



## A Call-to-Action

Creating a Legacy beyond the 2016 UN International Year of Pulses

**Pulses are the future of food.** As a family of crops, these dried beans, peas, lentils and chickpeas can make an important contribution to improving nutrition and health as well as supporting livelihoods and sustainable agriculture across the world.

They are high in protein, fibre, and various vitamins, provide amino acids, and are hearty crops. They are most popular in developing countries, but are increasingly becoming recognized as an excellent part of a healthy diet throughout the world. Pulse crops are one of the most sustainable crops a farmer can grow. For instance, all pulses contribute to soil quality by fixing nitrogen in the soil, and they require only 1/2 to 1/6 the water as sources of animal protein.

*Read more at:*  
[www.iyp2016.org](http://www.iyp2016.org)  
[www.pulses.org](http://www.pulses.org)  
 @LovePulses



[www.fao.org/pulses-2016/en/](http://www.fao.org/pulses-2016/en/)



However, for pulses to play this important role, the global community must come together and sustain the positive momentum achieved during the 2016 UN International Year of Pulses (IYP). Pulse production and consumption must continue to grow, and market access to facilitate trade must continue to be supported.

This document offers a list of ways that you can help support more pulses getting on our plates now and in the future.



## Food Security, Nutrition and Innovation

### 1. Promote the production and consumption of pulses as part of national food security policies.

Countries should actively promote the role of pulses as a vital source of protein. Pulses are also affordable and nutritious, helping to reduce the risk of hunger, malnutrition and even some chronic diseases. As crops, they are resilient and have very low water and fertilizer requirements. Specific funding should be dedicated to improving pulse production and consumption, especially in selected developing countries.

#### *Did you know?*

India is the largest pulse producer, and Canada is the largest exporter. Only in the Near East/North Africa region has per capita consumption of pulses increased since the 1970s.

### 2. Continue to maintain the INFOODS database created for pulses and fill in any remaining gaps.

In the context of IYP, the FAO commissioned the inclusion of pulses in its INFOODS food composition database. It now has collected analytical data with 16,720 articles reviewed for 23 different pulse species and will have nutrient profiles for each pulse crop. The database still has gaps though for some species so it should be updated as research becomes available.



### 3. Support agri-food entrepreneurs to use pulses as ingredients in food products.

In addition to their food security benefits, pulses are delicious and incredibly versatile as ingredients. However, more research needs to be done to highlight pulses' functional and nutritional properties so that agri-food entrepreneurs use them in more innovative ways, including for humanitarian purposes, school-feeding programs and in nutritious snacks.

## Creating Awareness

### 4. Encourage higher pulse consumption by changing dietary patterns and consumer preferences.

Pulse consumption has seen a slow but steady decline over the past generation in both developed and developing countries. Consumers can be supported to incorporate more pulses into their diets, but pulse production, especially at the domestic level, will need to keep pace with any increased demand, according to the FAO.



### 5. Continue to host a section for pulses on the FAO website.

FAO's support for IYP has drawn attention to pulses' contribution to better nutrition and health and sustainable food. Continuing to feature pulses prominently on their website will help maintain this progress.





## 6. Re-implement a pulse programme as a part of FAO's regular programme of work.

FAO should put back into place a specific programme dedicated to pulses – encompassing support throughout the value chain from R&D and policy analysis to extension and market development.

## Market Access and Stability

### 7. FAO should collect and analyse more robust pulse statistics.

Pulse statistics currently collected by FAO's Statistics Division (ESS) and published in FAOSTAT usually lag behind by one or two years. More real-time data collection and analysis of market developments and shorter-term market outlook (on production, utilization, trade, prices) would benefit pulse producers and purchasers. The FAO's Trade and Markets Division (EST) already collects this latter data for cereals, oilseeds and livestock products but has discontinued it for pulses – something that could be reinstated on an on-going basis in the future.

### 8. Enable equitable trade in pulses that benefits both producers and consumers.

Trade is critical to food security and livelihoods. Farmers need access to weather, crop and market information to make informed decisions; credit to invest in their farm businesses; and improved inputs to boost productivity and manage water, soil and carbon footprints sustainably.

