

For more information

To find out about services available
in your area please call your local
Public Health Nurse or your Regional
Health and Community Services Office:

St. John's Region	(709)738-4800
Central Region	(709)651-3306
Eastern Region	(709)229-1551
Grenfell Region	(709)454-3333
Western Region	(709)637-5000
Labrador Region	(709)897-2000

Or call the
Mother Baby Nutrition Supplement
Program

1-800-508-4788

*The Mother Baby Nutrition Supplement is delivered by the
Department of Human Resources and Employment and the
Canada Customs and Revenue Agency on behalf of our
provincial government. It is part of the Government of
Newfoundland and Labrador's
Early Childhood Development Plan in*

 Government of Newfoundland and Labrador
Department of Human Resources and Employment

Canada 



Mother Baby Nutrition Supplement



BUILDING THE FUTURE TOGETHER

 Government of Newfoundland and Labrador
Department of Human Resources and Employment

Mother Baby Nutrition Supplement

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Department of Human Resources and Employment

In Newfoundland and Labrador, there are a variety of free programs and services available to pregnant women and families with young children. These services are voluntary and flexible in providing help and support with your questions and concerns.

The **Mother Baby Nutrition Supplement** is a monthly financial benefit for low income pregnant mothers and for families with children under the age of one.

The applicant must be a permanent resident of Newfoundland and Labrador. It is intended to help with the cost of extra food during pregnancy and infancy.

How do I know if I am eligible for this benefit?

If your individual or family net income does not exceed \$22,593-\$22,599 (this amount is determined by the number of dependent children you have, under the age of 18) you may be eligible for this benefit

How do I apply?

If you are pregnant, contact the Coordinator at 1-800-508-4788 to apply and if you are eligible, the benefit will be deposited monthly (mail option is also available).

If your child is already born, complete the Canada Child Tax Benefit Application (www.cra-arc.gc.ca). 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 your child turns one.

How much is the Benefit?

If eligible, you will receive \$60 a month. During the month of your 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.

Numbers to helpful services...

Mother Baby Nutrition Supplement
1-800-508-4788

Child Tax Benefit
1-800-387-1193

Parent Help-Line
1-888-603-9100

Pediatric Advice Line
1-866-722-1126

Mental Health Crisis Centre
1-888-737-4668

**St. John's Prenatal
Education Classes**
1-709-777-7454 (Health Science Centre)

