



# We can help your family stay healthy

Apply for your prepaid Healthy Start card now at:  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Are you receiving **benefits**?  
Do you have **children under 4**?  
Or are you **pregnant**?

Healthy Start is a NHS benefit  
worth up to £1200 to help you buy  
**fruit, veg and milk** for you and your young family.

Use this QR code to head straight to  
[healthystart.nhs.uk](http://healthystart.nhs.uk) and see if you  
qualify

