



Healthy Start is a national programme that provides financial support to eligible young families and pregnant women for fruit, veg, and milk, as well as providing free vitamins.

<https://www.devonfoodpartnership.org.uk/home/healthy-start-scheme/>

The scheme has recently gone digital, which means you will receive a pre-paid chip and PIN Mastercard with money pre-loaded every 4 weeks instead of paper vouchers. The amount you will receive will depend on your circumstances but will be a minimum of £4.25 a week.

**You will qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4.**

**In addition, you must be receiving any of the following:**

- Child Tax Credit (if your family's annual income is £16,190 or less).
- Income Support.
- Income-based Jobseeker's Allowance.
- Pension Credit (which includes the child addition).
- Universal Credit (if your family's take-home pay is £408 or less per month from employment).

**You will also be eligible for Healthy Start if:**

- you're under 18 and pregnant, even if you are not claiming any benefits.
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant.
- you, your partner or your carer get Working Tax Credit run-on, if you are working 16 hours or less per week.

**You can apply online at <https://www.healthystart.nhs.uk/how-to-apply/> or by calling 0300 330 7010.**

The Healthy Start card can now be used at over 30,000 shops and retailers in the UK. You can use Healthy Start to buy fresh, tinned, or frozen plain fruit and veg, dried, canned, or frozen pulses, plain cows' milk, and first infant formula.

Devon County Council is working with a number of local producers in the county who are supportive of the Healthy Start scheme by providing low-cost, high quality, local seasonal produce for Healthy Start recipients. During February and March, you may be able to receive **3 FREE** Healthy Start boxes from your local supplier when you order a box through them. Details of suppliers participating are listed below, please contact them directly for more details. Residents receiving the free boxes will also receive a FREE Healthy Start information booklet including tasty recipes!

## Local producers:



### Knights Farm Shop

[www.knightsfarmshop.co.uk](http://www.knightsfarmshop.co.uk)

To order a box please contact [info@knightsfarmshop.co.uk](mailto:info@knightsfarmshop.co.uk).

**Areas covered:** Ottery St. Mary and surrounding areas

**Collection point:** Knights Farm Shop, EX11 1RJ



### In My Back Yard CIC

[www.inmybackyard.co](http://www.inmybackyard.co)

To order a box please call 01297 680680 or

email [feedme@inmybackyard.co](mailto:feedme@inmybackyard.co)

**Areas covered:** East Devon

**Collection point:** Friday afternoons

- Natural Worx, Seaton
- IMBY Hub, Branscombe
- Filfull, Sidmouth
- Ottery St Mary, EX11 1BZ
- Honiton, EX14 1AB



### Project Food

[www.project-food.org.uk](http://www.project-food.org.uk)

To order a box please call 01297 631782 or email [info@project-food.org.uk](mailto:info@project-food.org.uk).

**Areas covered:** Axminster and surrounding areas

**Collection point:** Project Food, EX13 5DU



### Shillingford Organics

<https://lovefoodcic.co.uk/what-we-do/healthy-start/>

To order please contact: [lovefoodcic@gmail.com](mailto:lovefoodcic@gmail.com) or 01392 832729

**Areas covered:** Exeter and Cranbrook

**Collection point:** St. Thomas Library, Exeter. Tuesday 12-5pm