



Ideas for Cooking and Nutrition (ICAN)

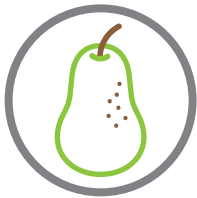
ICAN is a nutrition education program of New Mexico State University. Our mission is to inspire New Mexico's limited-resource families to make healthy food and lifestyle choices. To help us achieve this goal, ICAN is federally funded by USDA grant programs.

Bernalillo County 2019

In **2019**, ICAN reached out to **6,014** adults and children within **Bernalillo County**, delivering face-to-face cooking and healthy eating classes at **25** locations across the county.



ICAN works in Bernalillo County!



92%

of participants make **healthier food choices** after taking ICAN classes



63%

of participants improve their **physical activity**



64%

of participants conserve more food resources by **cooking at home** and **planning before they shop**

Contact **Bernalillo County Extension Service** for more information on ICAN programs in your area!

(505) 243-1386 and ask for ICAN!



This material was funded by USDA's Expanded Food and Nutrition Education Program (EFNEP) and USDA's Supplemental Nutrition Assistance Program (SNAP) through New Mexico State University's College of Agricultural, Consumer, and Environmental Sciences (ACES). ACES is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academics, research, and extension programs. This institution is an equal opportunity provider.