**Health Benefits:**

* Vitamins A and C both of which are antioxidants.
* Antioxidants help the body get rid of harmful substances that damage cells.
* [](http://www.google.com/imgres?q=sweet+bell+peppers&hl=en&sa=X&biw=1144&bih=675&tbm=isch&tbnid=ughEAEHpPBGC8M:&imgrefurl=http://parkseed.com/pepper-sweet-rainbow-mix/p/5245/&docid=3IcJyhsYLjXhYM&w=500&h=500&ei=6QRYTqKLHaKNsQKQ0qGZDA&zoom=1&chk=sbg)Good source of potassium and several B vitamins.
* Excellent source of fiber.

**Interesting Facts:**

* Bell Peppers were named by Christopher Columbus and Spanish explorers who were in search of the peppercorn plant used to make the spice black pepper!
* Sweet Bell Peppers are not “hot” like their relatives the chili, jalapeno and habanero peppers, because they don’t contain capsaicin.
* Bell Peppers can be green, red, yellow, orange, purple, brown, black and ivory. The brown bells are called Chocolate Bell Peppers!

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Enjoy Sweet Bell Peppers all month long in your Meals on Wheels:

*[](http://www.google.com/imgres?q=peppers&hl=en&sa=X&biw=1144&bih=675&tbm=isch&tbnid=e3UzwNB-qsYzDM:&imgrefurl=http://www.sweetadditions.net/food-drinks/chili-peppers-types-with-pictures&docid=OTqi7UkGahC5wM&w=493&h=335&ei=fM9bTqWEK5PHsQLmkvi7DA&zoom=1)Stuffed Green Peppers*

*Confetti Ramen Slaw*

*Stuffed Pepper Soup*

*Red Pepper Marinara*

*Pineapple Pepper Chicken*

**Sweet Bell & Hot Peppers**

**Word Search**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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**[](http://www.google.com/imgres?q=peppers&hl=en&sa=X&biw=1144&bih=675&tbm=isch&tbnid=qH1wNNbMtOy7aM:&imgrefurl=http://www.alpsnational.org/project%252091.html&docid=eqRhqNPp3aMURM&w=500&h=500&ei=9s5bTpuRIo-CsALc3aC2DA&zoom=1&iact=rc&dur=1250&page=6&tbnh=154&tbnw=154&start=75&ndsp=15&ved=1t:429,r:12,s:75&tx=87&ty=61)**

BANANA IVORY

BLACK JALAPENO

BROWN ORANGE

CAPSAICIN PEPPERONCINI

CHILI PURPLE

GREEN RED

HABANERO YELLOW

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