

#WorldPulsesDay

**Good for people,
good for the planet**

#LovePulses



SUSTAINABILITY

PULSE CROPS ARE...



Soil enrichers

Pulses enrich the soil where they grow, reducing the need for chemical fertilizers



Drought-tolerant and resistant to cold weather

Pulse crops can grow in harsh environments



Low carbon footprint

Pulse crops have one of the lowest carbon footprints of any food group



It takes 43 gallons of water to produce 1 lb. of pulses



Pulse crops require little or no irrigation

Source of protein + Water efficient

It takes roughly 800- 1,800 gallons of water to produce 1 lb. of meat

Water footprint figures sourced from Arjen Y. Hoekstra and Ashok Chapagain, Globalization of Water, U. of Twente, Waterfootprint.org as reported by National Geographic, April 2010 Carbon footprint data sourced from: Nijdam, D. Rood, T., Westhoek, H. The price of protein. Food Policy 2012, vol 37, issue 6, pages 760-770

[HTTP://WORLDPULSESDAY.ORG](http://worldpulsesday.org)