



By promoting beans as a sustainable food source, we can support and contribute to achieving the SDGs, creating a more equitable, environmentally conscious food system.

How do beans and other pulses support the achievement of the Sustainable Development Goals?

1 Affordable; support small-scale farmers

2 Address malnutrition; contribute to healthy & diverse diets

3 Rich in protein, fiber, micronutrients, low in fat, no cholesterol

4 Support school meals; improve learning outcomes

5 Empower women in smallholder farming and food preparation

6 Efficient water usage; less fertilizer runoff into waterways

7 Reduce energy-intensive farming; use less synthetic inputs

8 Create agricultural jobs; enhance rural economies and boost SMEs

9 Drive sustainable agricultural innovation

10 Bridge nutritional gaps; ensure affordable food access, boost rural incomes

11 Support healthy urban diets & urban agriculture via With #BeansOnTheMenu

12 Improve agricultural livelihoods, healthy diets; fight food waste through long shelf-life

13 Lower greenhouse emissions; strengthen climate-resilience; fix nitrogen

14 Reduce agricultural chemical runoff, protecting aquatic ecosystems

15 Reduce fertilizer use; support pollinators; enhance biodiversity; restore soils

16 Promote social equity; reduce food insecurity; strengthen community resilience

17 Via the Beans is How Coalition, foster global partnerships for sustainable development

**SUSTAINABLE
DEVELOPMENT
GOALS**

Beans and the Sustainable Development Goals

The Sustainable Development Goals (SDGs) are a global blueprint adopted by all United Nations member states in 2015. They aim to achieve a better and more sustainable future for all by addressing critical challenges such as poverty, inequality, climate change, and the attainment of peace by 2030.

Beans are a simple, affordable solution that contribute to positive nutrition and health outcomes, economic growth, environmental sustainability, and social equity, making them a valuable crop in the global effort to achieve the SDGs.

Beans and other pulse crops are a cornerstone of the transition towards more sustainable agri-food systems with the potential to address the climate-biodiversity-nutrition nexus while boosting livelihoods and increasing the resilience of local and global food systems. The benefits that beans offer in their production and consumption contribute to multiple SDGs and highlight the immense impact that simple, cross-cutting solutions can have on global development.

The Beans is How campaign, which aims to double global bean consumption by 2028, has adopted a comprehensive approach to addressing global challenges through food systems transformation, supporting multiple SDGs.

Learn more: www.beansishow.org @Beansishow

1 NO
POVERTY

SDG 1: No Poverty

Beans are an accessible, nutritious food source, particularly for low-income populations. Their cultivation generates income and boosts the resilience of some of the most vulnerable people, particularly smallholder farmers, contributing directly to poverty alleviation.

2 ZERO
HUNGER

SDG 2: Zero Hunger

Beans, pulses, legumes and peas are locally available, affordable and accessible year round and thus a critical food group for improving food security. Additionally, beans enhance dietary quality and diversity, being an excellent and affordable source of nutrients such as iron, folate, and zinc, which are crucial for preventing malnutrition, especially in children under five, adolescent girls, pregnant and lactating women, and older persons. When grown by smallholder farmers, beans can help to boost the productivity and incomes of smallholder farmers, to achieve sustainable and resilient agriculture as well as protect biodiversity on the farms and on our plates. Their long shelf life ensures a stable food supply, particularly in vulnerable regions.

3 GOOD HEALTH
AND WELL-BEING

SDG 3: Good Health and Well-being

Beans are foundational for a long and healthy life. Beans are rich in protein, dietary fiber, and essential micronutrients like potassium, iron, and B vitamins. They have no cholesterol, a low glycemic index. In this way, beans can help to prevent malnutrition as well as reduce the risk of chronic and non-communicable diseases such as type 2 diabetes, cardiovascular diseases, and certain cancers. High iron bean varieties help address anemia in women of child bearing age. Promoting bean consumption supports the goal of healthy lives for all.

4 QUALITY
EDUCATION

SDG 4: Quality Education

Beans can support education by improving school meal programs. This helps children - especially girls - stay in school and promotes better learning outcomes. Additionally, educational programs can teach farmers and communities about sustainable bean production, processing, and marketing, while also sourcing beans from local farmers to support their livelihoods. Beans is How is spreading awareness on the benefits of beans and mythbusting to various stakeholders, from consumers to farmers, through evidenced-based educational materials.

5 GENDER
EQUALITY

SDG 5: Gender Equality

Women play a significant role in cultivating, selling and preparing beans in many regions of the world. The crop can support women involved in small-scale farming and food preparation, contributing to gender equality and economic empowerment. With the right gender-transformative policies in place, beans can play a key role in economically empowering female producers and SMEs, nourishing the women and their households.

