

**EAT THEM
TO DEFEAT THEM**



Norse
Fresh Ideas Feeding Minds



Fun Food Facts – Peppers

Peppers are high in vitamin C with red peppers having the highest level!

Some peppers are hot and spicy and some are cool and sweet!

Peppers have seeds so are actually a fruit and not a vegetable!

Norse Catering kitchen staff chop approximately 36,000 peppers a year!



**GET
SOUPED**