

Scottish Milk and Healthy Snack Scheme

Information for Pre-School Childcare Settings

What is the Scottish Milk and Healthy Snack Scheme?

The Scottish Milk and Healthy Snack Scheme replaced the UK Nursery Milk Scheme in Scotland on the 1 August 2021. From 1 April 2022, participating childcare settings, that are registered with the Care Inspectorate and who have also registered to the Scheme, will receive a national, combined, flat rate of 58.2p for the provision of a portion of plain fresh cow's milk (or where children cannot drink cow's milk, a specified alternative) and a portion of fruit or vegetables for every child, each day they spend 2 hours or more in their early learning and childcare setting. Children in receipt of childcare but who have commenced school, or an equivalent e.g. home-schooling, are not eligible.

The ambition of the Scottish Milk and Healthy Snack Scheme

Our ambition is for as many children as possible can benefit from the milk and healthy snack scheme, embedding the habit of regular consumption of high-quality dairy produce (or non-dairy alternative) and 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.

What is included in the 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 - [Setting the Table \(healthscotland.com\)](https://www.healthscotland.com), after the age of 2, semi-skimmed milk can be introduced though fully skimmed milk is not suitable until the age of 5 years as it does not contain the required 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) a specified non-dairy alternative defined as a unsweetened, liquid, calcium enriched (excludes rice milk).

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?

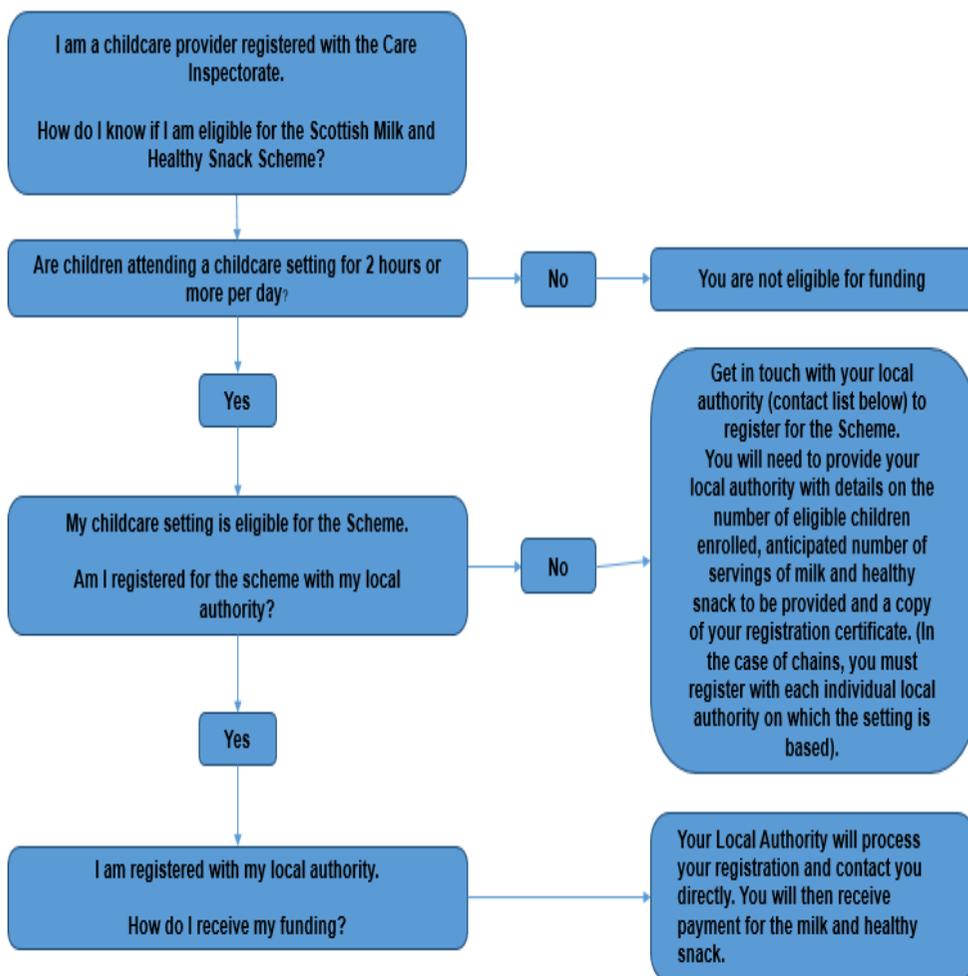


In line with the Setting the Table nutritional guidance and food standards for early years childcare providers in Scotland, fruit and vegetable portions offered as part of the Scheme should include variety of different types, flavours and textures.

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.

