

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

RED BELL PEPPER



Bell peppers originated in Mexico, Central America, and South America. Peppers were named by Christopher Columbus and Spanish explorers who were searching for peppercorn plants to produce black pepper. Bell peppers are high in vitamin C, especially red peppers.

Vitamin C is essential and the body cannot make it by itself, and it only receives it through diet. It is great for the immune system. Peppers are delicious cooked or raw.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER