

Best Start Foods Social Media Post Text

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.

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