



Hey kids, become a
FOOD EXPLORER
and check out this
Month's Discovery...

Bell Peppers



Did you know...?

- Green bell peppers have twice the amount of vitamin C by weight than citrus fruits. Red and yellow bell peppers have four times as much vitamin C.
- 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 are grown on a small plant and are available starting in July in Massachusetts.

DELICIOUS AND NUTRITIOUS

A ½ cup of bell peppers is an excellent source of vitamin C. They are also a good source of vitamin A and fiber!

A SUPER SNACK IDEA

- Eat raw bell peppers dipped with 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!”