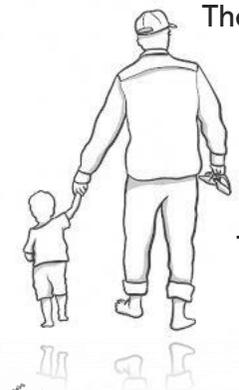


The eating habits children get into when they're little can influence the way they eat later on in life and affect their longer-term health and wellbeing.

So the aim of the Scheme is to make sure that as many children as possible attending Early Years settings receive the milk and healthy snack.

This will help them get into the habit of drinking milk and snacking on fruit and vegetables from an early age.



*I find children are eating their lunch because they have a slightly smaller snack, which is much better.*

*Early Years Senior Practitioner*

A serving size of fruit or veg for a pre-school child is roughly what they can hold in their hand.



Depending on the session/s your child attends, they will be also provided with meals such a lunch and high tea. These meals will be provided in line with Setting the Table guidance.

If your child attends more than one setting with a blended/split placement, or you are unsure of what will be provided for them please talk to staff in the setting/s

## Snack has changed...

it is now funded by the Scottish Government so it is free to parents of all funded 2, 3 and 4 year olds.

Dieticians have carefully considered what should be provided so that children get the best start in life and develop healthy eating habits.

It is hoped this will have a long term impact on children growing up to be healthy adults and it will also help us to reduce childhood obesity levels.

*The parent portal is now live and parents can access this on Aberdeenshire Council website. The information shown includes menu choice for that day's lunch session or PM meal or if all day, allergens, carbohydrates and calories.*

[parentsportal.scot](https://parentsportal.scot)



Trying different healthy foods is all part of your child's learning experience, so while they're in an ELC setting they'll be offered a range of things to try. The SMHSS\* makes sure that milk (or a milk alternative) and fruit and veg are one of the things they're given every day at no cost to parents. Fruit and vegetable portions offered as part of the Scheme will include a variety of different types, colours, flavours and textures.

*Parents have told us children are now asking for some of the snack vegetables at home and we are using the snack as a way to promote literacy development through smelling and tasting the foods before guessing the names of them*

*Early Years Senior Practitioner*

The healthy snack is a serving of fruit or vegetables per child per day and 189mls (1/3 pint) per child per day of plain fresh cow's milk...



or if your child can't have cow's milk for medical, ethical or religious reasons, they'll be offered plain fresh goat or sheep milk or a specified unsweetened, calcium-enriched, non-dairy alternative. This includes a non-soya alternative for children that can't have soya. If your child can't drink milk or any of the alternatives, they'll be offered water instead.

Further information:

<https://hub.careinspectorate.com/media/11615/setting-the-table-nutritional-guidance-and-standards-for-childcare.pdf>



<https://hub.careinspectorate.com/media/3241/food-matters-nurturing-happy-healthy-children.pdf>

\* <https://www.gov.scot/publications/scottish-milk-healthy-snack-scheme-guidance-local-authorities-day-care-settings/documents/>