



PEPPERS

Developed by Healthy Start for Mom & Me and supported by the Manitoba Government, 2020.



WHAT ARE PEPPERS?

Question

What are peppers?

Answer

Peppers are technically fruits, although most people think of them as vegetables (it is considered a fruit because it has seeds).



Red, yellow, and orange peppers are actually just very ripe green peppers.



Red peppers are the sweetest, and green peppers are the least sweet.



Green peppers are cheaper (you can also save money by buying bags of peppers).



**WHY ARE
PEPPERS
GOOD FOR
YOU?**

Question

Why are peppers good for you?

Answer

Peppers contain:

- **Vitamin A** – good for eyesight
- **Vitamin C** – may lower cancer risk and protect against cataracts
- **Vitamin B6** – formation of red blood cells





**HOW DO YOU CHOOSE A
PEPPER IN THE STORE?**

Question

How do you choose a pepper in the store?

Answer

Choose a pepper that is:

- Crisp, firm, bright, and smooth
- Shiny, wrinkle-free



TIP: Peppers are in season in the summer and fall.



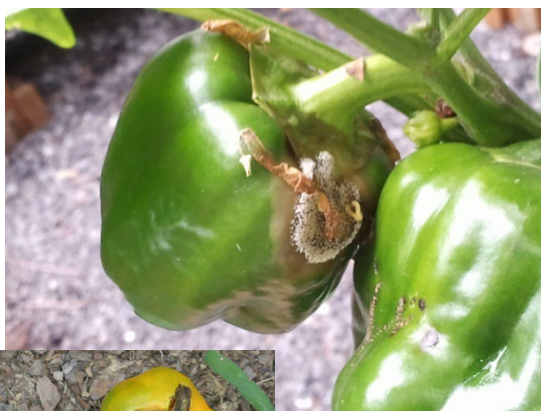
**WHAT ARE
SIGNS OF
AN
OVERRIPE
PEPPER?**

Question

What are signs of an overripe pepper?

