

## Fresh Fruit & Vegetable Program: January 2023

### Featured Fresh Vegetable: **COLORFUL BELL PEPPERS**



#### Health Benefits:

1. Contains Vitamin E – muscles and nervous system
2. Rich in Vitamin C – immune system and healing
3. High in Vitamin A – eyes and skin



#### Fun Facts:

1. Bell peppers have more Vitamin C than an orange!
2. Bell peppers grow on a short bush that can grow up to 1 meter!
3. Most common bell pepper colors are green, yellow, red, and orange. Less commonly peppers can also be brown, purple, white and lavender!

