

Food help



Healthy Start scheme

If you're at least ten weeks pregnant or have a child under four-years old, you could get help to buy fruit, vegetables, and milk. You can also get vitamins. If you qualify, you'll get:

£4.25 each week during your pregnancy

£8.50 each week for children from birth to one-year old

£4.25 for each child aged one to four years

Speak to your midwife, health visitor or Children's Centre for more information.

More information and to apply Tel: **0300 330 7010** or have a look at www.healthystart.nhs.uk

Lots of children are entitled to free school meals and milk. Speak to your child's school or phone the Council's Customer Service Centre Tel: **0300 500 8080**. You can apply on line at

www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk

The Holiday Activities and Food (HAF) Programme supports children who get free school meals during term time, in the holidays. To find out more phone **0115 9774 999** or take a look at www.nottinghamshire.gov.uk/education/holiday-activities-and-food

Across Nottinghamshire there are lots of food banks, food clubs, social supermarkets and social eating sessions. Phone the Council's Customer Service Centre Tel: **0300 500 8080** or take a look at www.nottshelpyourself.org.uk and type in "Food Support" in the search bar at the top of the page.

Your local district or borough council has lots of help and advice, such as community hubs and warm spaces.

- Ashfield District Council, Kirkby in Ashfield Tel: **01623 450000**
- Bassetlaw District Council, Worksop Tel: **01909 533533**
- Broxtowe Borough Council, Beeston Tel: **0115 917 7777**
- Gedling Borough Council, Arnold Tel: **0115 901 3901**
- Mansfield District Council, Mansfield Tel: **01623 463463**
- Newark and Sherwood District Council, Newark Tel: **01636 650 000**
- Rushcliffe Borough Council, West Bridgford Tel: **0115 981 9911**



**COST
OF LIVING
SUPPORT**