

# WORLD PULSES DAY - 10 FEBRUARY 2024

## PULSES FOR A SUSTAINABLE FUTURE

Building on the success of the [International Year of Pulses \(IYP\) in 2016](#) implemented by FAO and recognising the potential of pulses to further achieve the 2030 Agenda for Sustainable Development, the United Nations General Assembly (UNGA) [designated 10 February as World Pulses Day](#) (WPD). This celebration provides a unique opportunity to raise public awareness about pulses and the fundamental role they play in the transformation of current agriculture into a more efficient, inclusive, resilient and sustainable agrifood systems for better production, better nutrition, a better environment, and a better life, leaving no one behind.



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. With the help of governments, the private sector, Members and partner organizations, the public and youth, FAO works to facilitate the observance of this international day and support the production and consumption of pulses as part of sustainable food systems and healthy diets.



### Key messages about pulses:

- Pulses are nutrient-dense, providing a good source of vitamins and minerals that are vital for good health. Pulses have a long shelf-life and help to increase the diversity of diets, while reducing food loss and waste
- Pulses in multiple cropping systems enhance agrobiodiversity, climate change resilience and ecosystem services
- Pulses fix atmospheric nitrogen into the soil, contributing to improving soil biodiversity and fertility
- Including pulses in crop rotations can improve chemical fertilizer use efficiency
- Pulses provide employment and entrepreneurial opportunities for rural women and youth.
- [Key messages about pulses in the IYP 216 website.](#)



### Highlights

Pulses are a sub-group of legumes that are harvested for their dry seeds. Browse this [FAO stories](#) dedicated to these tiny, multi-coloured seeds and find out why you should include pulses in your diet:



[Story: Pulses and soils: a dynamic duo.- Four ways pulses nourish soils and soils nourish us](#)

[Story: Nature's nutritious seeds: 10 reasons why you should opt for pulses. Find out why you should include pulses in your diet](#)

Check out also this series of infographics based on the *fact sheets* produced for the International Year of Pulses. Learn how pulses contributes to ensure food security, mainstream biodiversity, human health and nutrition, and how they help addressing climate change challenges:

[Nutritional benefits of Pulses](#)

[Pulses and biodiversity](#)

[Pulses and climate change](#)

[Pulses for a sustainable future](#)

[Pulses contribute to food security](#)

[Health benefits of pulses](#)

### ***To know more***

[World Pulses Day website](#)

[World Pulses day Stories in fao.org](#)

[World Pulses Day 2024: Shining the spotlight on the vital role of pulses in promoting soil health and nourishing people](#)

[Discover the power of Pulses](#)

