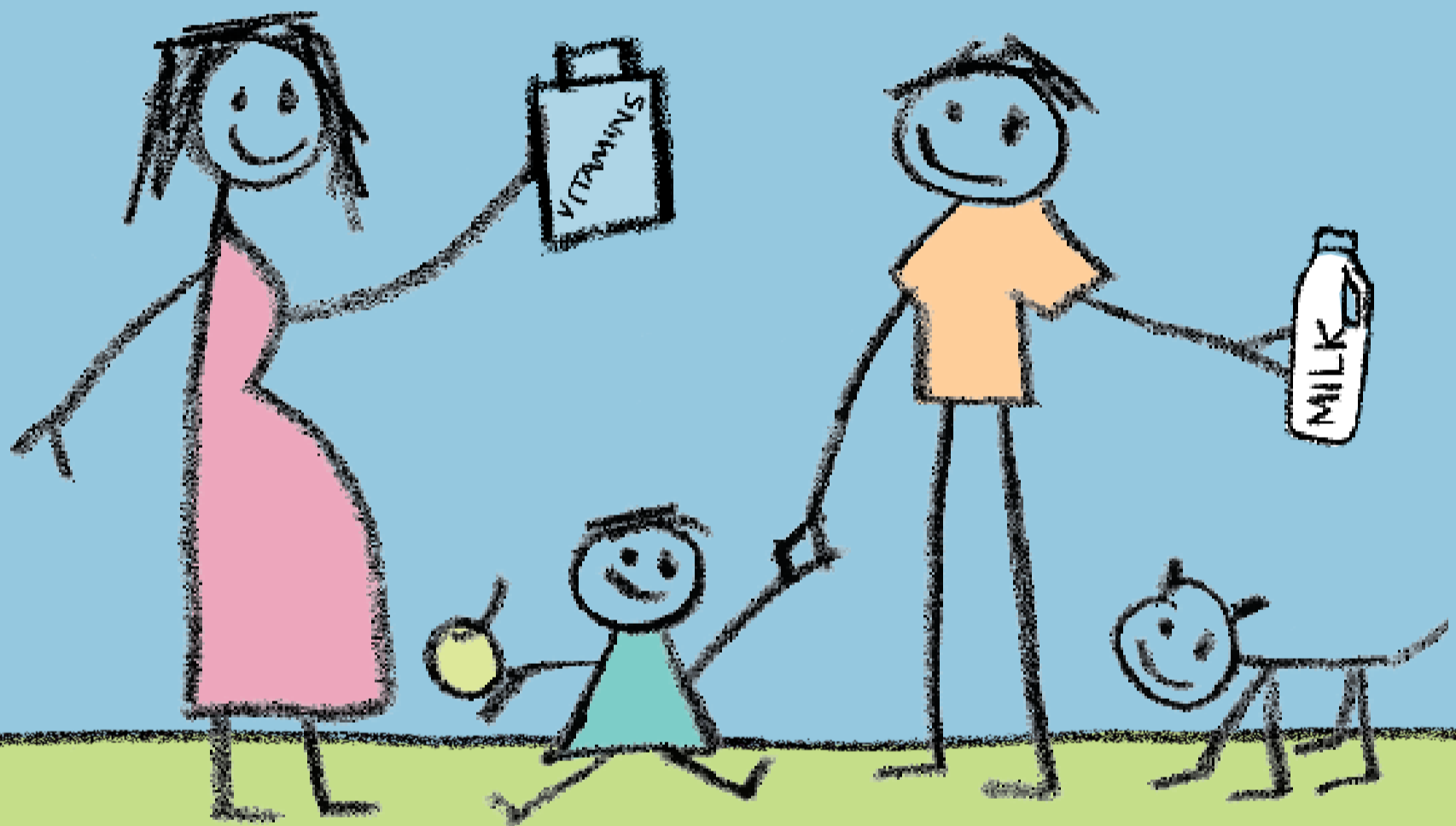


FREE milk, fruit, veg and vitamins for you and your family



Give your family a Healthy Start

If you're pregnant or have a child under four and are in a low income family receiving benefits or tax credits, or if you are pregnant and under 18, then you could be entitled to Healthy Start Vouchers.

To find out more, ask your local midwife or health visitor, or call the Healthy Start helpline on 0845 607 6823.

www.healthystart.nhs.uk

HEALTHY START