



## Best Start Foods

Low-income families are eligible for Healthy Start Vouchers in England, Wales and Northern Ireland and Best Start Foods in Scotland.

The value of Best Start Foods (Scotland) £18 every 4 weeks during pregnancy, £36 every 4 weeks from birth up until the child is one year old and £18 every 4 weeks between ages 1 and 3. The money is delivered on a prepaid card which can be used to buy healthy foods for children under 3, in store and online.

Check what you need for the application [here](#) and apply online [here](#). The form needs to be completed at once. Apply over the phone by calling 0800 182 2222. You can also request prepaid envelopes for paper applications, any assistance, assistance in other languages, on this number.

You may be eligible for Best Start Foods for your child even if you cannot get certain benefits due to your immigration status (NRPF). You need to meet all of the following conditions:

- you're responsible for at least one child under 3 who's a British citizen (not including pregnancies)
- your family income is £660 or less a month after tax
- you're not able to claim public funds due to your immigration status (NRPF)

When applying, you need to tell Social Security Scotland that you're applying under these conditions.