

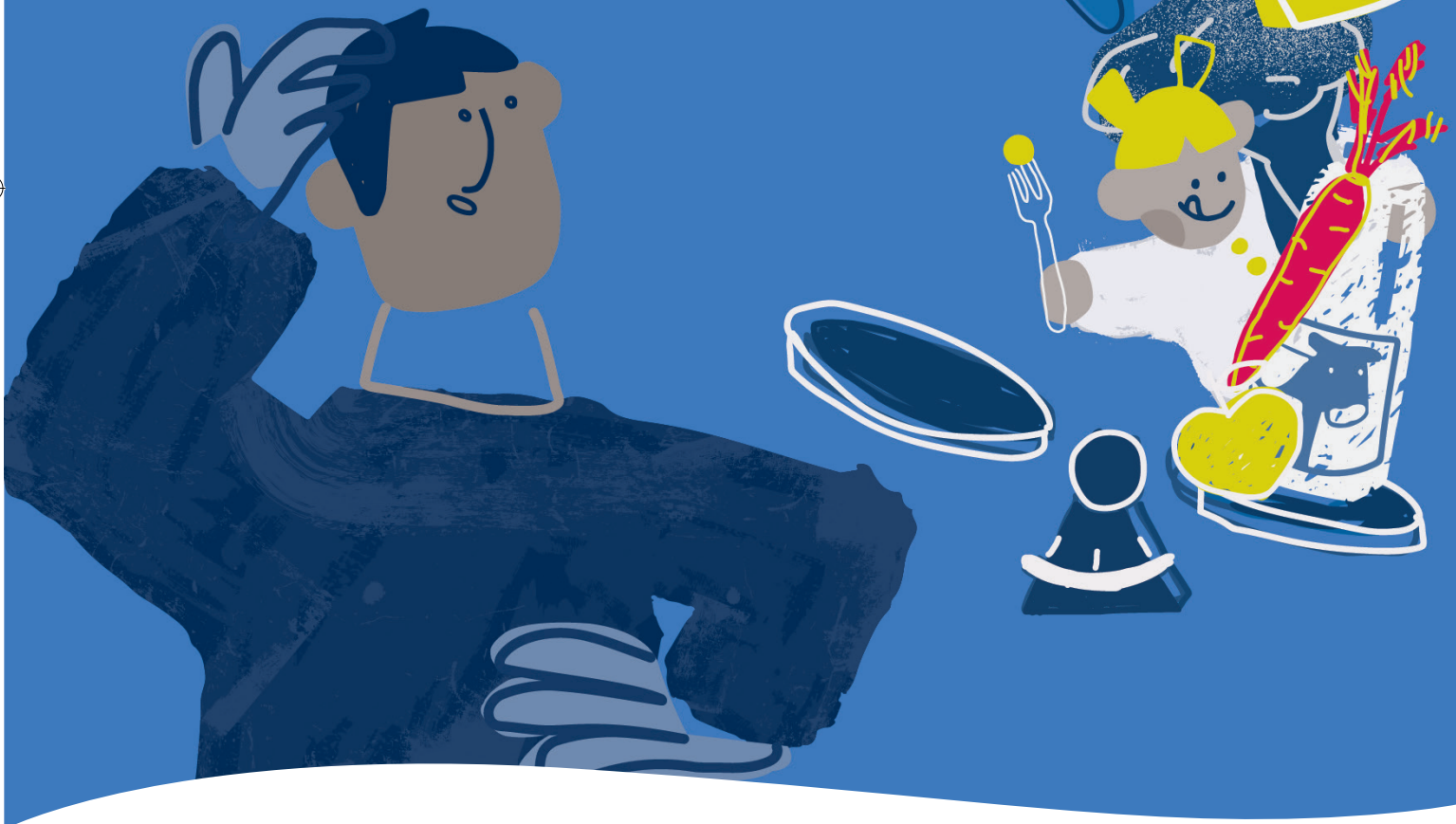


Social Security
Scotland

Tèarainteachd Shòisealta Alba

Get extra help to balance your budget

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



5 family payments foods A4 poster/March 2024

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



Scan the QR code to find out more and apply.