

Free Food Support in Medway



For Families with children under 5

Breastfeeding support

<https://www.wearebesideyou.co.uk/> www.facebook.com/besideyoukentmedway/

Healthy Start Voucher Scheme

Healthy Start is an important scheme to improve the health of low-income pregnant women and children under the age of 4 years. It offers £3.10 per week to spend on fruits, vegetables, milk (including first stage formula) and or juice), beans and pulses. Children under 1 get 2x £3.10 vouchers (so £6.20 to spend) per week. This is through a voucher scheme which can be used in most retailers that sell food. Families qualify for Healthy Start they are at least 10 weeks pregnant or have a child under four years old and get:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit with a family income of £16,190 or less per year
- Pension Credit; or Universal Credit with no earned income or total earned income of £408 or less per month for the family.
- If under 18 and pregnant, they are eligible even if they don't get any of the above benefits

Previously application had to be signed off by a health professional such as a health visitor or midwife, this is no longer the case.

You can complete and send off a paper form or can apply online <https://www.healthystart.nhs.uk/>

Guidance and support in applying for Healthy Start can be found through the helpline 0345 607 6823.

Some supermarkets are currently offering extra value to the Healthy Start Vouchers

- **Iceland** Offering a free bag of frozen vegetables worth £1 when using healthy start vouchers instore.
- **Tesco** Offering £1 extra to spend on all weekly healthy start vouchers used over the winter instore.
- **Central England Co-op** Offering £1 extra to spend on all weekly healthy start vouchers until the increase by the government in April.
- **Lidl** Offering £1 extra to spend on all weekly healthy start vouchers used instore.