

# Give your child a HEALTHY START



**Get FREE vouchers**  
for milk, fruit, veg and vitamins to  
help them grow up strong and healthy  
and cut the cost of your shopping bill!

If you are pregnant or have a child under the age of four AND you're receiving certain benefits you could get Healthy Start vouchers worth £3.10 a week or more for you and your child.



**ALL pregnant women living in Royal Greenwich now receive Healthy Start vitamins from their midwife.**

For more information or to obtain an application form contact your local Childrens Centre, midwife or health visitor or visit:

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

