



PARLIAMENT OF NEW SOUTH WALES
LEGISLATIVE ASSEMBLY

FIRST SESSION OF THE FIFTY-SEVENTH PARLIAMENT

Community Recognition Statements

24 September 2019

No Money, No Time

Ms SONIA HORNERY (Wallsend) :

I congratulate Professor of Nutrition and Dietetics at the University of Newcastle and Hunter Medical Research Institute Clare Collins and nutrition researcher Dr Lee Ashton who have led the way in launching the No Money, No Time website, to help time and cash-poor young adults personalised advice on diet.

The site will provide credible advice in a familiar format, and address money and time issues with the aim of improving overall health and reduce the risk of preventable chronic diseases later in life.

Visitors to the free site would complete a quiz and then be provided with a score and personalised goals to help improve specific areas of their diet. 'It's really important to provide advice that fits in with their needs and lifestyle,' Professor Collins has said, and I couldn't agree more: not all lifestyle solutions fit all lifestyles, but coming across specific information can be very difficult.

I applaud Professor Collins and Doctor Ashton. This is yet another example of the Newcastle's innovative spirit and community-mindedness.