

Healthy Start

This is a scheme to support mothers of young children and/or pregnant women with the costs of healthy food and vitamins for their children. Healthy Start helps cover the costs of foods like milk and fruit, and provides free vitamins.

Eligibility

- To claim Healthy Start, you must already be claiming Universal Credit.
- You must be over 10 weeks pregnant and/or have a parental responsibility for at least one child under the age of 4.
- Your family's monthly income from employment must be £408 or less

How does it work?

If your claim is approved, you will be sent a Healthy Start card with money on it that you can use in UK shops to buy milk, infant formula milk and fruit and vegetables (fresh, frozen or tinned). You cannot use the card to buy any other products. It cannot be used for online shopping and you cannot withdraw money from it on an ATM.

You can also use the card to collect free Healthy Start vitamins. These can either be vitamins to support women during pregnancy and breastfeeding or vitamins for babies and young children (up to 4 years old).

How to apply

Go to the [NHS Healthy Start website](#)¹.

You will need to provide your name, address and date of birth and the date of birth of your child(ren), or the due date if you are pregnant. You will also need to know your National Insurance number, and you will need to have access to your benefit award letter (confirming that you are receiving Universal Credit).

What you will receive

- If you are over 10 weeks pregnant, you will receive £4.25 per week until your child is born.
- If you have a child under the age of 1, you will receive £8.50 per week.
- If you have a child between the ages of 1 and 4, you will receive £4.25 per week.
- You will receive additional benefits if you have multiple eligible children. For instance, if you have a child aged 2 and a child aged 3, you will receive £8.50 per week.
- These payments will end once your child turns 4, or if you no longer receive benefits.

If you are claiming Universal Credit, you must make sure that each child is named correctly on your Universal Credit claim in order to qualify for Healthy Start support for your children.

Our helpline is ready to assist you. For further information, feel free to reach out to us on WhatsApp at +447360861633 or via email at Afghanistan@uspuk.org

¹ [Get help to buy food and milk \(Healthy Start\) - NHSBSA](#)

*Information last undated on 15.11.2023

*The content in this pack is for informational purposes only. It is not professional advice. Seek guidance from relevant experts or authorities for specific concerns or decisions.

