



# Common concerns

## What about the expense?

Including your baby in family meals and eating seasonal fruit and veg are both ways to help keep the costs down. Just remember to take out a portion for your baby before adding salt or sugar (including stock cubes and gravy). The following websites have plenty of recipe ideas:

<https://www.nhs.uk/start-for-life/baby/recipes-and-meal-ideas/>

<https://www.firststepsnutrition.org/eating-well-infants-new-mums>

The Healthy Start scheme is available to support low-income families with children under 4 years old. For more information on who is eligible and how to apply, visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk).

