



# Healthy Campus Case Study



**HEA** | HIGHER EDUCATION AUTHORITY  
AN tÚDARÁS um ARD-OIDEACHAS

# Healthy Campus Cookbook – healthy & sustainable recipes

### Name of institution and initiative lead

Technological University Dublin  
Sarah Healy & Laura Kestell, Healthy Campus Intern  
Dr Teresa Hurley, Healthy Campus Lead  
Academic supervisor Dr Aileen Kennedy.

### Date and timeframe

The academic year 2023 – 2024

### What was the reach?

This initiative was open to all students and staff at TU Dublin. There were 35 recipe submissions from students and staff, and with the publication of the cookbook in hardcopy and digital format, it is expected to reach the entire TU Dublin Community building on the whole campus approach to Healthy Campus.

### Aims and Objectives

The cookbook aims to promote healthy eating habits and improve the overall health and well-being of students and staff in the university. Along with promoting healthy eating, the escalating concern of climate change increased the need to embrace sustainable approaches to food consumption. Therefore, this initiative aims to highlight that it is possible to eat healthy whilst also being environmentally friendly.

### Aligned frameworks, policies, or strategies

TU Dublin’s Sustainability statement - Good Health, Well-Being & Community  
N-TUTORR sponsored Healthy Campus Sustainability Internship Programme  
HEA Healthy Campus Charter and Framework  
SDG 3 Good Health and Well-Being

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### Project Collaborators

The Cookbook was an initiative completed by the N-TUTORR sponsored Sustainability Internship Programme. It involved collaborating with several internal stakeholders on the Grangegorman Campus, TU Dublin. A collaboration with the School of Biological, Health and Sport Sciences involved consulting a dietitian, a lecturer in this school, and two final-year Public Health Nutrition students.

A lecturer at the School of Media was consulted to provide tips on food photography for the participants of the recipe submission competition. Furthermore, a collaboration with the sustainability team involved consulting a Sustainability Events and Senior Media Coordinator for the design of the Cookbook.

### Key Learning Points

The responses from students and staff when promoting this initiative were very positive, they loved the idea and the fact they could be a part of the project. Several individuals mentioned that they felt part of the TU Dublin’s community by participating.

It was important to note that the lead-in time for the recipe submission competition was not long enough which resulted in a limited number of recipes being submitted. Furthermore, the creating and designing of the cookbook needed more time as it felt rushed at the end to get the cookbook published before the internship concluded.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Create	Campus Culture & Communications	Healthy Eating / Food	Students
		Health & Sustainability	Staff
			Wider community

