



Healthy Campus Case Study



HEA

An tÚdarás um Ard-Oideachas
The Higher Education Authority

Make One, Donate One – Bread Making Workshop

Institution/ Organisation	Dundalk Institute of Technology (DkIT)
Who leads/ led the project?	Maeve McArdle, Alan McCabe & Rosemary Leonard (School of Business and Humanities)
Date and timeframe	Academic year 2025 – 2026 - ongoing
Project Rationale	Bread making offers therapeutic benefits. Fostering mindfulness, stress reduction, and a sense of accomplishment when the bread is baked and fresh from the oven. The act of giving a handmade item also promotes empathy and social bonding. The workshop was accessible, inclusive, and supported by simple ingredients and guidance by expert chefs in the hospitality department. The workshop also encourages healthier eating practical skills and fun interaction in a relaxed, supportive environment.



Project Overview/ Summary	<ul style="list-style-type: none"> Planning for the workshop began in early October 2025, when the team chose a suitable date in November that worked with staff availability and access to the professional kitchen facilities. Once the date was confirmed, Alan McCabe and Rosemary Leonard, both professional chefs from the Department of Hospitality Studies, designed a detailed menu card to guide the session. The workshop was then promoted across the DkIT community, and interested individuals were asked to submit an expression of interest form. Due to high demand, both the November workshop and the upcoming May 2026 session were oversubscribed, and a lottery system was introduced to ensure a fair selection process. Ultimately, twenty participants were chosen to attend the first workshop. The initial session took place on Thursday, 13th November 2025, in the professional kitchen located in the Faulkner 	<p>Building at DkIT. Lasting approximately 2 ½ hours, the workshop provided participants with a hands-on opportunity to develop practical baking skills. Under the guidance of the chefs, attendees prepared two types of bread: wheaten bread and focaccia, while also learning essential baking techniques.</p> <ul style="list-style-type: none"> The format of the workshop fostered a collaborative atmosphere, with participants working in pairs, allowing individuals to meet new people and share the experience together. The session concluded with a small tea party, where participants enjoyed freshly baked scones in a relaxed setting. Following the success of the November workshop, a second session has been scheduled for May 2026, continuing the initiative and building on its strong level of interest and engagement.
----------------------------------	--	--

Key Learning Points	<ul style="list-style-type: none"> Based on the experience of hosting the first workshop, the team would suggest the following. Begin planning early to secure suitable dates, staff availability, and access to appropriate facilities. It is important to promote the event widely across all relevant audiences to maximize interest and engagement. An Expression of Interest (EOI) process is useful in case the event is oversubscribed. However, based on our experience we suggest you plan for potential no-shows on the day. Implement a fair selection method, such as a lottery system to choose participants. Provide a clear structure and engaging content (e.g., hands-on activities led by experienced facilitators). Provide menu cards. Encourage participant interaction through collaborative tasks to enhance the overall experience. We would recommend gathering participant feedback to inform future improvements. (i.e. MS Forms) Finally, remind participants in advance to bring an apron and a bag to take their bread home.
----------------------------	---



Limerick Framework for Action	Whole Campus Approach	Type of Evaluation
Culture	Campus Culture & Communications (Pillar 3)	Formative Evaluation
Partnership	Personal & Professional Development (Pillar 4)	Process Evaluation
Students	Health Focused Area (Pillar 5)	

