**Health Benefits:**

* Vitamins A and C both of which are antioxidants.
* Antioxidants help the body get rid of harmful substances that damage cells.
* 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:

*Stuffed Green Peppers*

*Confetti Ramen Slaw*

*Stuffed Pepper Soup*

*Red Pepper Marinara*

*Pineapple Pepper Chicken*

**Sweet Bell & Hot Peppers**

**Word Search**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| M | K | I | V | Q | Y | E | I | P | N | C | O |
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| K | N | N | A | U | R | C | C | G | R | L | P |
| X | G | A | R | L | I | Y | N | Y | G | I | F |
| E | I | P | N | A | A | W | O | C | R | Y | R |
| H | L | U | S | A | O | P | R | P | Y | E | P |
| E | N | P | N | R | B | E | E | B | D | L | W |
| O | A | X | B | L | N | N | P | N | K | L | B |
| C | E | G | N | A | R | O | P | P | O | O | Y |
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| B | L | A | C | K | F | R | P | O | L | X | V |

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BANANA IVORY

BLACK JALAPENO

BROWN ORANGE

CAPSAICIN PEPPERONCINI

CHILI PURPLE

GREEN RED

HABANERO YELLOW

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| M | K | I | V | Q | Y | E | I | P | N | C | O |
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| E | N | P | N | R | B | E | E | B | D | L | W |
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| M | K | I | V | Q | Y | E | I | P | N | C | O |
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