



Fall 11-16-2017

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

Winthrop University

Follow this and additional works at: <https://digitalcommons.winthrop.edu/winthropnews2017>

Recommended Citation

Winthrop University, "Families Participated in “Share the Color” Food Workshops To Learn About Nutrition" (2017). *Winthrop News 2017*. 198.

<https://digitalcommons.winthrop.edu/winthropnews2017/198>

This Article is brought to you for free and open access by the Winthrop News and Events Archive at Digital Commons @ Winthrop University. It has been accepted for inclusion in Winthrop News 2017 by an authorized administrator of Digital Commons @ Winthrop University. For more information, please contact bramed@winthrop.edu.



ABOUT

ADMISSIONS & AID

ACADEMICS

STUDENT

AFFAIRS

ATHLETICS

GIVING

11/16/2017

SHARE

All News

Archives

RSS News Feeds

Winthrop in the News

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.

[\[Back to Previous Page\]](#)

IN THE HEART OF THE CAROLINAS

