



Healthy Campus Case Study

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Healthy Campus Cookbook – Healthy & Sustainable Recipes Vol 2

Name of Institution and Initiative Lead

Technological University Dublin
Dr Teresa Hurley, Dr Aileen Kennedy, Rebecca Flanagan and Paul Duffy

Date, timeframe and reach

February – May 2025
60 recipe submissions from students and staff

Aligned Frameworks, Policies, or Strategies

SDG3 Good Health & Well-Being and complements; 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”.

Aims and Objectives

The Healthy Campus Cookbook at TU Dublin 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.

Project Collaborators

Stakeholders include students and staff at TU Dublin, the Healthy Campus Committee, Sodexo and Sustainability Council at TU Dublin.

Key Learning Points

Promotion of the cookbook required to enhance engagement further.

| Healthy Campus Process | Whole Campus Approach | Topic | Population Group |
|------------------------|--|---|------------------|
| Consult; Create | Campus Environment (Facilities & Services; Personal & Professional Development | Healthy Eating/Food; Wellbeing on the Curriculum; Health & Sustainability | Staff; Students |