



Food and Agriculture
Organization of the
United Nations



10 February
World Pulses Day

GET INVOLVED

Pulses for a sustainable future

Friday, 10 February 2023

14.00 - 15.30 CET

virtual event



World Pulses Day (WPD)

Building on the success of the International Year of Pulses (IYP) in 2016, implemented by the Food and Agriculture Organization of the United Nations (FAO), the United Nations General Assembly (UNGA) designated **10 February as World Pulses Day (WPD)**. With the slogan *#LovePulses for a healthy diet and planet*, this celebration presents a unique opportunity to raise public awareness about pulses and the fundamental role they play in the transformation to MORE efficient, inclusive, resilient and sustainable agrifood systems for Better Production, Better Nutrition, a Better Environment, and a Better Life, leaving no one behind.

Pulses are the edible seeds of leguminous plants cultivated for both food and feed. Beans, chickpeas and peas are the most well-known and commonly consumed types of pulses, but there are several type of pulses more from around the world, all with great benefits on food security, nutrition, health, climate change, and biodiversity.

With the help of governments, the private sector, Members and partner organizations, the public and youth, let's celebrate, recognise and support the production and consumption of pulses as part of sustainable food systems and healthy diets. This is your guide on how to show support for **#WorldPulsesDay!**




Pulses are more than just nutritious seeds - they also contribute to achieving the goals of the 2030 Agenda of Sustainable Development.

The theme for 2023



This year's celebration under the theme **Pulses for a sustainable future** will be an opportunity to highlight the key role that pulses play in contributing to a sustainable transformation of our agrifood systems from an economic, social and environmental perspective. Pulses contribute to healthy diets, healthy soils and the creation of economic opportunities, thus covering all dimensions of sustainability. Therefore, the inclusion of pulses in agricultural systems is key to achieving the Sustainable Development Goals (SDGs). Many types of pulses are under researched, neglected and underutilized despite their invaluable contribution to sustainable agrifood systems and rich cultural heritage.

Did you know?

Pulses are particularly important for sustainable crop production because they can 'fix' or trap atmospheric nitrogen and improve the turnover of phosphorous, enhancing soil nutrient cycle and contributing to **Better Production**.




Pulses can be key to increasing the resilience of farming systems and providing a **Better Life** for farmers in water-scarce environments as they have a low water footprint and can better tolerate drought and climate emergencies compared to other food crops.




Pulses have a very important role to play in climate change mitigation because they optimize the use of fertilizer. Pulses contribute to increase the feed conversion ratio while decreasing methane emissions from ruminants, reducing greenhouse gas emissions while contributing to a **Better Environment**.


Pulses are an affordable source of protein for many rural populations in the world who may have limited access to diversified diets. These species are also nutrient-dense, providing substantial amounts of vitamins and minerals that are important for a good health, contributing to **Better Nutrition**.




The pulses sector includes a wide range of actors, providing employment to rural women and youth in farming communities and to urban families in the manufacturing sector. Pulses, contribute to creating livelihood opportunities and equity, which are also essential for sustainable agrifood systems.



Including pulses in various farming systems (e.g. agroforestry, intercropping and integrated farming systems) can help to increase crop diversity, increase the resilience of agricultural livelihoods and improve productivity.



The global pulses industry, including the production and trade of pulses, is a positive driver in ensuring the resilience of regional and global supply chains, allowing consumers to access nutritious foods and contribute to the sustainable use of natural resources.



Call to action

We all need to make food choices that improve both our health and that of our agrifood systems. One thing each of us can do is eat more pulses! Choose one of the many varieties to add flavor to your diet. If you can, swap one meal a week with a pulses meal and try out new recipes. In choosing to eat pulses, you support all those who harvest them and encourage their production. You're also supporting all the good they do for soil health and the environment.

Governments and international bodies need to implement frameworks and effective trade policies that benefit smallholder farmers that produce pulses. International trade in pulses is a positive driver in ensuring the resilience of regional and global supply chains, and a critical tool to facilitate access to healthy and nutritious products, allowing consumers to expand healthy diet options and contributing to the sustainable use of natural resources.

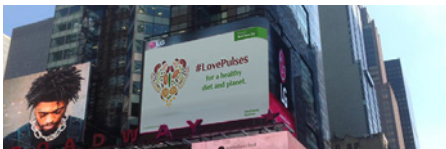
Private food businesses including vendors, restaurants and food service companies should promote pulses to the public. Companies also need to invest in, develop, adapt and share technologies that transform food systems. Pulse crops can boost soil health and help mitigate the effects of climate change on food security. Pulses are, unlike most plant species, capable of using atmospheric nitrogen, which is key to optimize the use of commercial fertilizers, boosting soil health by increasing the diversity of soil microbes, and improving resilience of farming systems.

Chefs and influencers need to show pulses as an attractive and healthy food option by introducing recipes and teaching their audience how to cook, store, and use them. In doing so, they can promote the health benefits of pulses and encourage their consumption. Teaching the benefits of plant protein can help provide more varied menu options and encourage people to eat healthy.

Parents and teachers need to promote healthy eating habits and educate **youth on the importance of adding pulses to their diets**. Healthy eating habits start by educating future generations.

How to participate

Get involved in one of the following ways or encourage your network to do so!



