



Social Security  
Scotland

Tèarainteachd Shòisealta Alba

# Get extra help to balance your budget

If you get Universal Credit or other  
qualifying benefits, you could be  
entitled to five family payments  
including Best Start foods.



If you are pregnant or have a child under 3 you may be eligible for  
a Best Start Foods card to help with the cost of healthy foods.

 **0800 182 2222**  
[mygov.scot/beststartfoods](https://mygov.scot/beststartfoods)



Scan the QR code  
to find out more  
and apply.