

## **Best Start Foods – social media text**

Best Start Foods is a prepaid card that can help you buy healthy foods like milk, 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

- £21.60 every 4 weeks during pregnancy
- £43.20 every 4 weeks from your child being born up until they're 1 year old
- £21.60 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 or other qualifying benefits
- are pregnant or have a child under 3

Find out more at [mygov.scot/beststart](https://mygov.scot/beststart)