



ARE YOU MAKING THE MOST OF THE HELP AVAILABLE TO YOU?

Don't miss out on help that you may be entitled to. A family with 3 children could save **up to £1600** a year by accessing these four food schemes if eligible.

Healthy Start Vouchers

Pregnant mothers and families with children under 4 can get vouchers to spend on milk, formula and fruit and veg. They can also get free vitamin coupons. Visit www.healthystart.nhs.uk to find out more.

Food and Fun (school holidays)

Several schools in Cardiff run Food and Fun Clubs to provide children with healthy food and fun activities during the summer holidays. Check with your school to see if they run the programme.

Free School Meals

Search "Cardiff Council Free School Meals" to find out if you're eligible and to apply.

Primary School Breakfast Clubs

Check with your school to see if your children could have free breakfasts

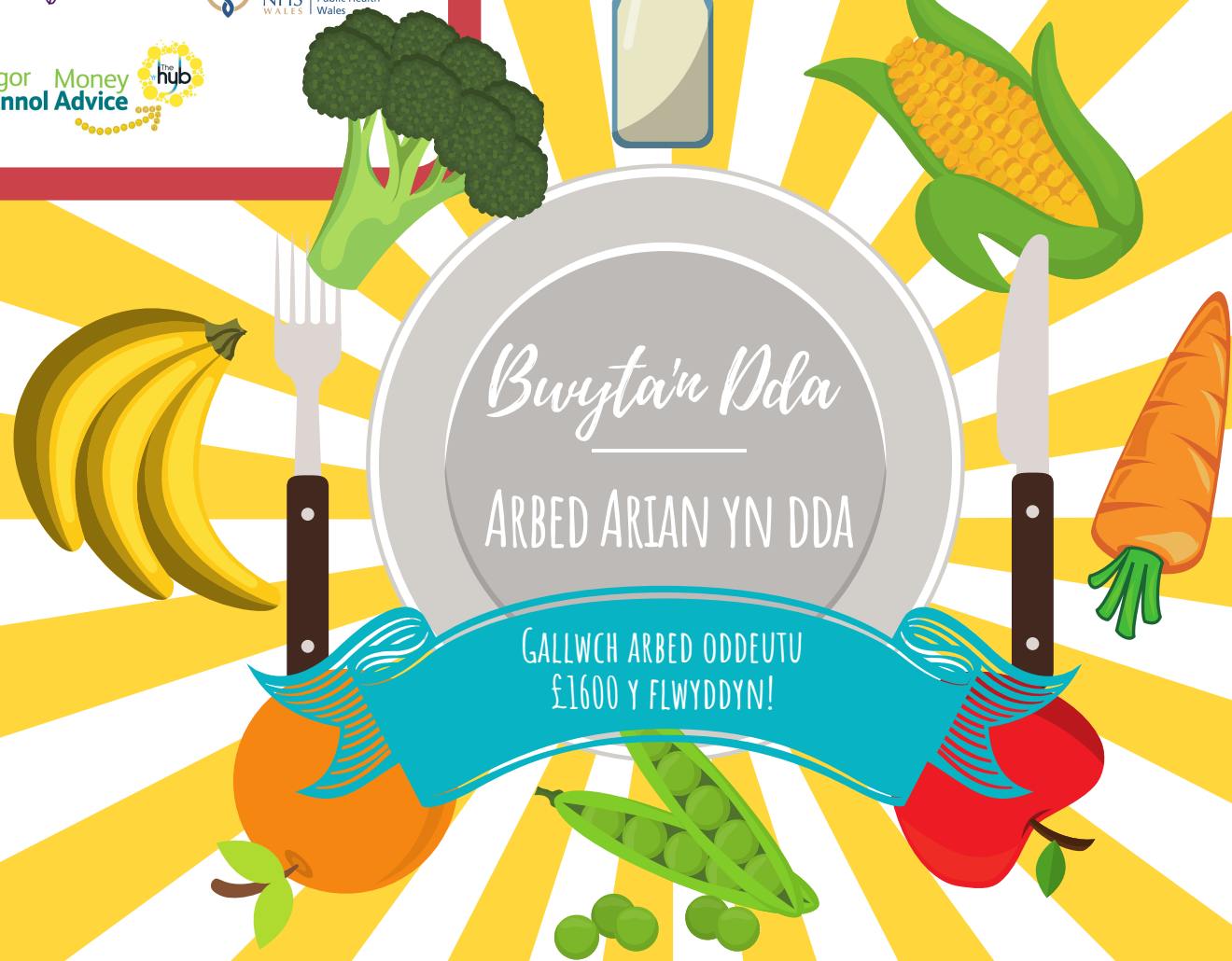


Learn more about
HEALTHY START



Learn more about FREE
SCHOOL MEALS

Cardiff Council's **Money Advice Team** can help you access all of these great, money-saving schemes. Visit your local hub or call 029 2087 1071 for info



YDYCH CHI 'N GWNEUD Y MWYAF O'R HELP SYDD AR GAEL I CHI?

Peidiwch â cholli'r help y gallwch chi fod yn gymwys ar ei gyfer. Gallai teulu â thri o blant arbed hyd at **£1600** y flwyddyn drwy gael mynediad at y pedwar cynllun bwyd hwn os ydynt yn gymwys.

Talebion Dechrau Iachus

Gall mamau beichiog a theuluoedd â phlant o dan 4 gael talebion i wario ar laeth, fformiwla a ffrwythau a llysiau. Gallent hefyd gael cwponau fitaminau. Ewch i www.healthystart.nhs.uk i ddarganfod mwy.

Prydau Ysgol Am Ddim

Ewch i "Prydau Ysgol Am Ddim Cyngor Caerdydd" i ddarganfod os ydych yn gymwys ac i ymgeisio.

Clybiau Brecwast Ysgol Gynradd

Gwiriwch gyda'r ysgol i weld os gallai'ch plant chi gael brecwast am ddim.

Bwyd a Hwyl (gwyliau ysgol)

Mae llawer o ysgolion yng Nghaerdydd yn rhedeg Clybiau Bwyd a Hwyl i roi bwyd iachus a chynnal gweithgareddau hwyl i blant yn ystod gwyliau'r haf. Gwiriwch gyda'ch ysgol i weld os ydynt yn rhedeg y rhaglen.



TALEBION DECHRAU
IACHUS



PRYDAU YSGOL AM
DDIM

Gall Tîm Cyngor Ariannol Cyngor Caerdydd eich helpu chi i gael mynediad at rai o'r cynlluniau gwych hyn i arbed arian. Ewch i'ch hyb lleol neu ffoniwch 029 2087 1071 i gael gwybodaeth