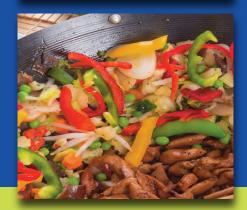


# Hey kids, become a FOOD EXPLORER and check this out!

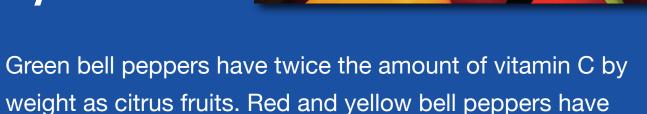
# **Bell Peppers**







## Did you know...?



- four times as much vitamin C as citrus fruits.
- Bell peppers are also called sweet peppers and are native to Mexico.
- Bell peppers can be found in a rainbow of colors and can vary in flavor.
- Bell peppers grow on a small plant and are available in Massachusetts starting in July.

## **DELICIOUS AND NUTRITIOUS**

Bell peppers are an excellent source of vitamin C. They are also a good source of

#### vitamin A and fiber.

#### **SUPER SNACK IDEAS**

- Eat raw bell peppers dipped in low-fat dressing or hummus for a snack.
- Top homemade pizza with sliced bell peppers.

### BELL PEPPER HUMOR

#### What do you call a nosy pepper?

"Jalapeño business!"

#### **UMassAmherst**

Extension Nutrition Education Program

#### For healthy recipes and low-cost tips, visit our website at ag.umass.edu/nutrition.

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