

Starter Pack for Universities

Product Description



This document provides a description of the Student Eat Well Handbook program and the Starter Pack for Universities.

The situation

The performance of university students is dependent on their wellbeing. Wellbeing is heavily linked to a student's ability to manage the practicalities of feeding themselves.

Many students struggle to feed themselves due to lack of knowledge, skills and confidence around:

- nutrition and healthy eating basics
- planning, buying and preparing food
- managing money and ingredients

As a result:

Universities are spending increasing time and energy in solving problems relating to poor nutrition or financial problems.

(Some) students are showing additional mental health issues linked to anxiety around money and poor nutritional choices and may even be dropping out.

Furthermore:

We see that while universities have extensive information and resources to support students e.g. mental health, sexual health, how to study, very little or none is geared to explaining the practicalities of eating well.

44% students are classified as food insecure with 14% reporting using food banks in the year. Food Standards Agency.
1 in 4 use convenience foods every day.
Estimates from some studies show that around 50% of students report skipping meals most often breakfast.

How we help

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.



We have designed the Handbook with the principles that information must be **Simple, Practical and Evidence based**.

The Handbook is distributed as a static website at no charge. We are in the process of publishing an accompanying book.

We offer content to universities so that they can educate their students.

Benefits to Universities

Ultimately the students benefit, but for a small cost you will be able to:

- Reduce welfare costs by preventing student problems, rather than fixing them.
- Animate student events with a ready-made set of resources designed for students.
- Show your concern to future students with new, good-looking resources.
- Demonstrate your willingness to tackle practical issues, that have real impact.

The Handbook Starter Pack

Content

The Handbook contains material adapted for students on the following subjects:

- **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 contains tips and tricks, and provides downloadable tools such as kit lists, shopping lists store cupboard saviours, menu planners, and more.

Delivery Formats

We provide material from The Handbook in the following formats:

8 * Double sided Tri Fold Flyers	Each with 5 panels on Eating well and Wellbeing, Managing Practicalities. Each with a different Recipe.
8 A5 single sided recipe cards	Ingredients and instructions for one recipe.
24 page A5 Eat Well Student Handbook, booklet	Contains information on Eating well and Wellbeing, Managing Practicalities and all 7 recipes.
Digital versions for website content	Initially PDF but other formats can be discussed.

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4. Use extracts on internal screens,

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Future Vision

We have a roadmap of other content and delivery channels that we would like to put in place.

We would be happy to talk about other options with you.

Eating Well and Wellbeing



Managing the Practicalities



Recipes



Contact us for more information at:

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