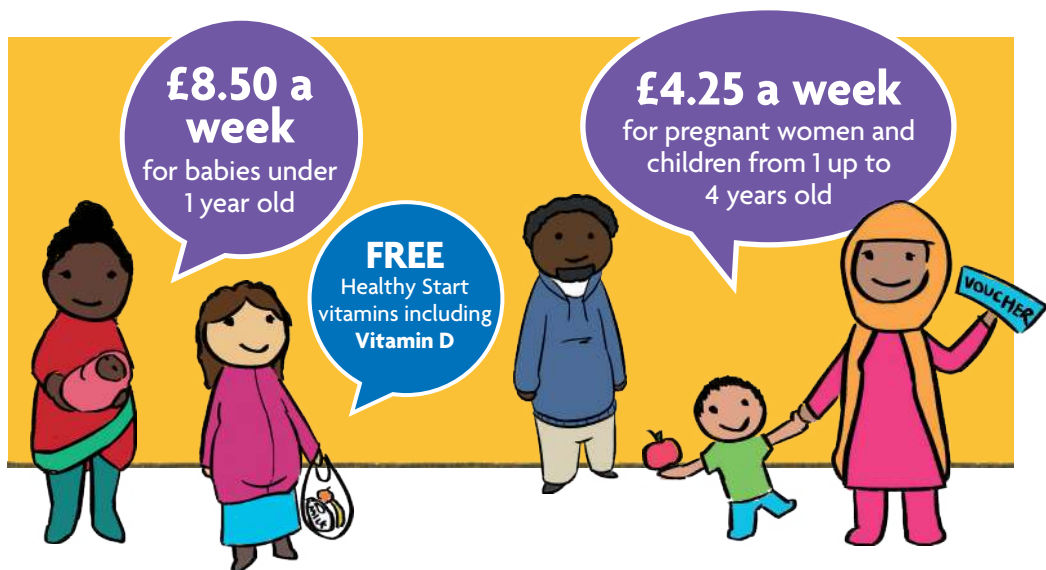


WE ARE HEALTHY. FREE FOOD AND MILK WITH HEALTHY START.



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

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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