



Social Security Scotland
Tèarainteachd Shòisealta Alba

Find help to balance your budget

If you're on tax credits or certain benefits, you could be entitled to five family payments including Best Start foods.



If you are pregnant or have a child under 3 you may be eligible for a Best Start Foods card to help with the cost of healthy foods.

Go to mygov.scot/beststart
or call 0800 182 2222.

ParentClub.scot