### 9. Instruct the Codex Alimentarius to establish and synchronise global standards for pulses, especially MRLs.

As the most important international standard setting body in the area of food safety, this guidance from Codex Alimentarius would facilitate pulse trade flows and support farmer livelihoods, but FAO must address current capacity challenges and make adequate resources available. A Coalition of over 18 commodities and food producers supports strengthening Codex processes, in particular better establishment of Maximum Residue Limits (MRLs) for pesticides.



#### *Did you know?*

Ethiopia and Myanmar have been rapidly increasing their pulse exports in recent years, and Brazil and Argentina are already major producers of pulses.

## Productivity & Environmental Sustainability

### 10. Close the gap on pulse crop productivity.

Pulse crop yields and production have not kept pace with other crops, especially compared to cereals and oilseeds. Pulses urgently require increased investment in improved varieties and better management techniques to tackle relatively stagnant growth. Current productivity gaps between pulse crops inside and outside the developing world must also be bridged.







### 11. Take up the 10-Year Pulse Research Strategy.

It can take decades for crop research to get into the hands of farmers – from pulse genome sequencing through to extension programmes, these plans require long-term visions and strategies and adequate funding, both public and private. The 10-Year Research Strategy report will be used to set an agenda for global discussion and mobilize champions to advocate for accelerated pulse research investments. Read more at [www.iyp2016.org](http://www.iyp2016.org)

#### *Did you know?*

Annual investment hovers at only \$175m for the 13 crops in the pulse category whereas billions are invested into other crops such as corn and soya.

### 12. Conduct a Sustainability Project to understand pulses' role in sustainable food systems.

Pulses can contribute greatly to the success of the UN Sustainable Development Goals – in ending hunger (Goal 2), ensuring health lives (Goal 3) and combatting climate change (Goal 13). FAO should conduct a sustainability report which fully explores this potential and how it can be put into practice.

## Creating A Lasting Legacy: World Pulse Day

The United Nations should declare a World Pulse Day on the third Wednesday of January every year for it to become the lasting legacy of the International Year of Pulses and a moment in time for food chain actors to celebrate their progress, shape future priorities and forge connections for further collaboration.



*Help us celebrate:*  
**Global Pulse Day**  
January 18, 2017

<http://pulses.org/global-pulse-day>

So much progress has been made in 2016 to highlight pulses' huge contribution to health, nutrition, livelihoods and sustainability, yet many long-term, systemic impediments still remain for pulses to fully realise their great potential.

## Celebrate Global Pulse Day

Every year, on January 18, we celebrate Global Pulse Day. The Global Pulse Day is a global event to celebrate pulses and continue the momentum of the 2016 International Year of Pulses. We must encourage people around the world to eat pulses on January 18th. This will continue to raise awareness of the multiple benefits of consuming pulses for people and the planet.



The first Global Pulse Day took place on January 6, 2016 as "Pulse Feast", with 141 events spanning 36 countries, [reaching 21 million people](#).



Any event can qualify as a Global Pulse Day event from a family meal with pulses on the menu to a corporate party to a seminar on pulses. Anybody can participate in any corner of the globe and can share their Global Pulse Day with the rest of the world by linking to LovePulses either by posting information about your event on social media and using the hashtag #GlobalPulseDay or emailing us at [iyp@emergingag.com](mailto:iyp@emergingag.com). There will be some coverage over 48 hours of January 18 covering the world's time zones. There is no limitation on number of people (from 2 to 20,000) to be attending your event.

Please visit <http://pulses.org/global-pulse-day> for more information.

## Spread the world about the Global Nature of Pulses and their benefits to People and the Planet.

From spicy daals and crispy falafel to fresh bean salads and hearty warming soups, pulses are some of the most delicious and versatile ingredients that exist. Pulses add flavour, texture and colour to almost any dish and are affordable and accessible for virtually every household. Why not try cooking them for yourself?



*Visit the recipe database:*  
[www.pulses.org/recipes](http://www.pulses.org/recipes)

**Browse pulse recipes from around the world using our online database.** Search for recipes that use specific pulses, originate from particular countries or that are vegetarian, vegan, lactose-free or gluten-free.

