



JANUARY 6 PULSE FEAST

Join us in GPC's celebrations of the International Year of Pulses 2016 by eating pulses on January 6, 2016!



EAT PULSES

Celebrate Pulse Feast by holding an event eating pulses with colleagues, friends, family, or the public.

Your event can be anything, as long as it involves beans, peas, lentils and chickpeas!

- A dinner with friends, family, or colleagues
- A food-truck crawl
- A public stand in your local mall
- Help serve pulses at a food bank



PHOTOGRAPH OR VIDEO

Let's show the world that we're celebrating.

Take videos and photos of your event and we will post them on iyp2016.org so viewers can see the global reach of our celebrations.

SHARE

Share your photos and videos with Twitter, Vine, Periscope and Instagram.

Use the hashtags [#LovePulses](https://twitter.com/hashtag/LovePulses) and [#PulseFeast](https://twitter.com/hashtag/PulseFeast), and tag [@LovePulses](https://twitter.com/LovePulses).

Need help in organizing, planning, using social media applications?
Contact IYP@emergingag.com

Let's prove that the world truly **LOVES** pulses!

For more information on Pulse Feast visit iyp2016.org/toolkits/pulse-feast

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