

Issue Date: 1st October 2025

Student Eat Well Handbook Launches with event at Atlantic Technology University

The Student Eat Well Handbook (www.studenteatwell.com) launched today as a resource to help Students manage their financial, mental and physical health through learning to “Eat Well”. The launch was marked by an ATU “First Five Weeks” healthy eating event, animated by the students from the Department of Sport, Exercise, and Nutrition, where the Eat Well resources were used as key component.

The Eat Well Student Handbook is provided as website with a book in the pipeline. It also provides low-cost, flexible resources to universities help them provide much needed information to students about the basics of nutrition and the practicalities of shopping, preparing and cooking food.

“Students are facing increasing financial pressure and mental health issues and universities are providing a lot of support when it comes to mental wellbeing, but there is a real gap when it comes to the practicalities of how to feed themselves, and Eating Well underpins everything else!” explains Lynn Burns RNutr, co-founder.

Evelyn Hannan, Public Health Nutrition at ATU said, “We are acutely aware of the struggles some students face. We have students coming to us depressed, hungry and with no money left as they buy take aways instead of cooking. We offer a food bank, but often find students lack the basic knowledge of what to do with food we give them. The resources from Student Eat Well have been perfect to provide information.”

The Student Eat Well Handbook contains material adapted for students covering nutrition basics, the importance of Eating Well and the practicalities of buying preparing, cooking and eating. It has a set of simple recipes. The material was used by students as part of a student welfare event on healthy eating presented by third year students studying Public Health Nutrition.

Eating Well and Wellbeing



Managing the Practicalities



Recipes



We would like to thank the Department of Sport and Nutrition and the Healthy Campus Team at Atlantic Technology University, Ireland, for providing initial sponsorship, encouragement and support by getting their students to engage with and validate our work. <https://www.atu.ie/>

About the Student Eat Well Handbook



The Student Eat Well Handbook has been created by Lynn Burns and John Broxis to help students enjoy their time at university and set up life-long habits around self-care.

The Handbook contains material adapted for students on:

- **Eating Well and Wellbeing:** Why Eating Well is important, what we mean by Eating Well, and why Eating Well is different for different people.
- **Managing the Practicalities:** The Practical aspects of managing your time, your kitchen, your kit and food to eat well.
- **Recipes and how to cook them:** Simple recipes along with explanations on weights and measures, servings and ingredients.

The Handbook also has many tips and tricks, and provides downloadable tools such as kit lists, shopping lists store cupboard saviours, menu planners, and more.

About us

Lynn Burns (RNutr) is a registered nutritionist with years of experience translating evidence-based nutrition science into practical advice. She is a mother of university students and is a long-term Scout Leader having worked with young people for 15 years. Cooking for and enabling young people to cook, seeing how these skills support independence and better university lives has inspired this project.



John Broxis When not consulting for Central Banks, John has worked with Lynn for many years within scouting. planning food for as many as 200 people, organising events for young people and mentoring them. John has a passion for empowering young adults to be healthy through the basics of Eating Well and being organised. He brings his skills in planning, training, technology and automation to develop and roll out the Eat Well messages.

Our vision

We believe that student life is increasingly challenging and while universities are putting a lot of effort into student welfare, there is not enough practical advice on how students should look after themselves. The Handbook is in its infancy, and we would like to develop this further over the coming years, in partnership with universities.

For more information about *The Student Eat Well Handbook* and how we support universities, visit our website at www.studenteatwell.com or contact us at hungry@studenteatwell.com.