

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

