

8-9-10 February 2025

# The taste of pulses

Celebrate with us  
'The World Pulses Day'

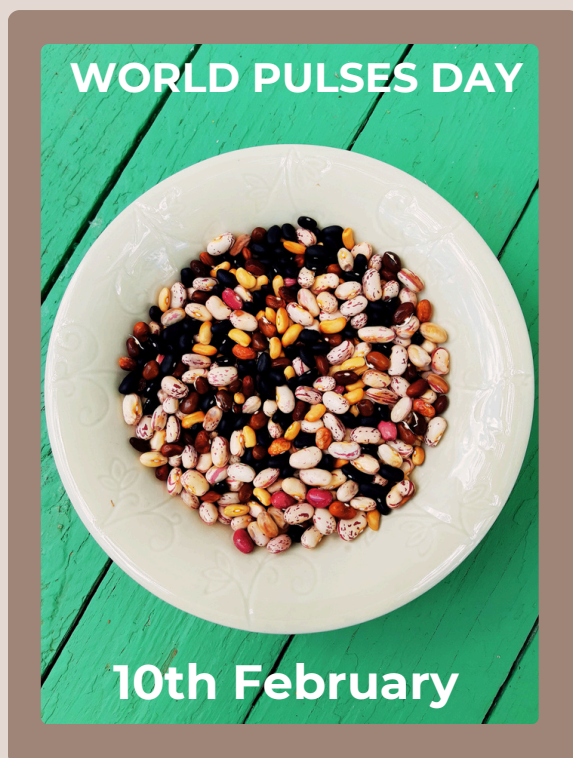
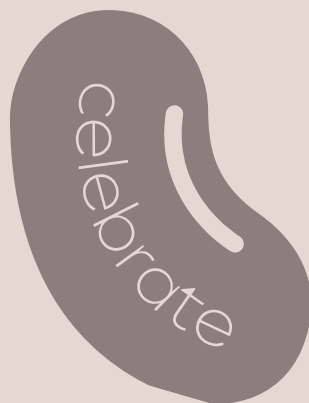
On 8-9-10 February, share with as many people as possible the value of pulses by preparing a dish of your own and/or organising an event.

**Whether you are a citizen, restaurateur, association or anyone else join "The taste of Pulses" on our website [www.increasepulsesday.com](http://www.increasepulsesday.com)**

By posting recipe and photos on our website, you too can be rewarded!



scan the QR code for more informations



Pulses are excellent foods for our diet.

Beans, chickpeas, lentils and lupins are a source of protein and other nutrients, they are rich in fibre, keep for a long time and are cheap.

In addition, thanks to nitrogen fixation and water efficiency, they help maintain soil fertility.

That's why if we consume pulses we do a favor for the environment and for us.