

## TU Dublin's Healthy Campus Cookbook

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 3<sup>rd</sup> 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.

Healthy Campus Cookbook Vol 2 was launched on 1st May 2025 with a live cookery demonstration of one of the featured recipes provided by Sedexo with prizes awarded for Best Sustainable Recipe, Best Nutritious Content, Lowest Emission Level and Best Photo of Recipe. You can download a copy of the cookbook here

 [TU Dublin Sustainability Cookbook 2025 web.pdf](#)

