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## Families Participated in “Share the Color” Food Workshops To Learn About Nutrition

Winthrop University

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# Families Participated in “Share the Color” Food Workshops To Learn About Nutrition

## Quick Facts

- The “Share the Color” food workshops were held at restaurants around the Upstate and were designed to teach children the importance of making colorful fruits and vegetables part of their daily meals and snacks.
- Dietetic internship graduate students led the workshops in Greenville, Spartanburg and Rock Hill.



*Dietetic internship graduate student Logan Douglas, left, led a workshop in Greenville, S.C.*

ROCK HILL, SOUTH CAROLINA – Winthrop University’s human nutrition students teamed with [Subway®](#) this fall to talk with families about good nutrition decisions.

The “**Share the Color**” food workshops were held at restaurants around the Upstate and were designed to teach children the importance of making colorful fruits and vegetables part of their daily meals and snacks.

Dietetic internship graduate students led the workshops in Greenville, Spartanburg and Rock Hill.

“The fall season has been a great time to enjoy our plentiful local produce,” said [Stephanie Nielsen](#), director of the dietetic internship program

at Winthrop. “We want to encourage kids to explore the many colorful foods that are essential to their overall health.”

Timed around **World Food Day** on Oct. 16 and **World Sandwich Day** on Nov. 3, the food workshops covered basic nutrition information with a hands-on sub making activity and free lunch. Children also received a take-home food explorer coloring book.

For more information, contact [Judy Longshaw](#), news and media services manager, at 803/323-2404 or [longshawj@winthrop.edu](mailto:longshawj@winthrop.edu).

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