



## CALLING ALL GLASGOW CHEFS TO PUT #BEANSONTHEMENU IN MARCH 2024!

The city-wide Full of Beans campaign aims to promote greater consumption of beans and pulses as part of a healthy, planet-friendly diet in Glasgow. We have teamed up with Beans is How - a global campaign to double bean consumption by 2028 - to encourage more chefs and caterers to add more #beansonthemenu and be part of Glasgow's [Full of Beans](#) menu challenge!

### Why put more #beansonthemenu?

- Beans are delicious, versatile and can help you bring in new customers.
- Beans are super healthy as they are an excellent source of fibre and protein.
- Beans are good for the environment as they enrich the soil and have low carbon emissions.
- Beans are filling and can help you bulk up dishes.
- Our team will promote all the venues taking part in the campaign!

## How to take part?

1) Create a new menu item which includes beans (or promote an existing bean-filled dish) and serve it during March 2024.

2) [Email us](#) the name/picture of the dish you plan to serve and where, and our Bean Team will promote it for you as part of our campaign promotions

3) Publicise taking part on the campaign on social media by using hashtags #GlasgowFullofBeans #beansonthemenu and tag us (Glasgow Food Policy Partnership, the Glasgow Community Food Network and global Beans is How campaign) when you're posting - our handles are:

Instagram - @goodfoodforglasgow @glasgowcommunityfoodnetwork @beanishow

Twitter/X - @glasgowfpp @gcfnetwork @beanishow

Facebook - @glasgowfpp and @glasgowcfn

Linkedin - Glasgow Food Policy Partnership, Glasgow Community Food Network, SDG2 Advocacy Hub

4) Monitor how many bean-dishes you serve in March as part of the campaign. We would also love to know if you decide to keep more beans on the menu, and our team will get in touch with more details regarding this.

## Want to learn more about cooking with beans? 🍲

Our team is working to put on a training session about beans to increase your bean knowledge, skills and to get some bean-spiration to your kitchen! The date for the course is **12th March, 10-12** at Glasgow Kelvin College Easterhouse Campus. Spaces for this course will be limited, so if you are interested [email us](#) to put your name on the list.

## Want to be part of the Global Bean revolution?

The Glasgow Full of Beans Campaign has teamed up with the global ['Beans is How'](#) campaign.

Beans is How is running a global [Menu Challenge](#), and by taking part in our local campaign you can also be part of a global movement and have your venue details added into a global campaign map!

Beans is How campaign is connected with the [Global Chef's Manifesto](#), and the network can link you with likeminded chefs who champion food systems change and progress to achieve the SDGs.

For more information, visit the [campaign website](#) or [email us](#).



Good food for all

GLASGOW FOOD POLICY PARTNERSHIP

