

What are Healthy Start vitamins?

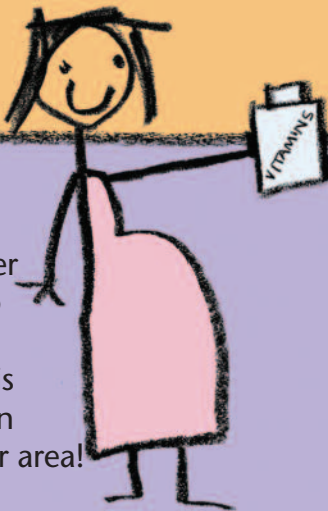
If you and your family receive Healthy Start vouchers you can also get FREE vitamins!

Pregnant women and women with babies under one year can pick up Healthy Start women's vitamins – with vitamins C and D and folic acid. These vitamins have just what you need, so you don't need to take any other vitamin supplements.

And for children under four years old you can get Healthy Start vitamin drops which contain vitamins A, C and D – perfect for growing kids!



There is a green coupon on every second voucher letter which you can swap for your vitamins – take a look inside this leaflet where you can pick them up in your area!



Want to apply for Healthy Start?

Healthy Start supports eligible families by providing them with vouchers to spend on milk, fruit and vegetables, as well as coupons for free vitamins.

You could qualify if you're on benefits, or if you're pregnant and under 18. If you'd like to apply for Healthy Start you can download an application leaflet at www.healthystart.nhs.uk or call 0845 607 6823 to get one sent to you.

Call us anytime from 9am–5pm Monday to Friday. We'd love to tell you about how we can help you.

If you or someone you know would like this leaflet in other languages or formats such as large print, please contact: Department of Nutrition and Dietetics, NHS Forth Valley Tel: 01324 673710 or 01786 434046



HEALTHY
START

FREE Healthy Start vitamins in your area



HEALTHY
START

Where to pick up FREE Healthy Start vitamins in your area

Falkirk area

Available from the Health Board reception area Monday - Friday from 9am - 4pm (closed lunchtime):

Bo'ness Health Centre

Bonnybridge Health Centre

Camelon Health Clinic

Denny Health Centre

Grangemouth Health Centre

Meadowbank Health Centre

Stenhousemuir Health Centre

Slamannan Clinic

Available on the 2nd & 4th Tuesday of the month or speak to your Health Visitor.

Stirlingshire

Available from the Health Board reception area Monday - Friday from 9am - 4pm (closed lunchtime):

Orchard House Health Centre, Stirling

St Ninians Health Centre

OR,

for all other areas

Speak to your Health Visitor who will help you get your Healthy Start vitamins

Clackmannanshire

Available from the Health Board reception area Monday - Friday from 9am - 4pm

Clackmannanshire Community Healthcare Centre, Sauchie

OR,

Speak to your Health Visitor who will help you get your Healthy Start vitamins