How to register

We have included a handy flowchart below that can be used to determine whether your childcare setting is eligible and how to proceed with registration including contact details for each Local Authority. Once registered, you will receive upfront payments via your Local Authority based on information you provide at time of registration.



Please contact SMHSS@gov.scot for further information on the Scheme or to advise of any concerns or questions you have.

Further information and Guidance on the Scheme can be found here:

- ❖ Scottish Milk and Healthy Snack Scheme: guidance for local authorities and day care settings – [Scottish Milk and Healthy Snack Scheme: Guidance for Local Authorities and Day Care Settings \(www.gov.scot\)](http://www.gov.scot)
- ❖ Milk and Healthy Snack Scheme: [Maternal and child health: Milk and Healthy Snack Scheme - gov.scot \(www.gov.scot\)](http://www.gov.scot)
- ❖ Setting the Table: Nutritional guidance and food standards for early years childcare providers in Scotland - [Setting the table \(healthscotland.com\)](http://healthscotland.com)
- ❖ 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 \(www.gov.scot\)](http://www.gov.scot)
- ❖ For general enquires or to notify us of any issues about the Scheme, please contact: SMHSS@gov.scot

Local Authority Contact Details

Local Authority	Email
Aberdeen City	SMHSS@aberdeencity.gov.uk
Website address	The Scottish Milk & Healthy Snack Scheme Aberdeen City Council
Aberdeenshire	earlyyears@aberdeenshire.gov.uk
Website address	Scottish Milk and Healthy Snack Scheme – Aberdeenshire Council
Angus	ELC@angus.gov.uk
Website address	Scottish Milk and Healthy Snack Scheme: childcare providers Angus council
Argyll & Bute	earlyyears@argyll-bute.gov.uk
Clackmannanshire	kcarmichael@clacks.gov.uk
Dumfries & Galloway	EarlyYearsSupport@dumgal.gov.uk
Dundee City	smhss@dundeecity.gov.uk
Website address	smhss_information_sheet_1.pdf (dundeecity.gov.uk)
East Ayrshire	EarlyYears-Milk&Snacks@east-ayrshire.gov.uk
Website address	Scottish milk and healthy snack scheme · East Ayrshire Council (east-ayrshire.gov.uk)
East Dunbartonshire	SMHSSenquiries@eastdunbarton.gov.uk
Website address	Scottish Milk and Healthy Snack Scheme East Dunbartonshire Council
East Lothian	fundedproviders@eastlothian.gov.uk
Website address	Scottish Milk and Healthy Snack Scheme Early Learning and Childcare East Lothian Council
East Renfrewshire	earlylearningandchildcare@eastrenfrewshire.gov.uk
Edinburgh, City of	smhss@edinburgh.gov.uk
Falkirk	MilkandSnack@Falkirk.gov.uk
Website address	Early learning & childcare - Milk and Snack Scheme Falkirk Council
Fife	earlyyears.manager@fife.gov.uk
Website address	Scottish Milk and Healthy Snack Scheme Fife Council

Glasgow	ELC@glasgow.gov.uk
Inverclyde	Audrey.Pope@inverclyde.gov.uk
Midlothian	Earlyyears@midlothian.gov.uk
Moray	childcare.info@moray.gov.uk
North Ayrshire	earlylearningchildcare@north-ayrshire.gov.uk
North Lanarkshire	SmithLou@northlan.gov.uk
Orkney	elc@orkney.gov.uk
Website address	New milk and healthy snack scheme North Lanarkshire Council
Perth and Kinross	EarlyLearnChildcare@pkc.gov.uk
Renfrewshire	CSSUPPORT@renfrewshire.gov.uk
Website address	Scottish Milk and Healthy Snack Scheme - Renfrewshire Website
Scottish Borders	earlyyearsteamed@scotborders.gov.uk
Shetland	ELC@shetland.gov.uk
South Ayrshire	Learning.RaisingStandards@south-ayrshire.gov.uk
Website address	Scottish Milk and Healthy Snack Scheme Registration - South Ayrshire Council (south-ayrshire.gov.uk)
South Lanarkshire	earlyyears@southlanarkshire.gov.uk
Website address	Scottish Milk and Healthy Snack Scheme - South Lanarkshire Council
Stirling	eymilkscheme@stirling.gov.uk
Website address	Scottish Milk and Healthy Snack Scheme - Stirling Council
West Dunbartonshire	Liz.Coles@west-dunbarton.gov.uk Audrey.Pope@inverclyde.gov.uk
Website address	Milk and Healthy Snack Scheme West Dunbartonshire Council (west-dunbarton.gov.uk)
West Lothian	milkandhealthysnackscheme@westlothian.gov.uk