

## *Fresh Fruit & Vegetable Program: February 2023*

### Featured Fresh Vegetable: **Red 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. 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.

