New Mexico State University



What is ICAN?

ICAN stands for "Ideas for Cooking and Nutrition". ICAN is free, hands-on nutrition education offered throughout Doña Ana County. Youth and adult participants graduate by attending a series of 8 classes. Classes are usually 60-90 minutes and also include helpful ideas for physical activity. The ICAN program reaches limited-resource audiences in New Mexico.

Benefits of Participating in ICAN

ICAN adult participants learn how to:

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

Adult participants also receive some items that reinforce what they have learned. They include:

- Walk Indoors! DVD with Leslie Sansone
- MyPlate grocery list
- Cutting board
- Measuring cups
- Stretch band
- Food thermometer
- Measuring spoons
- Reusable shopping bag
- Recipes
- NMSU-ICAN Certificate at completion

YOUTH CLASSES: ICAN educators bring great tools into classrooms to make nutrition classes fun. We "cook" healthy snacks as well. This is an important component of hands-on nutrition, and helps to reinforce our lessons.



If you would like to know more about the ICAN Program or join an ICAN group, please call our office at (575) 525-6649, or email Diana Magallanez at dmagalla@nmsu.edu



New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the US Department of Agriculture cooperating. This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more , call 1-888-473-3676. If you are an individual with a disability who is in need of an auxiliary aid or service please contact **Diana** Magallanez at (575) 525-6649.