



Healthy Campus Case Study



HEA | HIGHER EDUCATION AUTHORITY
AN tÚDARÁS um ARD-OIDEACHAS

UCD Free Commuter Breakfasts

Name of institution and initiative lead
University College Dublin UCDSU supported by Healthy UCD
Date and timeframe
Second semester of the academic year 2023/2024 (with the aim of repeating)
What was the reach?
The initiative focused on students, particularly those with long commutes to UCD and reached almost 2,000 students over the duration (n=1,919).
Aims and Objectives
The aim of the initiative was to target students with long commutes to UCD to help set them up for the day by providing free breakfasts. The Café Brava area was used for this which also provided a space for students to come and chat with each other and the SU officers.

Aligned frameworks, policies, or strategies
Okanagan Charter for Health Promoting Universities Healthy Ireland Strategic Plan Healthy Campus Framework HEA's National Student Mental Health and Suicide UCD Strategy Healthy UCD Strategy
Project Collaborators
Internal stakeholders: UCDSU Student participants UCD Catering UCD Estates
Key Learning Points
What started off as an initiative to provide breakfast became much more than that and students really appreciated the other supports on hand and to have a listening ear, along with the ability to meet people in similar situations. The pilot provided an opportunity to assess the scale of what was required in terms of numbers of students showing up each week – this information will be used to plan for future initiatives and to help determine budget and resourcing requirements.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Consult	Campus Environment (Facilities & Services)	Healthy Eating / Food	Students
Create	Campus Culture & Communications	Mental Health & Wellbeing	
		Health & Sustainability	

