

Ideas for Cooking and Nutrition (ICAN)

ican.nmsu.edu
1-877-993-3637

Gabriel Gomez, Regional Coordinator - ICAN

Cooperative Extension

College of Agricultural, Consumer and Environmental Sciences

New Mexico State University, Albuquerque, NM

Email magomez@nmsu.edu Phone number 505-889-9896

What is ICAN?

ICAN stands for "Ideas for Cooking and Nutrition."

ICAN is free, fun, hands-on nutrition education.

Getting to Know You



ICAN's Mission

ICAN's mission is to inspire New Mexico's limited resource youth and adults to make healthy food and lifestyle choices.



EFNEP
New Mexico





ICAN Guiding Principles

- ▶ Identify Community Needs
- ▶ Building Partnerships and Collaborations with Community Partners
- ▶ Engaging Social Networks
- ▶ Teaching Practical Skills such as Cooking, Food Resource Management and Food Safety
- ▶ Providing Evidence-based Nutrition Education
- ▶ Evaluating Program Efforts to determine their Benefits
- ▶ Connecting Participants with Resources across New Mexico

How do ICAN classes help?

- ▶ Prepare quick and nutritious meals
- ▶ Use new cooking skills
- ▶ Use commodity foods more wisely
- ▶ Store and handle food properly and safely
- ▶ Save money at the grocery store
- ▶ Maintain a healthy weight
- ▶ Eat a variety of foods
- ▶ Eat more whole grains, vegetables, and fruits
- ▶ Choose lower fat foods
- ▶ Be more physically active
- ▶ Feed your infants and children more easily



Who do ICAN classes help?

- ▶ ISD offices (SNAP)
- ▶ Women, Infants and Children (WIC) sites
- ▶ Local public health offices
- ▶ Food Distribution sites such as TEFAP, CSFP or Faith-based organizations that distribute food
- ▶ Farmer's Markets that accept EBT and WIC
- ▶ Head Start Facilities
- ▶ Other qualifying locations or events

Who do ICAN classes help?

▶ Youth

- ▶ New Mexico Schools K-12 that have 50% or more free and reduced priced lunches
- ▶ After school programs
- ▶ Boys and Girls Clubs
- ▶ Parks and Recreation Centers
- ▶ Libraries

ICAN's Reach

In 2017, ICAN reached out to 122,000 adults and children across the State of New Mexico, delivering face-to-face nutrition education sessions at over 500 locations statewide.

