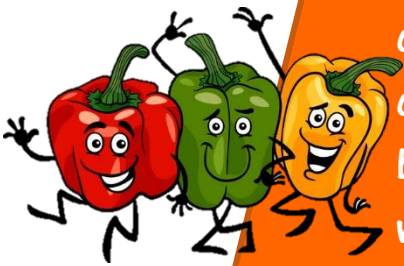


# SNACKBite

## Bell Pepper



- Available in a variety of colors including: green, red, yellow, orange, and purple!
- Thick, crunchy, moist flesh with a sweet and very mild flavor.
- Some peppers can be quite hot, but bell peppers are considered sweet peppers because they lack the compound Capsaicin which produces a sensation of burning in any tissue with which it comes into contact with.
- Red, orange, and yellow peppers are an excellent source of Vitamin A. This nutrient promotes normal growth and development, tissue and bone repair, and healthy skin and eyes.
- Red bell peppers aren't a different variety, they are simply green bell peppers that have been left on the vine to continue to ripen.
- Bell peppers are not seasonal veggies, meaning that you can enjoy them throughout the year.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.