

A close-up photograph of a woman with dark hair, wearing a white top, holding a newborn baby. The woman is looking down at the baby with a gentle expression. The baby is wearing a light pink shirt and is looking towards the camera. The background is softly blurred.

Eat well for better health

The Postnatal Benefit Program can help.

The Postnatal Benefit Program can help by offering financial aid to women who have a newborn baby. If your annual family income after taxes was less than \$29,000 last year, you may qualify for financial assistance to help you eat well after the birth of your baby.

You can receive four monthly cheques once you have completed the application process. Simply call the toll free number below.

Social Development Offices
1-833-733-7835

For more information on taking care of your baby, please contact your health care provider or visit gnb.ca/healthypeople