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Palmetto Series Helps Student Athletes Promote Healthy Living

COLUMBIA, S.C. – Student athletes from Clemson University and the University of South Carolina will promote healthy living and healthy eating before their respective Spring Games, Saturday, April 9.

The Be A T.I.G.E.R Field Day will be held in Jervey Meadows and Doug Kingsmore Stadium from 10 am until 2 pm. In Columbia, the Active Gamecocks pre-game activities will take place in Gamecock Village from 9:30 am – 11:30 am. Each event includes family friendly activities, and fans will have the chance to interact with student athletes while learning about making healthy food choices. Admission to both events is free.

The Palmetto Series is getting in on the action offering fans Certified SC Grown swag, peanuts and other information about choosing South Carolina grown fruits and vegetables. Eating fresh is easy when you live in South Carolina. Our farmers grow a bounty of tasty fruits and vegetables that make healthy additions to any menu.

The Carolina Gamecocks hold the lead in the series with a score of 8.5-5.5. The final point will be determined based on each school's academic record for this school year, unless the teams meet again in postseason play.

No matter who you root for on game day, supporting local farms and farmers across South Carolina is something we all can agree on. So look for the Certified SC Grown label where you shop, and keep up with the Palmetto Series has we head down the home stretch. To learn more about where to buy Certified SC Grown, visit certifiedscgrown.com. To follow along with the Palmetto Series, visit palmettoseries.com.

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