

Sweet Bite Peppers

School
Fruit and Vegetable
Scheme



Your delivery

- Each pack contains:10
- Number of pieces per pupil:1
- Storage: Store in a cool dry place
- Preparation: To be washed



What to expect

Each bag will contain 10 portions, the fruit will need to be washed before giving to the children

Each pepper will be roughly oblong shaped, with a diameter range of over 25mm. Sweet Bite Peppers will be sweeter than a standard pepper with sugar levels of 9-11%.

Nutritional information

- ✓ A great source of **natural antioxidants**
- ✓ Sweet Bite Peppers are also a good source of **Vitamin C** and **Potassium**.
- ✓ All fruit and vegetables are **low in sodium, calories** and **fat** and are a good source of **dietary fibre**.

Place of origin

Peppers for the School Fruit and Vegetable Scheme originate from Spain, Holland, Belgium and the UK. Spain is the largest producer of peppers in Europe. Sweet Bite Peppers are predominantly grown in greenhouses in order to maintain the ideal temperatures and moisture conditions.

Sweet Bite Peppers



Tips for storing, handling and eating Sweet Bite Peppers at home

- Avoid washing peppers before storing as this leads to moisture loss
- Temperature fluctuations should be avoided as this will damage the peppers
- Peppers can be stored 1 – 2 weeks at home if kept between 8°C and 12°C

Interesting facts

- Did you know that all sweet bite peppers start off as green and the colour develops by leaving the pepper on the plant for longer
- Today China is the world's largest pepper producer
- Botanically speaking a pepper is classed as a fruit

How sweet bite peppers are grown

- Sweet bite peppers can be grown in both protected structures and in open fields
- They grow on green leafy plants up to 2 metres tall.
- It takes 75 days to grow from a seed to a flowering plant and 50 days from flower to vine ripened pepper
- Each plant produces 150-250 peppers, that are carefully handpicked when they are just ripe
- Peppers are then transported by truck through Spain, Holland and Belgium and into France before crossing the channel into the UK.

Simple recipe

Why not try stuffing the sweet bite peppers with cream cheese, and grilling under a medium heat, for a savoury snack.

For more information

www.nhs.uk/5aday, www.nhs.uk/change4life, www.food.gov.uk, www.nhs.uk/healthyeating and www.childrensfoodtrust.org.uk