Answer

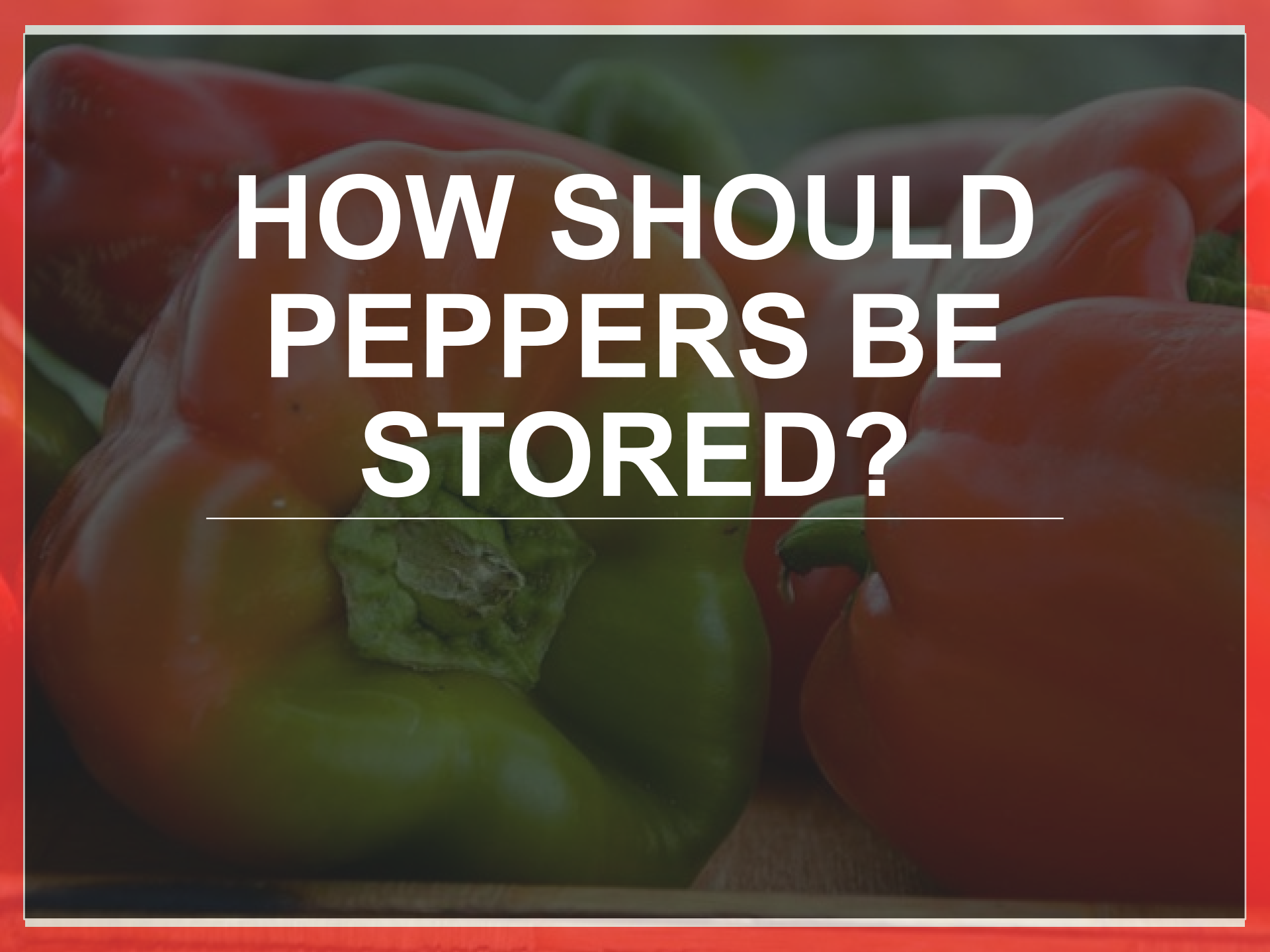
Brown or mushy spots



Wrinkly, limp and shriveled



TIP: Leave your peppers whole for as long as possible – they will stay fresher and last longer this way!



HOW SHOULD PEPPERS BE STORED?

Question

How should peppers be stored?

Answer

If **whole**, store in **plastic bags** or in the **vegetable crisper** of your fridge.

Store whole in the refrigerator for up to **1 week**



If **cut**, store in an **airtight container** in the fridge



Preparing Peppers

- 1** Rinse the pepper, chop in half and remove the stem and seeds

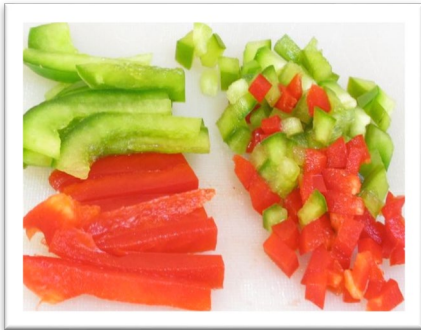


Preparing Peppers

2

Cut peppers into:

Chunks



Rings



Strips



Or leave them whole (to be stuffed)





HOW CAN PEPPERS BE EATEN?

Question

How can peppers be eaten?

Answer

Enjoy peppers **raw** in **salads**, eaten **plain** or with **dip**, or add them to a **veggie platter**.



Peppers are also great **cooked** in **stir fry**, **stuffed**, or **roasted**!





**CAN BABIES EAT
PEPPERS?**

Question

Can babies eat peppers?

Answer

Peppers can be a great addition to your baby's diet!



After high iron foods have been introduced, include a variety of vegetables in your baby's diet, such as peppers (after 7 months)



**HOW
SHOULD
PEPPERS BE
PREPARED
FOR
BABIES?**

Question

How should peppers be prepared for babies?

Answer

1. **Cook the pepper** – steam, microwave or simmer in water
2. **Remove the skin** – after cooking place the pepper into a ziploc bag, then let rest 10 minutes. After this, the skin will slip right off (be sure to remove the core and seeds before feeding baby)
3. **For younger babies**, put into blender and **puree** (for older babies cut up and serve as **finger food**)





**HOW SHOULD YOU STORE
LEFTOVER BABY FOOD PUREE?**

Question

How should you store leftover baby food puree?

Answer

Store in the **fridge** for **2 days**.

Or divide leftovers into an ice cube tray, cover with plastic wrap, and **freeze** for up to **3 months** (once frozen you can transfer to freezer bags).

- Grab a cube as needed from the freezer (1 cube = 1 serving)



TIP: instead of using ice cube trays, spoon out portions onto a baking sheet and freeze

