

# Prenatal – Early Childhood Nutrition Supplement

## Description

The Department of Social Supports and Well-Being acknowledges the importance of proper nutrition, healthy development, and support in the prenatal and early childhood period. To assist, government offers a Prenatal – Early Childhood Nutrition Supplement.

## What is the Prenatal – Early Childhood Nutrition Supplement?

The Prenatal – Early Childhood Nutrition Supplement (PECNS) is a financial benefit that provides \$150 per month to people with low incomes to assist with the extra costs of healthy eating during pregnancy up to the child's fifth birthday.

## How do individuals receive the benefit?

Eligibility is determined based on a family's income from the previous year.

Individuals can apply by phone through our toll-free number at 1-800-508-4788 or print and complete the following application: [https://www.gov.nl.ca/cssd/files/PECNS\\_application.pdf](https://www.gov.nl.ca/cssd/files/PECNS_application.pdf). If determined eligible, the benefit will be issued monthly through direct deposit (cheque option is also available).

Once a child is born, the Canada Child Benefit Application <https://www.canada.ca/en/services/taxes/child-and-family-benefits.html> must be completed. The PECNS will be included with the Newfoundland and Labrador Child Benefit and Canada Child Benefit, administered by the Canada Revenue Agency. This benefit continues until the month before the child turns five.

## How much is the benefit?

Eligible individuals receive \$150 per month PECNS. This assists with the cost of healthy eating during pregnancy and early childhood. During the month of the child's birth, there will be an additional one-time payment of \$150.

## Other Supports:

Other community supports are available throughout the province during pregnancy and throughout the child's fifth birthday. To find out about services in your area, please call 1-800-508-4788.