

Mississippi Farm to School

Mississippi Grown. Mississippi Good.



Bell peppers are an excellent way to eat healthy!

They contain very high amounts of vitamins C and A. One red bell pepper contains only 30 to 40 calories and has a satisfying crunchy bite. The fiber that bell peppers contain helps you to feel full with very few calories. Keep slices of bell peppers in the refrigerator for a great, low calorie snack!

Fun Facts

- Peppers are actually fruits because they are produced from a flowering plant and contain seeds - most people think of them as vegetables.
- Red, orange, and yellow bell peppers are actually very ripe green bell peppers.
- Red bell peppers have more than twice the vitamin C of a green pepper.



Bell peppers are grown in Mississippi on family farms like that of Allen & Janice Eubanks from Lucedale, MS.

Bell peppers are a delicious fruit that can be enjoyed either raw or cooked.