

Healthy Start Scheme (HSV)

If you're under 18, or on benefits, you may be entitled to free [Healthy Start](#) vitamin drops and food vouchers to use in local shops towards fruit, vegetables, milk and formula milk. Healthy Start vitamins contain the appropriate amount of recommended vitamins A, C and D for children aged from six months to four years, and folic acid, vitamins C and D for pregnant and breastfeeding women. They are suitable for vegetarians and free from wheat, fish, egg, salt. They have no colours, flavours or preservatives and no gluten containing ingredients.

**Each Healthy Start Voucher entitles the user to £4.25 of free food per week.
Babies receive £8.50 per week up to their 1st birthday**
(Once registered the voucher will arrive by post every 4 weeks)

Healthy Start vitamins for women contain:

- Folic acid, which reduces the chance of your baby having a birth defect called spina bifida
- Vitamin C, which helps your body tissues to stay healthy
- Vitamin D, which helps your body to absorb the mineral calcium, needed for healthy bones

Healthy Start children's vitamin drops contain:

- Vitamin A: for growth, vision in dim light and healthy skin
- Vitamin C: helps maintain healthy tissue in the body
- Vitamin D: for strong bones and teeth. In children a lack of vitamin D can lead to rickets

For further information ask your Midwife, Health Visitor or Children Centre. You can request an application form from the Healthy Start website [How to apply](#) or Telephone 0345 607 6823.
(you no longer need a health professional to complete part B or sign the application form)

You can find places local to you where you can get the Healthy Start vouchers and coupons using this [post code search](#)

Any queries please contact Kathy Lee, Senior Public Health Officer kathy.lee@birmingham.gov.uk