



Healthy Start

**Are you pregnant or have young children?
Are you getting benefits, tax credits or Universal Credit?**

**Did you know 4 in 10 local families are missing out
on vouchers worth up to £900 per child?**

**Do you know about Healthy Start food vouchers
and free vitamins?**

**No, I don't
know about
Healthy Start**

**Yes, but
I'm not
getting the
vouchers**

**Yes, I'm
getting the
vouchers**

We want to talk to you ALL!

**Help us to improve things. We are looking for mums
& mums to be, to share your thoughts and
experiences of Healthy Start in a
20 minute chat (face to face or by phone)**

You will receive a £10 Love2shop gift voucher for your time

(donated by the charity Food Power/Sustain)

**To sign up or for more information email:
healthylifestyles@southglos.gov.uk or**

Telephone: 01454 864005 (ask for Deborah or Nicola)