



## ICAN WORKS IN NEW MEXICO 2020

Our mission is to inspire New Mexico's families to make healthy food and lifestyle choices and to make those choices possible by creating health-friendly communities.



**50K+**

PRE-COVID CLIENTS  
FOR ICAN CLASSES

**160+**

COMMUNITY SITES  
SERVED

**2K+**

CLIENTS FOR VIRTUAL  
ICAN CLASSES

**100K+**

USERS REACHED BY  
ICAN SOCIAL MEDIA



The live [virtual] sessions were great. We get to see people from other parts of New Mexico talk about their challenges. I feel so isolated out here, but this program gave me something to look forward to.

**It saved my life.**

*- ICAN Seed to Supper Online client*



**95%**

OF ADULT SERIES  
CLIENTS IMPROVE DIET  
PRACTICES

**78%**

OF ADULT SERIES  
CLIENTS INCREASE  
PHYSICAL ACTIVITY



**\$30**

REDUCTION IN  
MONTHLY GROCERY  
BILLS FOR SERIES  
CLIENTS

**160+**

PARTNERSHIPS WITH  
COMMUNITY LEADERS,  
SCHOOLS, AND NON-  
PROFITS



**I C A N . N M S U . E D U**



## Ideas for Cooking and Nutrition (ICAN)

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