



UNIVERSITY OF
NEWCASTLE

NO MONEY NO TIME

Breaking Down Barriers to Healthy Eating

No Money No Time is a free, evidence-based digital platform designed to help Australians improve their eating habits without the barriers of cost or time. Developed by leading nutrition researchers at the University of Newcastle, it offers tailored nutrition advice, quick and budget-friendly recipes, and interactive tools to support healthier choices.

The Healthy Eating Quiz is integrated in the No Money No Time platform and serves as a dynamic research hub, enabling real-time data collection and engagement with diverse communities, making it a powerful resource for industry, government, and community partners seeking innovative scalable solutions to improve public health.

PARTNERSHIP CAPABILITIES

- **Strategic Partnerships:** Integration into health promotion, workforce wellbeing, or educational initiatives
- **Co-branding Opportunities:** Customised NMNT tools tailored for specific audiences or client bases
- **Licensing Arrangements:** Access to our validated Healthy Eating Quiz and Australian Eating Survey tools
- **Research Collaborations:** Co-development and evaluation of digital health interventions
- **Educational Integration:** Partnership with institutions to support student and community health initiatives

PROVEN IMPACT

- **Improved Diet Quality:** Significant improvements demonstrated in recent 6-week challenge evaluation
- **Reduced Food Spending:** Participants showed decreased discretionary food spending
- **User Engagement:** Growing user base with increasing quiz completions and platform usage
- **Content Library:** Over 50 published podcasts providing ongoing nutrition education
- **Validated Tools:** All resources grounded in peer-reviewed research and developed by accredited dietitians

TRANSFORMING NUTRITION NATIONWIDE

The Healthy Eating Quiz is a scientifically validated dietary assessment tool designed to provide individuals with instant, personalised feedback on their eating habits. Developed by nutrition experts, it offers a reliable snapshot of diet quality using the Australian Recommended Food Score, making it ideal for population-level dietary monitoring. For industry, government, and community partners, the quiz presents a unique opportunity to engage audiences while generating valuable, anonymised data to inform public nutrition health initiatives, program evaluation, to develop targeted resources and interventions.

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Healthy
Eating Quiz

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