FAMILY NEWSLETTER

Nutrients Found In Peppers

- Peppers are an excellent source of vitamin C, containing more than twice as much vitamin C as citrus fruits.
- Good source of vitamins A and B6.
- Folate
- Potassium
- Manganese
- High in antioxidants

Living and Eating Green

- Go on a family bike ride to your local farmer’s market.
- Bring your own bags to the market so that you have an easy way to bring all of the delicious fruits and vegetables home!
- When you get home, prepare a meal using some of the fresh ingredients!

Produce Pointers

- Select fresh peppers that are firm, brightly colored and glossy.
- The best peppers will have a firm green stem and will feel heavy for their size.
- Avoid peppers that feel thin and have soft and/or wrinkled skin or brown patches.
- Sweet peppers will stay fresh in the refrigerator for 3-4 days. Red peppers are riper than green peppers and will spoil more quickly.
- To preserve freshness, don’t wash peppers until immediately before use.
- Peppers can be canned or frozen with great success.

Healthy, Fit and Ready to Learn

Offer your child fruits and vegetables with every meal and as snacks. Crunchy mini-sweet peppers make a delicious and refreshing afternoon snack!
**Ingredients:**

- 1 1/2 lbs sweet Italian sausages, casings removed
- 1 1/2 cups coarsely grated zucchini (about 1 large)
- 1/2 cup finely chopped red onion
- 1/3 cup minced fresh parsley
- 1/4 cup fine dry bread crumbs
- 1 large egg
- 1 teaspoon ground black pepper
- 3/4 teaspoon salt
- 1/2 teaspoon minced fresh rosemary
- 4 medium-size red bell peppers (each about 4 to 6 ounces), halved lengthwise, seeded
- Fresh rosemary sprigs

**Directions:**

- Preheat oven to 350°F.
- Mix sausage, zucchini, onion, parsley, bread crumbs, egg, black pepper, salt, and rosemary in large bowl until well blended.
- Fill pepper halves with sausage mixture, dividing equally and mounding slightly.
- Arrange in 13 x 9 x 2-inch baking dish. (Can be made 1 day ahead. Cover; chill.)
- Bake peppers uncovered until tops are browned, about 1 hour. Transfer peppers to platter.
- Garnish with rosemary sprigs and serve.

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**Recommended Daily Amounts of Fruits and Vegetables**

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<tr>
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<th>Kids - ages 5-12</th>
<th>Teens &amp; Adults - age 13+</th>
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<tbody>
<tr>
<td>Males</td>
<td>2 1/2 - 5 cups per day</td>
<td>4 1/2 - 6 1/2 cups per day</td>
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<tr>
<td>Females</td>
<td>2 1/2 - 5 cups per day</td>
<td>3 1/2 - 5 cups per day</td>
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If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.