

# Eat well for better health

**Meegiteelemanetj gentjanag  
Nulankeyuwan Psiw Nicannuk  
We Honour Our Children**

## **The New Brunswick Postnatal Benefit Program can help.**

The Postnatal Benefit Program offers financial aid to women with a newborn baby. If your annual family income after taxes was less than \$29,000 last year, you may qualify for financial support to help you eat well after the birth of your baby. Mothers who are eligible can receive \$60 per month for up to four months after your baby is born.

To apply, you will need to provide: your Medicare number, proof of your baby's birth, proof of family income and your mailing address. See your First Nation community health nurse for more information or help with applying.

Fax or mail required documents to:

*Postnatal Benefit Program  
Public Health NB  
520 King St.  
Fredericton NB, E3B 5G8*

*Fax:  
506-453-2780  
Telephone:  
506-453-2280*

For more information about taking care of your baby, please contact your health-care provider or visit [gnb.ca/healthypeople](http://gnb.ca/healthypeople).