

# Prenatal Infant Nutrition Supplement

## Description

The Department of Children, Seniors and Social Development acknowledges the importance of proper nutrition and support in the prenatal and childhood period and the importance in healthy development. To assist, government offers a Prenatal Infant Nutrition Supplement.

## What is the Prenatal Infant Nutrition Supplement?

The Prenatal Infant Nutrition Supplement (PINS) is a monthly financial benefit that provides \$150 per month to people with low incomes to assist with the extra costs of healthy eating during pregnancy and up to the baby's first birthday.

## How do individuals receive the benefit?

Eligibility is determined based on a family's income from the previous year.

Individual/family net income must not exceed \$25,726.

Individuals can apply by phone through our toll free number at 1-800-508-4788 or print and complete the following application: <https://www.gov.nl.ca/cssd/files/PINSapplication.pdf> . If determined to be eligible, the benefit will be issued on a monthly basis through direct deposit (cheque option is also available).

Once your child is born, the Canada Child Benefit Application <https://www.canada.ca/en/services/taxes/child-and-family-benefits.html> must be completed. The PINS will then be included with the Newfoundland and Labrador Child Benefit and Canada Child Benefit, administered by the Canada Revenue Agency. This benefit continues until the month before the child turns one.

## How much is the benefit?

As of July 1, 2021, eligible individuals receive \$150 per month PINS. This assists with the cost of healthy eating during pregnancy and throughout the child's first year. During the month of the child's birth, there will be an additional one-time payment of \$150.

July 2022

## **Prenatal Infant Nutrition Supplement (Cont'd)**

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### **Other Supports:**

Other community supports are available throughout the province during pregnancy and throughout the child's first year. To find out about services in your area, please call 1-800-508-4788.