



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

# Bell Peppers



## Did you know...?

- Green bell peppers have twice the amount of vitamin C by weight as citrus fruits. Red and yellow bell peppers have 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!”