



Best Start | FOODS

Best Start Food Grant

Edinburgh Community Food are supporting the Best Start Food scheme by supplying a substantially enhanced healthy food box for those in receipt of the Best Start Food Grant. This provides exceptional value for money to ensure young families have access to an affordable, healthy diet.

Best Start Foods is a payment that replaces the UK Government's Healthy Start vouchers in Scotland. The payment will replace the paper vouchers with a payment card, giving you more flexibility in how you use it.

You can get Best Start Foods:

- if your child is the right age for a payment
- whether you're in work or not, as long as you're on certain payments or benefits
- as long as you're the parent of a child, or the main person looking after the child

You can apply for Best Start Foods when you're pregnant, or any time up to your child turning 3 years old.

The payments of Best Start Foods are:

- £17 every 4 weeks during pregnancy
- £34 every 4 weeks from your child being born up until they're a 1 year old
- £17 every 4 weeks between the ages of 1 and 3



What can I use my Best Start Foods card for?

You can use the card to buy any of the healthy foods listed below in supermarkets and local shops that takes bank card payments or you can use your card online.

- fresh eggs
- milk - plain cow's milk and first infant formula
- fruit/vegetables - fresh, frozen or tinned (those with added salt and sugar are excluded)
- pulses (e.g. peas, lentils and beans) - dried, fresh, frozen or tinned.

You can also spend your Best Start Food grant with us at **Edinburgh Community Food** and get extra free items included.

How Edinburgh Community Food can support you?

We provide healthy food boxes made up to the amount of grant you want to spend. This can include a mix of fresh fruit and vegetables, milk, eggs, beans and pulses. Not only that, we will top up your order with store cupboard items we receive from Fareshare for free!

Our standard monthly £17 box also includes, a healthy **Take & Make meal bag** that contains pre-measured ingredients along with an easy-to-follow recipe to make a meal for 4 people.



You can purchase direct from our website at www.edinburghcommunityfood.org.uk.

Alternatively, contact Karen for any queries or personal requirements and pay with your Best Start Foods card over the phone:

tel: 0131 467 7326 or e-mail:

kmiller@edinburghcommunityfood.org.uk.



Best Start orders of £17 will be delivered straight to your door!
(Edinburgh only)

To find out if you are eligible to apply for Best Start Food, please visit the MyGov.Scot website at:
<https://www.mygov.scot/best-start-grant-best-start-foods/>

You can apply:

- online - on the mygov.scot website
- by phone - by phoning Social Security Scotland
- by post - application forms are available to download on the mygov.scot website or you can phone Social Security Scotland and ask for one to be posted to you.

Social Security Scotland's contact details are:

Social Security Scotland - Best Start
Grant and Best Start Foods
PO Box 10300
Dundee
DD1 9FU
Tel: 0800 182 2222



Edinburgh Community Food
22 Tennant Street, Edinburgh, EH6 5ND
www.edinburghcommunityfood.org.uk
0131 476 7326