

# VITAMIN D

## A HEALTHY START

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Vitamin D is important for healthy, strong bones and teeth

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A lack of vitamin D can increase our risk of a Vitamin D deficiency

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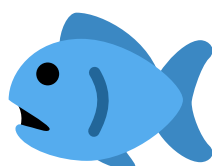
Vitamin D deficiency can cause bones to become soft and weak, which can lead to bone deformities, such as rickets

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In the UK, we get most of our Vitamin D from sunlight exposure from around late March/early April to the end of September



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Only a few foods naturally contain Vitamin D, so we only get a small amounts from our diet

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All infants should be given a daily Vitamin D supplement of 8.5-10 mcg from birth until one year old, unless they have more than 500ml of formula milk a day (this has Vitamin D added to it)

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Children aged one to four years should be given a daily Vitamin D supplement of 10 mcg



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Adults, including pregnant and breastfeeding women, and children over four, should consider taking a daily Vitamin D supplement of 10mcg, particularly through the winter months



# What is Healthy Start?

Healthy Start is a UK wide scheme to improve the diets of pregnant women and children under 4 years



## Who is it for?

Women who are at least 10 weeks pregnant or have at least one child that's under 4 years old and receive any of the following:

- **Child Tax Credit (with a family income of £16,190 or less per year)**
- **Income Support**
- **Income-based Jobseeker's Allowance**
- **Pension Credit (which includes the child addition)**
- **Universal Credit (with a family take home pay of £408 or less per month)**

You will also be eligible for Healthy Start if:

- **you're under 18 and pregnant, even if you are not claiming any benefits**
- **you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant**
- **you, your partner or your carer get Working Tax Cred run-on only after you have reported you're working 16 hours or less per week**

## What do families receive if they qualify?

Families will get money added to their card to spend on:

- **plain cow's milk,**
- **fresh, frozen or tinned fruit & vegetables**
- **fresh, dried or tinned pulses**
- **cow's milk-based infant formula milk (stage one only)**

Families will receive:

- **Pregnant Women** - £4.25 each week
- **Infants 0-12 months** - £8.50 each week for children from birth to 1
- **Children 1-4 years** - £4.25 each week for children between 1 and 4

Families can also use their card to get free Healthy Start vitamin products

These include vitamins for:

- **Pregnant Women and new mums**  
(contain folic acid, Vitamins D and C)
- **Infants 0-12 months and children 1-4 years**  
(contain vitamins A, C, and D)



**Visit the Healthy Start website or speak to your GP, Health Visitor, Nutritionist, Dietitian or pharmacist for more details**