

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