



## Bishop Wood C of E Junior School

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## Email Communication

Dear Parents / Carers

### Healthy Start Program

We have been asked to share the following information with you all.

#### **Are you pregnant or do you have a child under four? Did you know you could be missing out on free fruit and vegetables or milk worth at least £200 a year?**

If you are at least 10 weeks pregnant or have a child under four years old, and in receipt of certain benefits, you could be entitled to Healthy Start Vouchers worth £3.10 per child per week (£4.25 per week from April 2021), to spend on milk, plain fresh and frozen fruit and vegetables, and instant formula milk. You can also use them to buy certain pulses and canned fruit and vegetables.

If you are entitled to Healthy Start Vouchers you will also get free vitamins designed to help pregnant and breastfeeding women and growing children.

Pregnant women and every child over one and under four years old can get one voucher every week. Children under one year old can get £6.20 per week.

Some supermarkets are also reducing the cost of shopping by an extra £1 to those redeeming the Healthy Start Vouchers.

Check your eligibility on [Healthy Start](#) You can also use the benefit-checker on the County Council's website, and access free information about benefits that you might be missing-out on – [Benefit check](#)

Kind Regards

Sarah Lloyd

