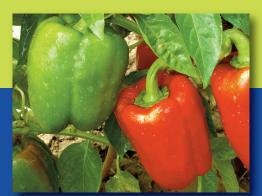


Hey kids, become a FOOD EXPLORER and check out this Month's Discovery...

Bell Peppers



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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 ¹/₂ 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!"



Nutrition Education Program

For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

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This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights. 5/15