

Best Start Foods



Best Start Foods is a prepaid card. You can use it to buy healthy foods for children under 3 years old. You can use the card in shops and online.

You can use the card to buy any of the foods listed:



- Fresh eggs
- Milk – plain cow's milk and first infant formula
- Fruit/vegetables – fresh, frozen or tinned You cannot buy tinned or frozen food with added salt or sugar.
- Pulses; for example, peas, lentils and beans. These can be dried, fresh, frozen or tinned.



If you are pregnant or if you have children between 1 and 3 years old, you will get £17.00 every 4 weeks. This payment increases to £34.00 for any child under 1 year old.



The Best Start Foods card is a Mastercard. You use it the same way as normal bank cards. You can use contactless or Chip & PIN.



You can use your Best Start Foods card in:

- Supermarkets and local shops.
- Shops that sell the healthy foods listed on your card
- Shops that take bank card payments



You can get Best Start Foods if:

- You live in Scotland
- Get certain benefits or tax credits
- If you are pregnant
- If you are the parent or carer of a child.

The benefits are:



- Income support
- Income-based Job Seekers Allowance, Income-related Employment and Support Allowance
- Child Tax Credit (CTC) up to a maximum
- income of £16,190 a year
- Universal Credit (UC) with an income limit of £610 a month
- Both maximum Child Tax Credit and maximum Working Tax Credit and income under £7,320
- The four -week run
- Pension Credit
- Housing Benefit –weekly income of £311 and under.



If you are under 18 and pregnant you will be able to get Best Start Foods. You can get this until your child turns 1. You will not need to be on any benefits.



You will get a payment for any child under 3 years old that you are responsible for.

Most people can apply without sending any evidence.



We check with the Department for Work and Pensions and HMRC that you are on a qualifying benefit or tax credit.

We can check you are responsible for a child by checking that you are on Child Benefit.

You will need to have another benefit to be able to get a payment.



Sometimes we might ask you to send us more information to process your application. This could be:

- A legal order from a court or children's hearing
- Something with your address on it like a household bill or a council tax bill.

We will need your partner's information if:



- You live in the same house and are married to each other.
- If you are civil partners of each other.
- If you live together as if you are married.



Best Start Foods will not count in any other benefit or tax credit assessments.



You can telephone the Money Talk Team on **0800 085 7145**. It is free to call. Your call is also confidential.



You can apply on the freephone helpline **0800 182 222**

You can also apply by post or online at **mygov.scot/best-start-grant-best-start-foods**.



If you need this information in other languages or formats call: **0800 182 2222**