



# Healthy Campus Case Study



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AN tÚDARÁS um ARD-OIDEACHAS

# UCD Free Commuter Breakfasts

<b>Name of institution and initiative lead</b>
University College Dublin UCDSU supported by Healthy UCD
<b>Date and timeframe</b>
Second semester of the academic year 2023/2024 (with the aim of repeating)
<b>What was the reach?</b>
The initiative focused on students, particularly those with long commutes to UCD and reached almost 2,000 students over the duration (n=1,919).
<b>Aims and Objectives</b>
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.

<b>Aligned frameworks, policies, or strategies</b>
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
<b>Project Collaborators</b>
Internal stakeholders: UCDSU Student participants UCD Catering UCD Estates

<b>Key Learning Points</b>
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.
<b>Summary</b>
The “UCD Free Commuter Breakfast” initiative was launched in January 2024 by the UCDSU supported by Healthy UCD. The breakfasts provided an opportunity for students with long commutes to take a much-needed break before starting their day and ensure that they had eaten before commencing lectures. A communal space was provided where students could chat to others in the same situation and also seek advice and further support from the sabbatical officers on hand. Students are facing additional challenges from long commutes and the cost-of-living crisis that affect their ability to fully engage in their studies and that also impacts their overall wellbeing.

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	

