

GIVE YOUR FAMILY A HEALTHY START

DID YOU KNOW?

Fruits & vegetables



Milk

Stage 1 infant formula milk

Plus free vitamins

IF YOU ARE PREGNANT OR HAVE CHILDREN UNDER 4, YOU MAY BE ABLE TO GET **FREE** MILK, FRUIT OR VEGETABLES FOR YOUR FAMILY EVERY 4 WEEKS

You will be eligible for the Healthy Start scheme if you are a York resident and:

-  You're at least 10 weeks pregnant and receive income support
-  You have at least one child under 4 and receive income support

YOU COULD RECEIVE UP TO £1228 IN TOTAL*

* based on 1 adult and one child up to the age of 4

For help or advice:

Call **01904 555475**

Email **HCS-secure@york.gov.uk** or visit

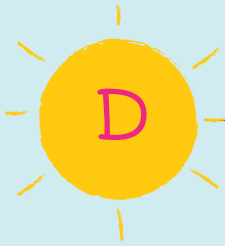
www.healthystart.nhs.uk/how-to-apply/



CITY OF
YORK
COUNCIL

GIVE YOUR FAMILY A HEALTHY START

DID YOU KNOW?



IF YOU'RE PREGNANT OR HAVE A CHILD UNDER 4, YOU MAY BE ELIGIBLE FOR **FREE** HEALTHY START VITAMINS

SIGN UP to the Healthy Start scheme and you can collect a monthly supply of vitamins for you and your family from participating local pharmacies across York:

1. **The Priory Pharmacy**, Cornlands Road, York, YO24 3WX
2. **Citywide Health - Tower Court Pharmacy**, Unit 1, Tower Court, Clifton Moorgate, York, YO30 4WL
3. **Monkbar Pharmacy**, 3 Goodramgate, York, YO1 7LJ
4. **Citywide Health - Water End Pharmacy**, 8 Boroughbridge Road, Acomb, York, YO26 5RU
5. **Citywide Health - Fulford Pharmacy**, 101 Main Street, Fulford, York, YO10 4PN
6. **Day Lewis Pharmacy**, 67 Front Street, Acomb, York, YO24 3BR
7. **Citywide Health - Huntington Pharmacy**, 1-3 North Lane, Huntington, York, YO32 9RU
8. **Citywide Health - Haxby Pharmacy**, Haxby & Wigginton Health Centre, The Village, Wigginton, York, YO32 2LL

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