

Scottish Milk and Healthy Snack Scheme

Parent / Carer Information

What is the Scottish Milk and Healthy Snack Scheme?

The Scottish Milk and Healthy Snack Scheme will fund a daily serving of plain fresh milk (or specified non-dairy alternative) and a healthy snack (a portion of fruit or vegetables) for pre-school children who attend childcare settings for 2 hours or more, per day, in registered settings.

Why is it important for my child to get milk and a healthy snack?

The ambition of the Scheme is to ensure that as many children as possible attending eligible settings can benefit from the milk and healthy snack policy, embedding the habit of regular consumption of high-quality dairy produce (or specified non-dairy alternatives) and fresh fruit and vegetables from an early age. The purpose of the Scheme is to support improvement in children's health in the earliest years, which is crucial in tackling health inequalities.

Is my child Eligible?

Your child will be eligible if:

- they spend 2 hours or more in a childcare setting, including a childminder, who are registered with the Care Inspectorate, and
- they haven't started school yet, and
- the setting or childminder they go to has registered for the Scheme.

How can my child receive milk and healthy snack?

All childcare providers who are registered with the Care Inspectorate are being encouraged to apply for the Scheme. You can ask your child's nursery or childminder if they've applied to the Scheme and encourage them to sign up if they've not.

What is included in the Scottish Milk and Healthy Snack Scheme?

Plain Fresh Cow's Milk and First Infant Formula



The Scheme includes 189mls (1/3 pint) (or 200mls where supplied in containers of that size only) of plain fresh cow's milk (whole milk for children 1 year and over or to include semi-skimmed milk for children 2 years and over), or 189mls first infant formula for children under 12 months.

In line with [Setting the Table \(healthscotland.com\)](https://www.healthscotland.com) (the nutritional guidance and food standards for early years childcare providers in Scotland) after the age of 2, semi-skimmed milk can be introduced gradually as long as the child is eating well and has a varied diet. Fully skimmed milk is not suitable as a main drink for a young child until they are 5 years old as it does not contain enough calories or vitamins.

Goat and sheep milk

Where children cannot consume cow's milk for medical, ethical or religious reasons, 189mls (1/3 pint) (or 200mls where supplied in containers of that size only) of plain, fresh, goat or sheep milk should be provided.

Specified non-dairy alternative

For those children who cannot consume cow's milk, goat's milk or sheep milk for medical, ethical or religious reasons, the provision of 189mls (or 200mls where supplied in containers of that size only) of a specified non-dairy alternative defined as an unsweetened, liquid, calcium enriched (excludes rice milk) should be provided.

A Healthy Snack

The regulations define the healthy snack as fresh fruit or vegetables, including loose, whole, sliced, chopped, or mixed fruit but not fruit or vegetables to which fat, salt, sugar, flavouring or any other ingredient has been added. The snack provided as part of the Scheme must meet this definition.

What is a Portion Size of Fruit and Vegetables?



In line with *Setting the Table* nutritional guidance, fruit and vegetable portions offered as part of the Scheme should include variety of different types, flavours and textures. Serving sizes for pre-school children are smaller than those for adults. A rule of thumb is what a young child can hold in their hand. Examples include ½ large fruit or one small fruit.

Is there a cost to parents/carers for the milk and healthy snack?

A setting should not charge parents/carers for the provision funded under the Scheme. This is discrete from any arrangements that may be in place for additional snack provisions which are not affected by this Scheme.

What about children under 12 months?

We will continue to support the provision of 189mls of first infant formula milk for children under 12 months in registered childcare settings.

Further information on the Scheme can be found here:

- ❖ Scottish Milk and Healthy Snack Scheme: [Maternal and child health: Milk and Healthy Snack Scheme - gov.scot \(www.gov.scot\)](https://www.gov.scot/maternal-and-child-health/milk-and-healthy-snack-scheme)
- ❖ Setting the Table: Nutritional guidance and food standards for early years childcare providers in Scotland - [Setting the table \(healthscotland.com\)](https://www.healthscotland.com/setting-the-table)
- ❖ Parent Club: What is the Scottish Milk and Healthy Snack Scheme - [Free milk and healthy snacks at ELC | Parent Club](https://parentclub.scot/free-milk-and-healthy-snacks-at-ELC)
- ❖ Funding follows the child and the national standard for early learning and childcare providers: operating guidance - [Funding follows the child and the national standard for early learning and childcare providers: operating guidance - gov.scot \(www.gov.scot\)](https://www.gov.scot/funding-follows-the-child-and-the-national-standard-for-early-learning-and-childcare-providers)