



## Ydych chi'n feichiog neu oes gennych blant o dan 4 oed?

Gallech gael help i brynu Ffrwythau, llysiau, Codlysiâu, llaeth a llaeth fformiwla i fabanod.

Gallwch hefyd gael fitaminau Healthy Start am ddim.

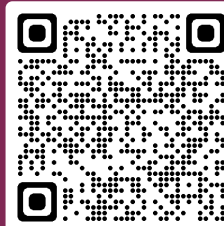
## Are you pregnant or do you have children under the age of four?

You could get help to buy fruit, vegetables, pulses, milk and infant formula.

You could also get free Healthy Start vitamins.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart



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