



NATIONAL COMMITTEE TOOLKIT

10 Great Things You Can Do Nationally

We know you all love pulses, which is why we want to give you 10 ideas on what your National Association or Committee can do to help promote pulses.

1. Include a link to consumer facing site www.pulses.org on your website
2. Donate your recipes to the global collection, and feature the recipes on your web site. Send your recipes to info@pulses.org.
3. Be social and talk about us! Follow us on Twitter [@LovePulses](https://twitter.com/LovePulses) and use the hashtag [#LovePulses](https://twitter.com/hashtag/LovePulses)
4. Launch new conversations by talking about different uses for pulses through your social media platforms.
5. Share your news. Send us your pulse related news to include in the News pages of www.pulses.org and www.globalpulses.org
6. Sign up to the Brand user guideline agreement for your country, please refer to the Pulse Brand Usage Page available [here](#) for more information.
7. Hold your own World Pulse Day event
8. Submit your event to www.globalpulses.org to include on our Event Calendar.
9. Translate materials on www.pulses.org into your national language. 1
10. And finally... to welcome the Year, eat pulses! Contact info@pulses.org for more information.