

## Mother Baby Nutrition Supplement

The Department of Human Resources, Labour and Employment acknowledges the importance of proper nutrition and support in the prenatal and childhood period and that this aids in healthy development. To assist in this endeavor, government offers a Mother Baby Nutrition Supplement.

### **What is the Mother Baby Nutrition Supplement?**

- The Mother Baby Nutrition Supplement (MBNS) is a monthly financial benefit available to low income expectant mothers and families with children under the age of one. It is intended to offset the cost of additional nutritional requirements of pregnancy and infancy.

### **How do individuals receive the benefit?**

- Eligibility is determined based on a families income from the previous year;
- Individual/family net income must not exceed \$24,183;
- A pregnant woman can contact the Coordinator at 1-800-508-4788 to apply and if she is determined to be eligible, the benefit will be mailed on a monthly basis (direct deposit option is also available);
- Once your child is born the Canada Child Tax Benefit Application ([www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)) must be completed. The MBNS will then be included with the Newfoundland and Labrador Child Benefit and Canada Child Tax Benefit, which is 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, 2007, eligible individuals receive \$60 per month MBNS. 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 \$90.

### **Other Supports:**

- There are many community supports throughout the province that are available to women during pregnancy and throughout the child's first year of life. To find out more about the services in your area please call 1-800-508-4788.