



Healthy Start and Best Start Foods

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What it is

Healthy Start is a prepaid card for fruit, vegetables, milk and vitamins in England, Wales and Northern Ireland. You need to be pregnant, or have a child under 4, and get a qualifying benefit.

It is not cash paid into your bank.

Scotland

Scotland uses Best Start Foods instead. The same idea: pregnancy or a young child, plus a qualifying benefit. Do not apply for Healthy Start on a Scottish address.

It is not the maternity grant

The Sure Start Maternity Grant is a separate £500 payment. Healthy Start is the card for food. Best Start Grant in Scotland is the grant, and Best Start Foods is the card.

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The check is free. A written pack is £29. Nothing in this PDF is sent to a department.