- ▶ signed and dated section 7?
- ▶ got a health professional to complete Part B, including your expected date of delivery if you are pregnant?

## How Healthy Start works for Angela

Angela is pregnant. She's 17 years old and lives at home with her parents, neither of whom claim any benefits.

Even so, she gets one Healthy Start voucher worth £3.10 every week – and she'll keep on getting them until her baby is born. Angela also picks up free Healthy Start vitamins from her baby clinic helping to make sure her and her baby get all the nutrients they need.

