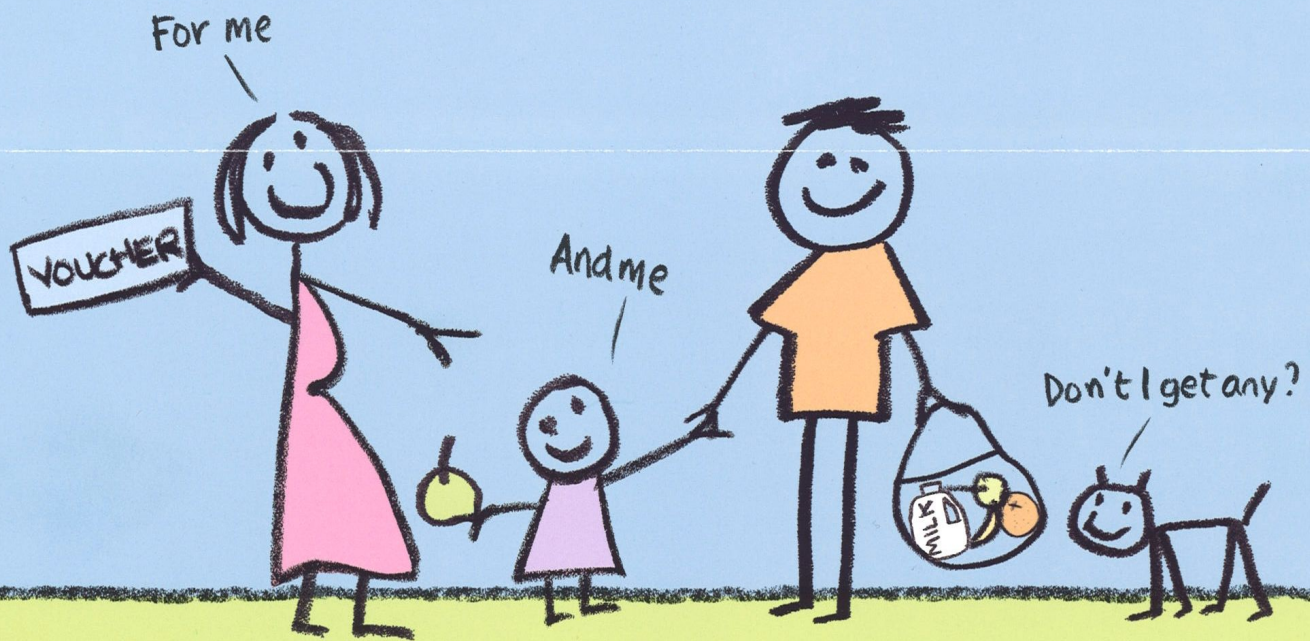


Free milk, fruit, veg and vitamins



Give your family a Healthy Start

If you're pregnant or have a child under four and you're claiming some benefits or tax credits, you could get vouchers to spend on fruit, veg, milk – and a coupon for vitamins – absolutely free!

Go to www.healthystart.nhs.uk

Or call **0845 607 6823**

HEALTHY START