

## Best Start Foods Social Media

Tweet text: Best Start Foods is a prepaid card for eligible families that you can use to buy healthy foods for children under 3. You can apply for Best Start Foods when you're pregnant, or any time up to your child turning 3 years old.

To apply visit [mygov.scot/best-start-grant-best-start-foods/](https://mygov.scot/best-start-grant-best-start-foods/)

Best Start | **FOODS**

**Pregnant or have a young child?**

You may be eligible for help with the cost of healthy foods.



Social Security Scotland  
Tearainteachd Shòisealta Alba



Healthier Scotland  
Scottish Government

Tweet text: Best Start Foods gives you £17.00 every four weeks during pregnancy and for any children between one and three years old, it increases to £34.00 for any child under one. To see if you are eligible and apply visit [mygov.scot/best-start-grant-best-start-foods/](https://mygov.scot/best-start-grant-best-start-foods/)

Best Start | **FOODS**

**On certain benefits or tax credits?**

You may be eligible for help with the cost of healthy foods for your children.



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