6 CLEAN WATER
AND SANITATION

SDG 6: Clean Water and Sanitation

Beans positively contribute to water-use efficiency as they require significantly less water to grow compared to many other crops, contributing to sustainable water use. Producing 1 kilogram of protein from beans uses far less water than producing the same amount of protein from animal protein sources. Beans also require little fertiliser to grow and thus reduces the risk of water pollution.

7 AFFORDABLE AND
CLEAN ENERGY

SDG 7: Affordable and Clean Energy

Beans reduce the environmental impacts of food production by reducing the need for energy-intensive farming. They grow quickly with less water and little fertiliser compared to other crops and enhance soil fertility by fixing nitrogen and reducing synthetic fertilizers, which lowers energy consumption.

8 DECENT WORK AND
ECONOMIC GROWTH

SDG 8: Decent Work and Economic Growth

Many varieties of beans and pulses can grow in harsh conditions. Supporting bean production and value addition creates jobs and improves livelihoods in various agricultural communities as well as in SMEs, fostering sustainable economic growth and decent work opportunities while protecting the planet. The versatility of beans, with hundreds of varieties, opens up numerous market opportunities, including for women and those in rural areas.

9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE

SDG 9: Industry, Innovation, and Infrastructure

The Beans is How campaign encourages innovation in bean farming, processing, and distribution, supporting sustainable infrastructure and advancements in agriculture. Beans and other pulses have incredible genetic diversity, and bean breeding can support adaptability to climate, nutritional needs, cooking times, and taste, creating crop resilience.

10 REDUCED
INEQUALITIES

SDG 10: Reduced Inequalities

Increasing global bean consumption helps reduce inequalities by ensuring that more people, especially in developing regions, have access to nutrient-rich food. When produced by smallholder farmers in rural areas, beans can boost the incomes and enhance livelihoods of poor rural communities who are among the bottom 40% of the population.

11 SUSTAINABLE CITIES
AND COMMUNITIES

SDG 11: Sustainable Cities & Communities

By encouraging the inclusion of beans in menus across cities, Beans is How promotes sustainable, healthy food choices in urban populations. Promoting growing beans in cities and communities also supports local economies and urban agriculture, fostering more resilient and sustainable communities.

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION

SDG 12: Responsible Consumption and Production

Beans is How emphasizes the sustainable production of beans, which improves soil and water quality, uses less water than other crops, reduces the need for synthetic fertilizers and other chemicals and emits less harmful greenhouse gasses. Consuming beans and understanding their benefits for our health, planet, and our wallets also leads to healthy and sustainable diets with lower carbon footprints. Beans have a long shelf-life that helps reduce waste and safeguards natural resources.

13 CLIMATE
ACTION

SDG 13: Climate Action

Beans contribute to climate resilience by enhancing soil health, reducing the carbon footprint of agriculture and boosting the adaptive capacity of smallholder farmers. They fix atmospheric nitrogen, reducing the need for synthetic fertilizers and lowering greenhouse gas emissions. Their long shelf-life also helps reduce food waste, minimizing associated climate impacts.

14 LIFE
BELOW WATER

SDG 14: Life Below Water

Promoting beans' sustainable agricultural practices and less use of fertilisers reduces chemical runoff, protecting aquatic ecosystems and marine life from eutrophication

15LIFE
ON LAND

SDG 15: Life on Land

Bean cultivation supports agricultural biodiversity, which is critical for maintaining healthy ecosystems. By improving soil health and reducing chemical use, bean cultivation helps protect the earth and enhance biodiversity as well as halt deforestation and desertification. Including beans in crop rotation also supports pollinators.

16PEACE, JUSTICE
AND STRONG
INSTITUTIONS

SDG 16: Peace, Justice & Strong Institutions

Beans promotes social equity through affordable nutrition and empowering communities with economic opportunities. Beans can also be grown in harsh conditions and can be easily stored and distributed, reducing food insecurity in vulnerable settings like conflicts, and supporting peaceful societies.

17PARTNERSHIPS
FOR THE GOALS

SDG 17: Partnerships for the Goals

The Beans is How campaign fosters cross-sectoral collaboration across the food system, involving a diverse set of stakeholders - influential restaurants, chefs, governments, the private sector, researchers, civil society, and the private sector. It unites a coalition of over 100 partners in more than 50 countries, along with a Science and Innovation Advisory Council and a Bean Board, to scale up bean consumption globally and support sustainable development.

**Let's harness the power of beans
to build a healthier, more
sustainable world for all!**

www.beansishow.org

@BeansisHow

#BeansOnTheMenu