



## Stepping into the future

Strengthening Children, Families and Communities

## For more information

Do you need more information about the Prenatal Infant Nutrition Supplement or other community support programs available in Newfoundland and Labrador?

Please call us toll free at:  
1-800-508-4788

You can also fax us at:  
1-709-729-7499

Or you can mail your enquiries to:  
**Prenatal Infant Nutrition Supplement**  
P. O. Box 8700  
St. John's, NL  
A1B 4J6

*The Prenatal Infant Nutrition Supplement is delivered by the Department of Children's Seniors and Social Development and the Canada Revenue Agency on behalf of our Provincial Government. It is part of the Government of Newfoundland and Labrador's Early Childhood Development Plan in cooperation with the Government of Canada*

# Prenatal Infant Nutrition Supplement

Healthy eating  
is important for you  
and your baby.





# Healthy Eating for Healthy Babies

## The Prenatal Infant Nutrition Supplement

### What is the Prenatal Infant Nutrition Supplement?

The Prenatal Infant Nutrition Supplement is a monthly benefit provided to eligible low income expectant women and families with children under the age of one. It will assist you with the extra costs of eating healthy during pregnancy and throughout your child's first year. The supplement is administered by the Department of Children, Seniors and Social Development.

### How much is the Prenatal Infant Nutrition Supplement?

The Prenatal Infant Nutrition Supplement is \$150.00 each month. In addition, you may be eligible to receive a \$150.00 birth benefit which is issued in the month your child is born.

### How do I know if I am eligible?

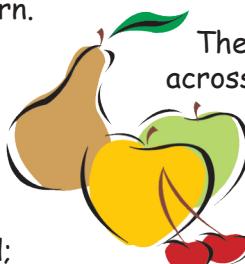
You are eligible to receive this supplement if:

- you are pregnant or;
- you have a child under the age of one and;
- you live in Newfoundland and Labrador and;
- have a family net income under \$25,726.

### How do I get the Prenatal Infant Nutrition Supplement during my pregnancy?

If you are pregnant, you must phone our toll free number at **1-800-508-4788**.

If eligible, the benefit will be mailed to you monthly.



### How do I get the Prenatal Infant Nutrition Supplement after my child is born?

Once your child is born, you will need to complete a Canadian Child Tax Benefit Application and send it to the Canada Customs and Revenue Agency. They will deliver the Prenatal Infant Nutrition Supplement with your Newfoundland and Labrador Child Benefit and Canada Child Benefit, which are combined in a single monthly payment. You will receive the benefit until one month before your child's first birthday.

### What other community supports are available for expectant women and families with children under the age of one?

There are many community supports available across Newfoundland and Labrador that you may use during your pregnancy or during your child's first year of life. If you have concerns, questions, or want to learn more about these supports please call us toll free at: **1-800-508-4788**.

We will help you find the information, supports or services you require.

To be eligible for the benefit you or you and your partner will need to file an income tax return with the Canada Revenue Agency if you have not already done so. You will need to provide notice of your assessment.