

Free HEALTHY START vitamins

Vitamins are now available FREE in Gloucestershire as part of the Healthy Start voucher scheme, helping to give children the best start in life.

About Healthy Start Vouchers

If someone is pregnant or has a child under 4 and they are getting benefits, they may be able to get Healthy Start vouchers to help buy some basic foods and vitamins. They will also qualify if they are under 18 and pregnant, even if they don't get any benefits.

Pregnant women and children over 1 and under 4 can get one £3.10 voucher per week. Children under 1 can get two £3.10 vouchers (£6.20) per week.

The Healthy Start scheme provides vouchers to spend with local retailers and also gives people access to free vitamins distributed via the Children and Families Hub from Shire Hall.



New! Healthy Start Vitamins

Healthy Start Vitamins are recommended for pregnant women and children from birth and who are having less than 500ml (one pint) of infant formula a day.

- Healthy Start women's vitamin tablets contain Folic Acid, Vitamin C and Vitamin D
- Healthy Start children's vitamin drops contain Vitamin A, Vitamin C and Vitamin D

Healthy Start Vitamins are suitable for vegetarian and halal diets, and free from milk, egg, gluten, soya and peanut residues

Healthy Start Food Vouchers

Healthy Start Food Vouchers can be used to buy

- Plain fresh, tinned or frozen fruit and vegetables
- Fresh, dried, and tinned pulses
- Milk
- Infant formula milk

Food vouchers can be spent in around 270 stores in Gloucestershire including:

- Corner shops
- Food co-ops
- Greengrocers
- Market stalls
- Milk floats or vans
- Pharmacies
- Supermarkets



How to claim Healthy Start vouchers

A easy initial application form needs to be completed then vouchers will be sent to eligible families. Visit www.gloucestershire.gov.uk/healthystart for more information and to apply

How to use your Vitamin Vouchers to get vitamins

1

Email healthystart@gloucestershire.gov.uk with the following information

- **A photo of the voucher(s)**
- **Which vitamins you want?**
the children vitamin drops or vitamin tablets for pregnant women
- **Your postal address to receive the vitamins**



2

Your vitamins will then be posted to you.

Please discard the vitamin voucher.

3

The issuing unit will continue to post your vitamin vouchers every 8 weeks, repeat step 1 to exchange the vouchers into vitamins.

4

If you are pregnant, ensure you tell the Healthy Start helpline once your child is born, so your child can also receive vitamin drops 0345 607 6823

