

## *Fresh Fruit & Vegetable Program: Week of February 13, 2023*

### Vegetable of the Week: **RED BELL PEPPERS**



#### **Fun Facts:**

1. A large red pepper has more Vitamin C than an orange!
2. Dried and powdered red bell pepper used for cooking is commonly referred to as paprika!
3. Red bell peppers get sweeter as they ripen.

#### **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

### Fruit of the Week: **RED GRAPES**



#### **Fun Facts:**

1. Grapes are botanically classified as berries!
2. There are more than 8,000 grape varieties from about 60 species. The two main types are American and European.
3. American grapes are available in September and October, whereas European grapes are available year-round.

#### **Health Benefits:**

1. Copper: red blood cell formation, bone health, immune function
2. Vitamin K: blood clotting and bone health
3. Antioxidants: overall wellbeing, reduces risk of heart disease and cancer

