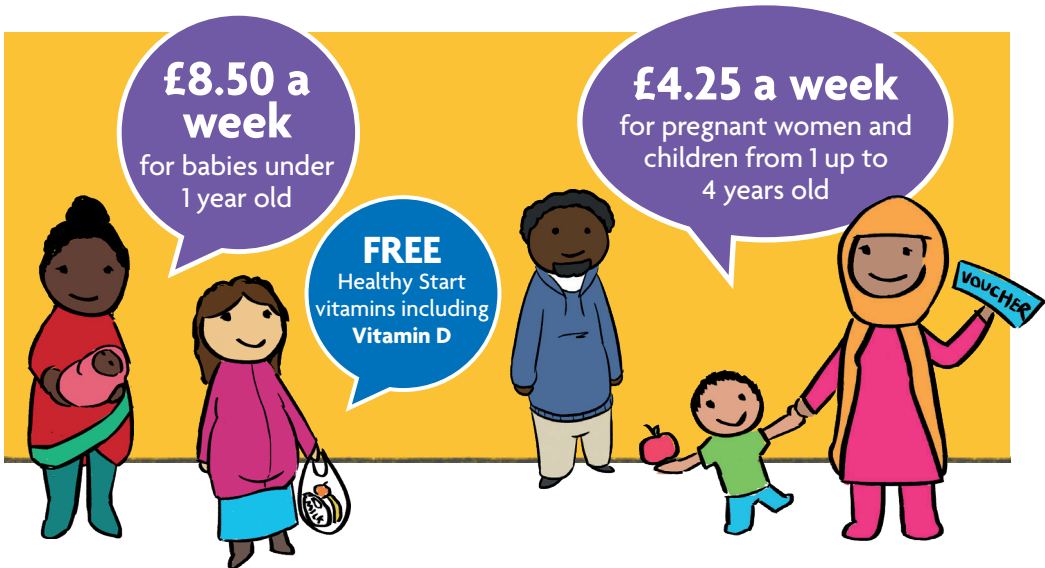


# WE ARE HEALTHY. FREE FOOD AND MILK WITH HEALTHY START.



## PREGNANT? CHILDREN UNDER 4?

You may be able to get help to buy healthy food and milk.  
**2,400** eligible families in Newham are missing out.

**Pick up a form** from your local Children's Centre, library, midwife, health visitor or visit

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

**Applying is easy and DOES NOT affect your other financial benefits.**

**FREE Healthy Start vitamins with Vitamin D** for all children under 4 years, pregnant women and new mums.

**Collect from a number of distribution outlets in Newham. Scan the QR code overleaf to find your nearest location.**



**WE ARE NEWHAM.**

People at the Heart of Everything We Do

# WE ARE HEALTHY.

## FREE VEGETABLES, FRUIT, MILK AND PULSES EACH WEEK.

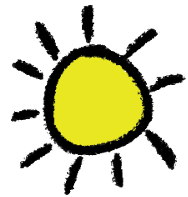
### Who is eligible?

- Pregnant women (from 10th week of pregnancy) and families with a child under 4 years if you get any of the qualifying benefits such as Child Tax Credit, Income Support, Pension Credit, Universal Credit etc.
- Anyone under 18 and pregnant can get Healthy Start even if they are not on any benefits.



### Healthy Start vitamins

- The first 1,000 days of life (from conception to child's second birthday) is a unique period of opportunity when the foundations of optimum health, growth, and brain development are established.
- Healthy Start vitamin drops contain vitamins A, C & D to help babies and children to grow up healthy and strong with healthy bones, teeth, vision and immune function.
- Vitamin tablets contain Folic Acid, Vitamin C & D to help reduce the risk of neural birth defect and help mother to maintain her own health and supports her unborn baby to develop properly.



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Ask your local Children's Centre, library, midwife, health visitor or visit  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)