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Good food and an even better lifestyle

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Rachel Riley

For Elle Pullen there is no place like Roma.

Ms Pullen left the small southwest Queensland town in 2012 to travel overseas, go to university on the Sunshine Coast, before also living in Mackay and Brisbane. But she always felt drawn back to her home town and returned with a husband and two kids – now aged four and two – last year.

“We just bought a house, so

we’ll be staying and it’s really cool because my son actually goes to the kindergarten that I went to preschool at,” she said.

“It’s really cool that your kids can experience the life that I was brought up in.”

Ms Pullen is a Queensland Health community dietitian, helping to address the levels of obesity, associated diseases and access to healthy food.

“I think if you’re savvy, anyone can eat quite healthy, even on a budget.”

Ms Pullen has been helping to deliver the Health and Wellbeing Queensland Wellness My Way program and now sees 20 people a week with demand growing.



Community dietitian Elle Pullen in Roma.
Picture: Katrina Ayers

