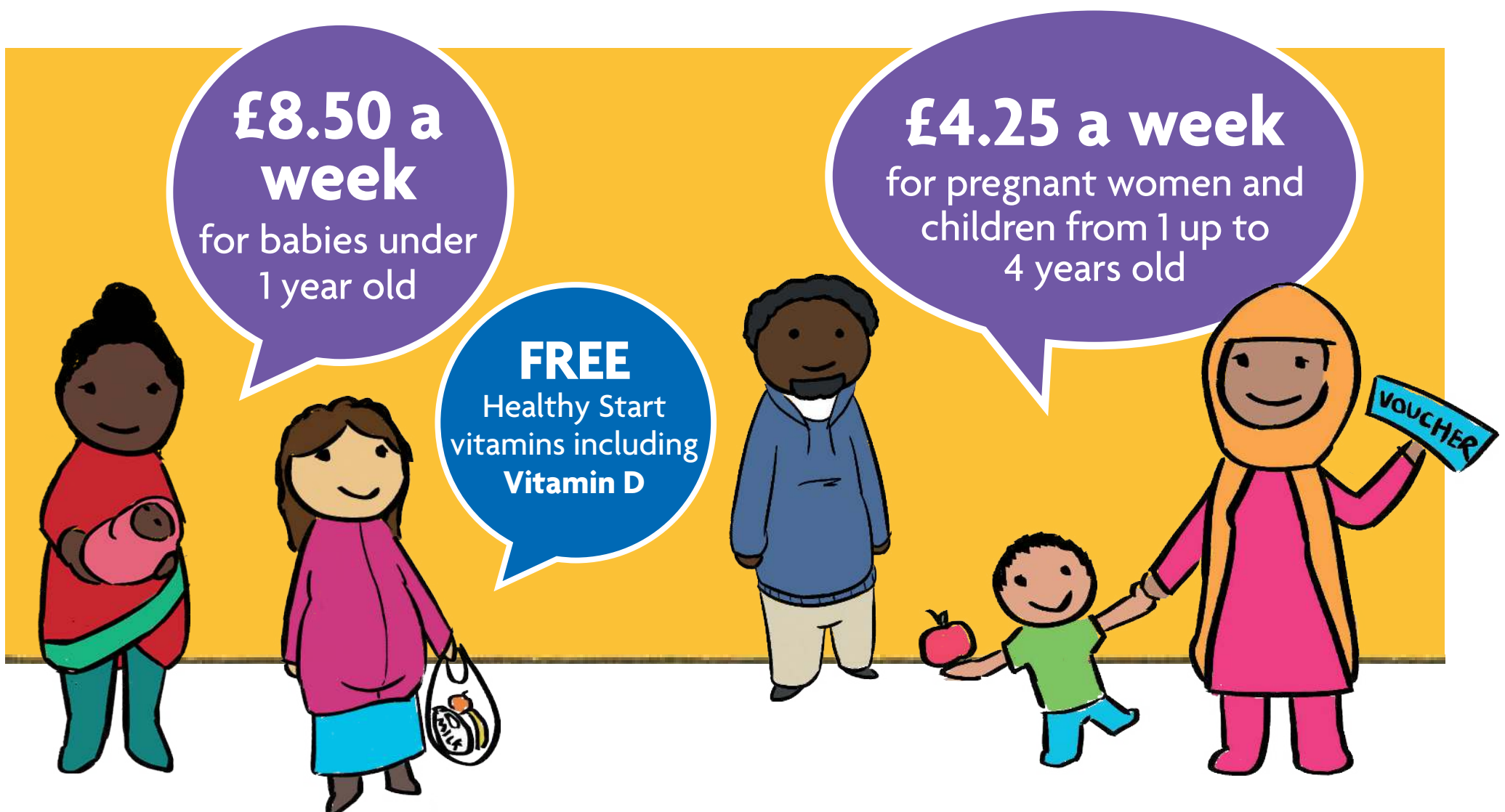


WE ARE HEALTHY. FREE FOOD AND MILK WITH HEALTHY START.



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 DOES NOT affect benefits you might be receiving.

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



Vitamins help young children grow up healthy and strong and help mum to maintain her health during pregnancy and support healthy growth of her unborn baby.



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

WE ARE NEWHAM.

People at the Heart of Everything We Do