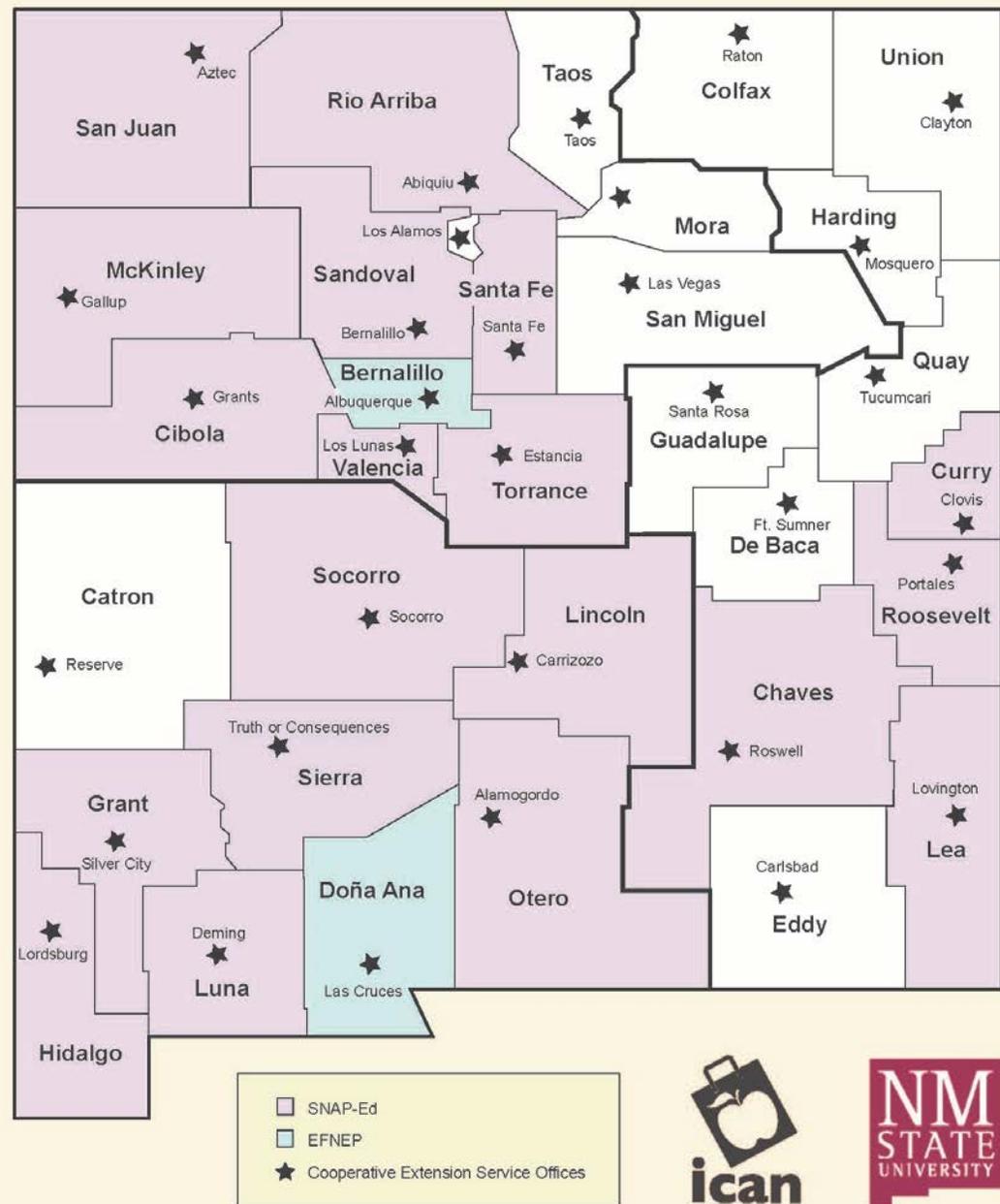


ICAN Program (Ideas for Cooking and Nutrition)

NMSU Cooperative Extension Service

SNAP-Ed is in 21 counties

EFNEP is in 2 counties



After taking ICAN classes

- ▶ 84% of adults make healthier food choices
- ▶ 44% of children handle food more safely
- ▶ 38% of families run out of food less often

ICAN Collaboration

- ▶ ICAN collaborates with many organizations to improve quality of life in communities statewide
- ▶ In 2017 we worked with 107 partners in New Mexico.
- ▶ We visited 167 schools and youth organizations to deliver nutrition education to New Mexico's children.

A Story of Success

When ICAN educator Tina Louise visited the City of Albuquerque Open Space Center (OSC), she noticed an abundance of apples on the trees and on the ground. Tina Louise contacted the OSC director, getting permission to bring over volunteer **adults and kids** from First Presbyterian Church. The volunteers picked the apples and distributed them to **Rio Grande Food Project** and **Taylor Ranch Food Pantry**. Tina Louise's quick thinking opened the door to future partnerships between OSC and agencies that **serve families in need**. Tina Louise said, "For me, it's all just amazing how everything comes together so beautifully when the hearts are in the right place."

Helping our Community

- ▶ This year ICAN helped counties in New Mexico secure grants for **community gardens**. We also taught children to try new foods at **school salad bars**, and adults to use **Double Up Food Bucks** at **farmers markets** to buy fresh produce.
- ▶ We reached an additional **1,670** people with these initiatives.

Expanded Food and Nutrition Education Program (EFNEP)

- ▶ **What is EFNEP?**
 - ▶ Nutrition Education program for families with young children and youth in New Mexico
 - ▶ Youth
 - ▶ Adult
- ▶ **Where is EFNEP?**
 - ▶ Bernalillo County
 - ▶ Dona Ana County



EFNEP
New Mexico



What is SNAP-Ed?



- ▶ SNAP-Ed is our Nutrition Education Program geared towards single adults and youth with limited resources or low income

Where is SNAP-Ed?

- ▶ SNAP-Ed is in 21 counties in New Mexico



SNAP-Ed Curriculum



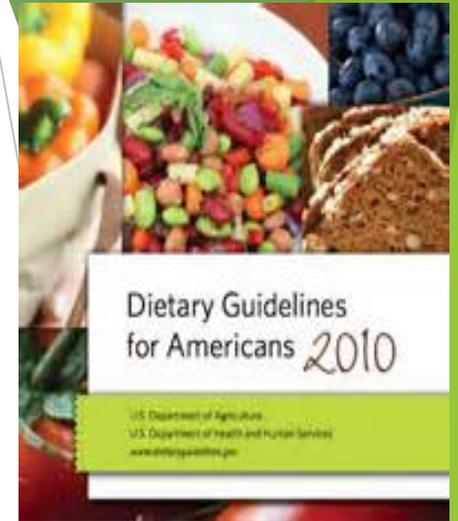
- ▶ Adult
 - ▶ Series
 - ▶ My Plate for My Family
 - ▶ Eat Smart Live Strong (Seniors)
 - ▶ Non-Series
 - ▶ ICAN Chef
 - ▶ Cooking Matters at the Store
 - ▶ ICAN Gardening
 - ▶ Eating Smart Being Active (ESBA) Pregnancy and new baby lessons
 - ▶ USDA MyPlate 10 Tips

SNAP-Ed Curriculum

- ▶ Youth
 - ▶ Cooking Matters for Chefs and Kids
 - ▶ Learn Grow Eat and Go
 - ▶ USDA MyPlate 10 Tips for Middle and High School

SNAP-Ed Curriculum

- ▶ Consistent with the Dietary Guidelines for Americans
- ▶ Evidenced-based
- ▶ Align with the New Mexico Standards and Benchmarks





SNAP-Ed Implementing Agencies

- Las Cruces Public Schools
- University of New Mexico
- Eat Smart to Play Hard
- Cooking with Kids
- Kids Cook
- Chile Plus



Social Media



- ▶ We do have a Social Media presence
- ▶ Periodically we will post healthy recipes, food safety tips and events that ICAN staff have attended



We Wash Our Hands

We wash our hands to get them clean, the cleanest hands you've ever seen!

Use soap and water, that's the way, to chase those yucky germs away

How can we help you?



QUESTIONS?



thank you!