Factsheet 3 - Voucher Schemes

Healthy Start Vouchers

Healthy Start Vouchers provide free vouchers or payments every 4 weeks if you're pregnant or have children under the age of 4. These are to spend on cow's milk, fresh, frozen or tinned fruit and vegetables, infant formula milk, fresh, dried, and tinned pulses. Food banks can be a vehicle to increase the uptake of Healthy Start vouchers as a significant number of families are still missing out on this opportunity.

On a visit to a food bank ran by St Matthew's, Redhill, the Vicar, Fr Andrew Cunnington and his team said that the food bank has created a voucher system. They built a partnership with local farmers and businesses to top up supplies for a balanced nutrition. That also contributes to the local economy. Some of the families you serve may not qualify for Healthy Start vouchers, but these could reduce the amount of financial support that you might be attempting to directly fund in your food project. Following a decision of the Department for Health and Social Care to digitise Healthy Start vouchers, the charity Sustain has published a blog examining the process in more detail following widespread reports that eligible families have been struggling to access the scheme amidst delays to the arrival of digital cards. The blog contains questions, answers and information for families using vouchers and frontline professionals helping to promote the scheme to those eligible. The NHS has also published a detailed Q+A about the changes and how these are being implemented.

Rose Vouchers

Alexandra Rose Charity gives Rose Vouchers for Fruit & Veg, as in the name, to help families on low income to buy fresh fruit and vegetables. A family receives £3 of Rose Vouchers for each child, every week, or £6 if the child is under one years old. The Rose Vouchers Projects works in Lambeth and Southwark. Some postcodes may not qualify. For more information on how it works and to find out if your parish postcode falls under the catchment of the charity, please visit their website.