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

**NOTES FOR COMPLETION**

* Case studies should relate to your institution's healthy campus initiative.
* Where possible send a photograph or illustration, links, or resources to accompany your case study.
* It is recognised that not all sections will be relevant to all case studies – the proforma is designed to offer consistency across a range of case studies.
* Case studies will be used as part of HEA communications including email, website, and social media.
* Case studies should be written in the third person and anonymous when it comes to participants’ names.
* Please be as **concise and clear** as possible and consider the use of bullet points to summarise information.
* Please submit your case study to [healthycampus@hea.ie](mailto:healthycampus@hea.ie).

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| **HEALTHY CAMPUS CASE STUDY** | |
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| **Name of Institution/ Organisation** | Technological University Dublin |
| **Who lead the initiative?** | Dr Teresa Hurley, Dr Aileen Kennedy, Rebecca Flanagan and Paul Duffy |
| **Date and timeframe of the initiative** | February – May 2025 |
| **What was the reach of the initiative?** | 60 recipe submissions from students and staff |
| **Initiative Title** | Healthy Campus Cookbook – Healthy & Sustainable Recipes Vol 2 |
| **Aims/ Objectives** | The Healthy Campus Cookbook at TU Dubin encourages students and staff to submit healthy, sustainable and budget friendly recipes which are then analysed for emission and nutritious content by Human Nutrition & Dietetic 3rd year students who complete the project as part of their assignment work. The aim of the Cookbook is to encourage students and staff to make more sustainable and healthy food choices. |
| **The rationale for the action, including any identified health needs** | The rationale for this project is to engage students and staff to eat healthy and more sustainable foods and reduce waste by choosing budget friendly recipes submitted by students and staff in TU Dublin as part of the Healthy Campus Cookbook competition. |
| **Identify all frameworks, policies, or strategies this initiative aligns to**  **(internal, local or national)** | This initiative aligns with SDG3 Good Health & Well-Being and complements the HSE Healthy Food Made Easy Programme offered at TU Dublin to students and staff, and reinforces Sustainability for TU Dublin and its Strategic Intent 2030 “People, Planet & Partnership”.  It aligns with the Department of Health Strategies and Policies encouraging healthier and more sustainable food consumption. |
| **Summary** | The Healthy Campus Cookbook at TU Dublin is an annual project which encourages students and staff to submit healthy, sustainable and budget friendly recipes as part of a competition, the call for which is made in February each year. The recipe submissions received are then analysed for nutrient and emission levels by 3rd year Human Nutrition & Dietetic students who complete the project as part of their assignment work.  Those recipes reaching an acceptable level of nutritious and sustainable content are included in the Cookbook which is made available in digital format on the TU Dublin website with a limited number available in print on sustainable paper.  Volume 2 of the TU Dublin Cookbook will be launched on 1sy May 2025 with prizes awarded for Best Sustainable Recipe, Best Nutritious Content, Lowest Emission Level and Best Photo of Recipe. |
| **Did you collaborate with internal and/or external stakeholders to deliver?** | Stakeholders include students and staff at TU Dublin, the Healthy Campus Committee, Sodexo and Sustainability Council at TU Dublin. |
| **How was the initiative organised?** | Please include elements such as action planning, piloting, approval for the initiative, committee meetings, timeframes etc.  The Healthy Campus Cookbook idea was first approved by the Healthy Campus Committee and Sustainability Council at TU Dublin in 2024 and commenced as a pilot project in collaboration with the Public Health & Nutrition Programme at TU Dublin. Since then, it has become an annual project with Vol 2 being delivered in May 2025.  It encourages students and staff to submit healthy, sustainable and budget friendly recipes as part of a competition, the call for which is made in February each year. The recipe submissions received this year were analysed for nutrient and emission levels by 3rd year Human Nutrition & Dietetic students who completed the project as part of their assignment work.  Those recipes reaching an acceptable level of nutritious and sustainable content are included in the Cookbook which is made available in digital format on the TU Dublin website with a limited number available in print on sustainable paper.  Volume 2 of the TU Dublin Cookbook will be launched on 1st May 2025 with prizes awarded for Best Sustainable Recipe, Best Nutritious Content, Lowest Emission Level and Best Photo of Recipe.  This year’s students received the TU Dublin Volunteer Award for Best Co-Curricular Civic Engagement for their work on the Cookbook while the project also featured as part of the Students Learning with Communities+ (SLWC+) programme 2024/2025. The SLWC+ pilot has seen meaningful and engaging collaborations between students and academics across TU Dublin and societal partners, together with the support of TU Dublin Sustainability (Societal Engagement and Sustainability Education) and Partnerships. |
| **What resources did you need?** | The project is managed by the Healthy Campus Project Manager, Dr Teresa Hurley and students from 3rd year Human Nutrition & Dietetic who complete the recipe analysis, are supervised by Dr Aileen Kennedy. Rebecca Flanagan and Paul Duffy from the Sustainability team format the Cookbook. Sodexo catering at TU Dublin provide a cookery demonstration at the launch featuring a recipe from the Cookbook.  The Cookbook is made available on the TU Dublin website as a public resource and a limited number are printed on sustainable paper the cost for which is €1,200 with €50 Vouchers x 4 as prizes for Best Sustainable Recipe, Best Nutritious Content, Lowest Emission Level and Best Photo of Recipe.  Total cost €1,400 |
| **Has it been evaluated? How successful has it been?** | Include details of any results/ outcomes here.  This year saw an increase in recipe submissions from students and staff with the launch of the Cookbook providing further opportunity to engage. Feedback has been positive and free copies of the Cookbook in print and online are well received.  Sodexo catering at TU Dublin are providing a live cookery demonstration this year which will complement the launch on 1st May 2025. |
| **Any future plans, including the sustainability of the initiative?** | Plan to run this project as an annual event, seeking funding opportunities. |
| **Key Learning Points** | Promotion of the cookbook required to enhance engagement further. |

**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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| **Contact Name/s** | Dr Teresa Hurley |
| **Date** | 23rd April 2025 |
| **Email Address** | Teresa.hurley@tudublin.ie |
| **Links** | Link to TU Dublin’s Healthy Campus Cookbook Vol 2 below (Launching on 1st May)  [​pdf icon TU Dublin Sustainability Cookbook 2025 web.pdf](https://tudublin.sharepoint.com/:b:/r/sites/SustainabilityTeam/Shared%20Documents/Action%20Research%20and%20Innovation/Healthy%20Campus/Healthy%20Campus%20design%20files/Sustainable%20Cookbook/2025/TU%20Dublin%20Sustainability%20Cookbook%202025%20web.pdf?csf=1&web=1&e=25p8Fy&xsdata=MDV8MDJ8dGVyZXNhLmh1cmxleUBUVUR1Ymxpbi5pZXxlN2UxNGMwNjNhNjg0YzIyZmE1ZjA4ZGQ3ZDBmMzdmOXw3NjYzMTdjYmU5NDg0ZTVmOGNlY2RhYmM4ZTJmZDVkYXwwfDB8NjM4ODA0MjI2NDk3NzY3NjA4fFVua25vd258VFdGcGJHWnNiM2Q4ZXlKRmJYQjBlVTFoY0draU9uUnlkV1VzSWxZaU9pSXdMakF1TURBd01DSXNJbEFpT2lKWGFXNHpNaUlzSWtGT0lqb2lUV0ZwYkNJc0lsZFVJam95ZlE9PXwwfHx8&sdata=aDNDdVkvOExpQ3JLcTF0N3hSYTRTY3ZYUUE5djR4RTJGMFREYWMycVovND0%3d)\ |