

Text for social media posts

Best Start Foods

Best Start Foods is a prepaid card that can help you buy healthy foods like milk and health food like vegetables, fruit and eggs. It can also be used to buy first infant formula.

The pre-paid card is topped up every 4 weeks with

- £21.20 every 4 weeks during pregnancy
- £42.40 every 4 weeks from your child being born up until they're 1 year old
- £21.20 every 4 weeks when your child is between the ages of 1 and 3 years old

People can get Best Start Foods, no matter how much they earn, as long as they

- get Universal Credit, tax credits or qualifying benefits
- are pregnant or have a child under 3

Find out more at mygov.scot/beststart