



Manitoba Pulse Growers Association Inc.

P.O. Box 1760 Carman, Manitoba R0G 0J0
Phone: (204) 745-6488 Fax: (204) 745-6213
E-mail: mpga@manitobapulse.ca

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MPGA Promoting Pulses At Ag In The City and Put Your Finger On The Pulse Of Nutrition

Manitoba Pulse Growers Association (MPGA) has a busy weekend ahead with staff promoting the benefits of incorporating pulses into your diet at two separate events.

The Agriculture and Agri-Food Canada organized *Agriculture In The City* takes place March 20th thru 22nd at the The Forks Market in Winnipeg. The event's goal is to educate urban consumers about the value of agriculture to their lives, and raise awareness of agriculture's importance to Manitoba's economy. The event, last held in 2007, was attended by over 40,000 people.

MPGA will be focusing on the health benefits pulses provide when incorporated into any diet. MPGA will also be educating attendees on what exactly pulses are by having an interactive display featuring the wide assortment of beans, peas, lentils, and chickpeas that are grown. In addition, MPGA will be conducting a cooking demo featuring 5-minute dips. For more information on *Agriculture In The City*, visit www.agr.gc.ca/aginthecity.

MPGA will also be using *Agriculture In The City* to unveil its new recipe/nutrition booklet *Pulses: Cooking with Beans, Peas, Lentil, and Chickpeas*. The new resource was developed by all five provincial pulses organizations, Pulse Canada, and the Canadian Special Crops Association. The colour booklet contains tips on buying and preparing pulses, information on their health benefits, and dozens of recipes.

Meanwhile, on Sunday, March 22nd, MPGA will be part of the Canadian Diabetes Association's *Put Your Finger On The Pulse Of Nutrition* at the Crescentwood Community Centre in Winnipeg. The event will focus on incorporating healthy food choices into a diabetic diet. MPGA will have a booth at the event, and will also be taking part in a cooking demo featuring Black Bean Pizza and Greek Lentil Salad.

For more information:

Chris Sumner
Executive Director
Office: 204 745 6488
Cell: 203 324 0080