Stepping into the future
Strengthening Children, Families and Communities

For more information

Do you need more information about the Prenatal-Early Childhood Nutrition Supplement or other community support programs available in Newfoundland and Labrador?

Please call us toll free at:
1-800-508-4788

You can also fax us at:
1-709-729-7499

Or you can mail your enquiries to:
Prenatal- Early Childhood Nutrition Supplement
P. O. Box 8700
St. John's, NL
A1B 4J6

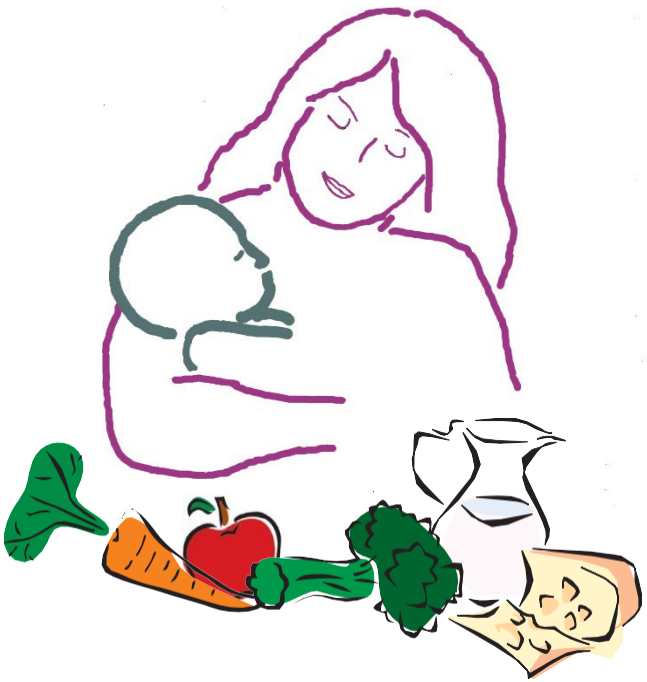
The Supplement is delivered by the Department of Social Supports and Well-Being and the Canada Revenue Agency on behalf of the Provincial Government. It is part of the Government of Newfoundland and Labrador's Early Childhood Development Plan in cooperation with the Government of Canada.

Newfoundland & Labrador

Canada

Prenatal-Early Childhood Nutrition Supplement

Healthy eating is important for you and your baby.



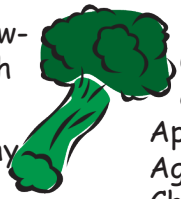
Please look inside to find out if you are eligible for this financial benefit and how you can access community services...



The Prenatal – Early Childhood Nutrition Supplement

What is the Prenatal – Early Childhood Nutrition Supplement?

It is a monthly benefit provided to eligible low-income expectant individuals and families with children under the age of five. It will assist with the extra costs of eating healthy during pregnancy up to your child's fifth birthday. The supplement is administered by the Department of Social Supports and Well-Being.





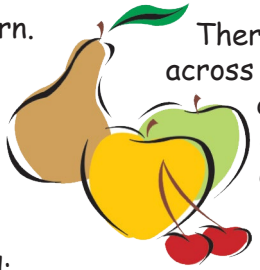
How much is the Prenatal-Early Childhood Nutrition Supplement?

The Prenatal-Early Childhood Nutrition Supplement is $150.00 each month. In addition, you may be eligible to receive a $150.00 birth benefit which is issued in the month your child is born.

How do I know if I am eligible?

You are eligible to receive this supplement if:

- you are pregnant or;
- you have a child under the age of five and;
- you live in Newfoundland and Labrador and;
- have a family net income under $38,193.



How do I get the Prenatal-Early Childhood Nutrition Supplement during my pregnancy?



If you are pregnant, you must phone the toll-free number at **1-800-508-4788**. If eligible, the benefit will be provided monthly.

How do I get the Prenatal – Early Childhood Nutrition Supplement after my child is born?

Once your child is born, you will need to complete a Canadian Child Tax Benefit Application and send it to the Canada Revenue Agency. They will deliver the Prenatal-Early Childhood Nutrition Supplement with your Newfoundland and Labrador Child Benefit and Canada Child Benefit, which are combined in a single monthly payment. You will receive the benefit until one month before your child's fifth birthday.

What other community supports are available for expectant individuals and families with children under the age of five?

There are many community supports available across Newfoundland and Labrador during pregnancy and early childhood. If you have concerns, questions, or want to learn more about these supports please call us toll free at: **1-800-508-4788**.



We will help you find the information, supports or services you require.

To be eligible for the benefit, you or you and your partner will need to file an income tax return with the Canada Revenue Agency and provide notice of your assessment.

November 2025