

NHS Healthy Start Scheme Hertfordshire

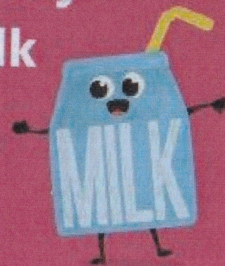


**If you are pregnant or
have children under 4,
you could get help to buy
healthy food and milk**

NHS



Apply online at
www.healthystart.nhs.uk



- A national scheme to help young families and those who are pregnant, to access healthy food, milk and vitamins
- Around £1 million unused in Hertfordshire
- A simple online registration for those who are eligible, and they can receive:
 - £4.25 each week of pregnancy from the 10th week
 - £8.50 each week for children from birth to 1 year old
 - £4.25 each week for children between 1 and 4 years old



Go online or email
dee.debruin1@hertfordshire.gov.uk
for more information