**HEA Healthy Campus**  **Case Study**

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| **HEALTHY CAMPUS CASE STUDY** | |
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| **Name of Institution/ Organisation** | Healthy Campus Project, Technological University Dublin |
| **Who lead the initiative?** | Sarah Healy & Laura Kestell, Healthy Campus Intern  Dr Teresa Hurley, Healthy Campus Lead  Academic supervisor Dr Aileen Kennedy. |
| **Date and timeframe of the initiative** | The academic year 2023 – 2024.   * October 2023: The initiative idea was formed. * October 2023 – January 2024: Planning of the initiative. * January – March 2024: Recipe Submission Competition opened. * April -May 2024: Recipes were analysed (nutritional & sustainable) * May 2024: Design & creation of cookbook. * 24th of May 2024: Launch of Healthy Campus Cookbook. |
| **What was the reach of the initiative?** | 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. |
| **Initiative Title** | Healthy Campus Cookbook – healthy & sustainable recipes |
| **Aims/ 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. |
| **The rationale for the action, including any identified health needs** | The reason for this initiative was to get TU Dublin’s community to make informed choices on healthier and more sustainable eating habits, by providing a cookbook which included nutritional and environmental information on each recipe. |
| **Identify all frameworks, policies, or strategies this initiative aligns to**  **(internal, local or national)** | * 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 |
| **Summary (325/400 words)** | The Healthy Campus Project at Technological University Dublin was a collaborative initiative aimed at promoting healthier and more sustainable eating habits among students and staff. Led by two Public Health Nutrition students completing a nine-month N-TUTORR sponsored placement with Healthy Campus, and overseen by the project lead, Dr Teresa Hurley and academic supervisor Dr Aileen Kennedy, the initiative progressed over the academic year 2023 – 2024.  In October 2023, the idea for the initiative was formed, which led to an intensive planning period that resulted in the opening of a Recipe Competition from January to March 2024, receiving 35 recipe submissions from students and staff within TU Dublin. The months following the competition involved meticulous analysis of these recipes, focusing on both nutritional and sustainability aspects.  By May 2024, the Healthy Campus Cookbook was designed and was launched on the 24th of May. This cookbook will be available to students and staff in both hardcopy and digital formats, aiming to raise awareness of nutrition and sustainability to encourage informed food choices among TU Dublin’s entire community.  Collaboration was important to the success of this initiative. TU Dublin engaged stakeholders from the School of Biological, Health and Sport Sciences and the School of Media for expertise in nutrition, food photography, and sustainability. The Sustainability Events and Social Media Coordinator, Rebecca Flanagan also provided input on the cookbook's design and layout.  While the impact of the cookbook remains to be evaluated post-launch, the response to the recipe submission competition was promising, with sufficient recipes received to proceed with the publication. Moving forward, the cookbook that was developed will serve as a guide for future cookbook publications. Through this process several suggestions for future publications were gathered, included extending the lead-in time for the recipe competition, allowing more time for the comprehensive analysis of recipe submissions, and allocating more time for designing of the cookbook.  Furthermore, it was suggested that the next cookbook could modify the recipes that did not meet the nutritional and sustainable recommendations to make them healthier and more sustainable. Future collaborations could involve the School of Culinary Arts, engaging students in the recipe modification and taste-testing processes. Additionally, collaboration with students from the School of Media could enhance the visual appeal of the cookbook, by taking photos of the recipes cooked.  Despite challenges such as limited lead-in time and rushed design processes, the Healthy Campus Cookbook Initiative demonstrated TU Dublin's commitment to promoting health, sustainability, and collaboration within its community. |
| **Did you collaborate with internal and/or external stakeholders to deliver?** | 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. |
| **How was the initiative organised?** | * The initiative idea was discussed in October of 2023. * A standardised process was developed to provide a guide on how to select recipes for inclusion in the cookbook taking into account current nutritional and sustainable recommendations. * A website page was developed on the TU Dublin website to promote the recipe competition and contained a link for a recipe template and submission form. * Promotional flyers were created and put on all screens across all of the TU Dublin’s campuses (Grangegorman, Bolton St., Aungier St., Blanchardstown & Tallaght). * Social Media posts were published on TU Dublin’s Instagram accounts. |
| **What resources did you need?** | The two Healthy Campus interns worked on this initiative over an eight-month period. The Sustainability Events and Social Media Coordinator and Healthy Campus Project Lead helped with the design and editing of the cookbook over a two week period.  For the recipe competition, TU Dublin’s Healthy Campus used some of their budget for the recipe submission competition prizes (3 x €50 one4all vouchers) and spent money on the printing of 300 copies. TU Dublin Sport offered a free 6-month gym membership as one of the prizes. |
| **Has it been evaluated? How successful has it been?** | The impact of the cookbook itself has not been evaluated as it is being launched on the 24th of May. However, the response to the recipe submission competition was good, there was a sufficient number of recipes received to continue with the publication of the cookbook. |
| **Any future plans, including the sustainability of the initiative?** | As a standard operating procedure was developed for this first cookbook publication, it can be used as a guide for future cookbooks. For future publications, it was mentioned the next cookbook could modify the recipes that did not meet the nutritional and sustainable recommendations to make them healthier and more sustainable.  Furthermore, another suggestion for future publications was to increase the collaborations between the different departments within the university. One potential collaboration in the future could be with the School of Culinary Arts, having its students help with the recipe modification process, by getting the students to cook the recipes. This would allow the Healthy Campus team to taste-test the recipes and ensure that any modifications made do not change the taste and texture of the recipe. Additionally, the accompanying photo submissions that were sent in by participants were not consistent in quality or style. Collaborating with the School of Media students, and having them take photos of the recipes cooked by the Culinary Arts students would give the cookbook a more professional and cohesive look. |
| **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 Framework Categories (please tick all that apply)**

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| **Healthy Campus Process** | **Whole Campus Approach** | **Topic** | **Population Group** |
| Commit | Leadership, Strategy & Governance | Alcohol | Students |
| Coordinate | Campus Environment (Facilities & Services) | Substance Misuse | Staff |
| Consult | Campus Culture & Communications | Healthy Eating / Food | Wider community |
| Create | Personal & Professional Development | Mental Health & Wellbeing | Other |
| Celebrate & Continue |  | Sexual Health & Wellbeing |  |
|  |  | Tobacco Free Campus |  |
|  |  | Physical Activity / Active Transport |  |
|  |  | Wellbeing on the Curriculum (can also fall under ‘Personal & Professional Development) |  |
|  |  | Health & Sustainability |  |
|  |  | Other |  |

**Contact Details**

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| **Links** | Please add links to any relevant pages/ documents. Please attach any items not in a link format with your submission.  [Healthy Campus Cookbook - Recipe Competition Information](https://www.tudublin.ie/explore/about-the-university/sustainability/about/news-and-events/healthy-campus-sustainable-cookbook.php) |