



SAISD CNS Powerful Produce of the Week

BELL PEPPERS

FUN FACTS!

Green bell peppers are actually just unripe red, orange, or yellow bell peppers!

Red bell peppers have the most nutritional benefits!

POWER UP!

Bell Peppers are high in vitamin C! **Vitamin C** helps us fight colds and supports a healthy immune system. Also, when we have a cut or a bruise, vitamin C is an important part of the healing process.

TRY THEM ALL!



Nutrition Education presented by your District Dietitian, Alyssa K Garza, RDN

This institution is an equal opportunity provider.