



What is Healthy Start?

With Healthy Start, you get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.

Pregnant or have children under the age of four? You could qualify if you're on benefits, or if you're pregnant and under 18.

- [Do I qualify?](#)
- [What Can I buy with the vouchers?](#)
- [Vitamins](#)
- [Your questions answered](#)

