



Ideas for Cooking and Nutrition (ICAN)

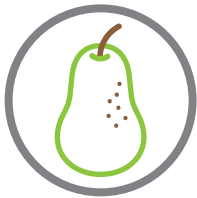
ICAN is a nutrition education program of New Mexico State University. Our mission is to inspire New Mexico's limited-resource families to make healthy food and lifestyle choices. To help us achieve this goal, ICAN is federally funded by USDA grant programs.

Socorro County 2019

In **2019**, ICAN reached out to **3,796** adults and children within **Chaves County**, delivering face-to-face cooking and healthy eating classes at **14** locations across the county.



ICAN works in Socorro County!



91%

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



59%

of children **handle food more safely**



70%

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

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

(575) 835-0610 and ask for ICAN!



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