



is Here to Help!

ICAN stands for "Ideas for Cooking and Nutrition."

ICAN is free, fun, and offers classes that will help you:

- prepare quick & healthy meals that are low in cost
- learn new cooking skills
- store and prepare food safely
- get the most out of your food dollar
- become more physically active
- make healthier lifestyle choices



Educator: _____

Contact: _____

Date:	Time:	Location:



If you are an individual with a disability and need an auxiliary aid or service please contact _____ at _____ by _____.



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