

Are you pregnant or have a child under 4 years old?

Get help to buy healthy food and milk

Who is it for Benefits



If you're more than 10 weeks pregnant or have a child under 4



£4.25
per week
Pregnant
(over 10 weeks)



£8.50
per week
Child aged birth-1 year



£4.25
per week
Child aged 1-4 years

How to apply



Online:

Visit the NHS Healthy Start website and fill out the online application form.

By Email or Phone:

If you're more than 10 weeks pregnant or have a child under 4, you can apply by email or phone.

Required information

- ✓ Name
- ✓ Address
- ✓ Date of Birth
- ✓ National Insurance Number
- ✓ Baby's Due Date (if pregnant)
- ✓ Benefit Award Letter (if over 18)
- ✓ Mothers National insurance

Sample card:



How to apply

0300 330 7010

(Monday to Friday, 8am to 6pm)

E: healthy.start@nhsbsa.nhs.uk

[healthystart.nhs.uk/
how-to-apply](https://healthystart.nhs.uk/how-to-apply)

