



Free/low-cost Food and Meals

NHS “Healthy Start” - Pregnant mothers and recent parents

If you’re more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you’re eligible, you’ll be sent a Healthy Start card with money on it that you can use in some UK shops. We’ll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow’s milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow’s milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

[Healthy Start](#)

Food for All who need it

Great Yarmouth

The Pathway Café and Resource Centre
The Minster Mission
Admiralty Road
Great Yarmouth
NR30 3DG

Contact number for further information: 07985785738

The Centre provides three course lunches for those in need within the local community each week on Wednesdays and Fridays from 12noon to 2pm

A light lunch is served on Saturdays from 12noon to 2pm

The Pathway Team is always grateful for any gifts of fresh food and donations to support this work

The WELL
Gorleston Baptist Church
Lowestoft Road
Gorleston
Great Yarmouth
NR31 6LY

Breakfast Monday 9.00-11.00am

The WELL
St Andrews Parish Church
Church Road
Gorleston
Great Yarmouth
NR31 6LS

Breakfast Thursday 9.00-11.00am

Norwich

Foodcycle
The Friends Meeting House
Upper Goat Ln,
Norwich
NR2 1EW
020 7729 2775

Silver Road Community Centre
Silver Road
Norwich
NR3 4TB
07786 694325
hello@silverroadcc.org

<https://www.facebook.com/SilverRoadCommunityCentre>