



## Healthy Campus Case Study



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

# New Student Cookbook and 'The Veg Pledge'

### Name of institution and initiative lead

RCSI. David Harris Sports Centre Manager & John Kelly, Sports Centre Specialist

### Date and timeframe

Ongoing and Semester 1 of each academic year

### What was the reach?

The cookbook is made available to all students upon registration and 250 students and staff participated in the Veg Pledge.

### Aims and Objectives

To smooth the integration of students into Irish life, create healthy eating habits from the very start of their life in Ireland and remove the potential habit of purchasing expensive, unhealthy take away food.

The Veg Pledge is was a short campaign of one week encouraging students to incorporate additional vegetables into their diet.

### Aligned frameworks, policies, or strategies

Pillar 3 of the RCSI Strategic Plan 2018-2023;

We will support 'Healthy Ireland' by promoting lifelong health and activity among our students and staff, and by engaging with our local and national community.

### Project Collaborators

The Veg Pledge campaign included collaboration with our catering partners who offered additional veg pots, hummus and other products at a special rate for the duration of the campaign at all catering areas.

### Key Learning Points

For 2023, there will not be a limit on the number of participants. We will also endeavour to cover the cost of the veg pot add on's from our catering partners as these cost students €2 in 2022.