BRING WPD TO YOUR TOWN OR CITY

Pro-bono advertising is a great way to increase the impact of World Pulses Day even beyond 10 February – pulses contribute to a healthy diet and planet all year-round. Approach municipalities, outdoor advertisers, transportation companies, such as city metro, buses or trains, shopping malls, cinemas or airports now to display the [World Pulses Day poster](#).



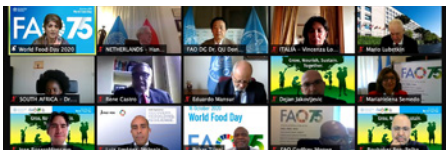
GET COOKING

Chefs and food influencers around the world will be posting their favourite pulses recipe on social media channels. Join the online conversation and post yours too using the hashtag [#WorldPulsesDay](#) and [#LovePulses!](#) Encourage friends, family and coworkers to do the same and share ways in which to prepare delicious pulses.



PLANT PROTEIN

Start a group initiative of growing pulse crops in a community garden or at a school garden to teach youth about the health benefits of pulses. Learning how pulses are sown and how they contribute to soil health will grow your appreciation for those who harvest them, how great they are for the environment and encourage their consumption.



ORGANIZE A WPD EVENT

Although we mark World Pulses Day 2022 under challenging circumstances, you can still take advantage of this opportunity to call for action. Take a fresh approach by considering different activities or new formats for events – either by going digital or respecting any physical distancing measures. Some events, such as panels, public lectures or even a quiz night could be just as effective online to raise awareness and share knowledge about the health and environmental benefits of pulses.



SHARE OUR YOUTH COMIC

Read and share our youth comic '[Health benefits of pulses](#)' and '[Pulses contribute to food security](#)', and encourage educators to dedicate a class to learn about pulses with the [How to get kids to eat pulses article](#). Why not inspire students to get creative and show what they know by creating their own comic on the health and environmental benefits of pulses.



VALENTINE'S DAY COOKING DEMONSTRATION

They say the way to someone's heart is through the stomach. Organize a Valentine's Day themed cooking demonstration that promotes a new recipe with pulses. This event can be for the office, schools, a celebration amongst friends or family, or even for the general public. Using online platforms, such as Zoom, Teams, or Skype, the event can be a great way to connect, share a meal and spread the love of pulses this Valentine's Day!



DRIVE AWAY HUNGER

Pulses are nutritious and tasty, but another great thing about them is that they also have a long shelf life. Pulses can be stored for months without losing their high nutritional value. Arrange a food drive for your local food bank and donate pulses to help those in need.



ADD THE WPD BUTTON TO YOUR WEBSITE

Mark the day by including the [World Pulses Day button](#) to your website and get people talking about pulses. Using a visual, such as the button, is a great way to increase interest and awareness about the day and show your support.



SOW SEEDS OF CHANGE

Contact your favorite local restaurant, community centre, and office or school cafeteria and tell them about World Pulses Day. Encourage them to promote and feature a new pulse dish on their menu to honour the day.

Communication materials

Here you can find a list of multilingual communication materials for promoting World Pulses Day. Some of these will be available very soon so stay tuned as the resources are updated on the [World Pulses Day Asset Bank](#). These materials can be downloaded and shared easily with external partners or providers.

TAG @FAO IN YOUR POSTS OR ONE OF THE ACCOUNTS BELOW!

[Facebook](#)

Twitter

Main language accounts:

[@FAO](#), [@FAOarabic](#), [@FAOenespanol](#),
[@FAOenfrancais](#), [@FAOrussian](#)

Main corporate accounts:

[@FAO](#), [@FAONews](#), [@FAOKnowledge](#)

[LinkedIn](#)

[Instagram](#)

[YouTube](#)

[Weibo](#)

[Weibo](#)

WeChat: Search “FAOChina” on WeChat

[TikTok](#)

CONTACT US

Thanks for promoting World Pulses Day!

Do you have any ideas you would like to share with us? We want to hear from you.

Contact us at: World-Pulses-Day@fao.org

WPD Website

WPD Trello board

Youth publications

- [FAO Kids- Health benefits of pulses](#)
- [FAO KIDS - Pulses contribute to food security](#)
- [How to get kids to eat pulses](#)

Articles, stories and publications

Stories and factsheets

- [Nature's nutritious seeds: 10 reasons why you should opt for pulses](#)
- [Nutritional Benefits of Pulses](#)
- [Pulses Contribute to Food Security](#)
- [Health Benefits of Pulses](#)
- [Pulses and Climate Change](#)
- [Pulses and Biodiversity](#)

Publications

- [Publications listicle](#)
- [The global economy of pulses](#)
- [Plant protein for a sustainable future](#)
- [Pulses: Nutritious seeds for a sustainable future](#)
- [Pulse crop for sustainable farms in sub-Saharan Africa](#)
- [Mainstreaming efficient legume seed systems in Eastern Africa](#)
- [Soils and pulses: Symbiosis for life](#)
- [Pulses and their by-products as animal feed](#)

Videos

Youtube

- [WPD Promotional video](#)
- [YouTube playlist – World Pulses Day](#)

Infographics

- [5 Benefits of pulses](#)
- [Surprising facts about pulses you might not know](#)

fao.org/world-pulses-day

#WorldPulsesDay
#LovePulses



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