

# The Taste

7-15

of February  
2026

# Pulses

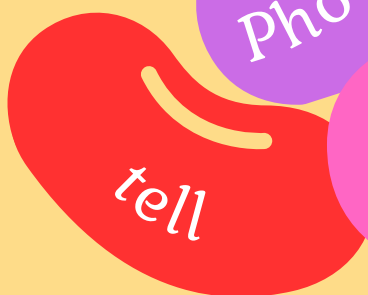
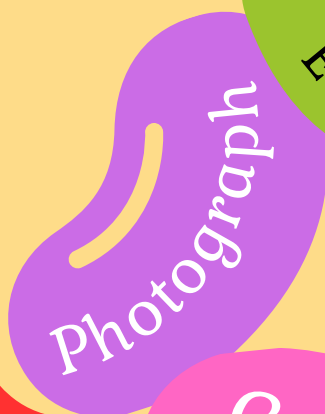
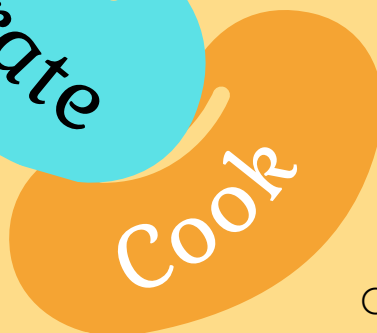
Let's celebrate  
'International  
Pulses Day'

FEBRUARY  
7-15

Share the value of legumes with as many people as possible by preparing your own dish and/or organising an event.

INTERNATIONAL DAY  
OF PULSES

FEBRUARY 10



Legumes are excellent foods for our diet.

Beans, chickpeas, lentils and lupins are a source of protein and other nutrients, are rich in fibre, have a long shelf life and are inexpensive.

Furthermore, thanks to nitrogen fixation and water efficiency, they help to preserve soil fertility.

That's why eating legumes is good for the environment and for us.

[www.increasepulsesday.com](http://www.increasepulsesday.com)



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