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## **NMSU Ideas for Cooking and Nutrition (ICAN)**

ICAN stands for Ideas for Cooking and Nutrition. ICAN is free, hands-on nutrition education. Classes include helpful ideas for increasing physical activity. ICAN is funded by EFNEP and SNAP-Ed, and reaches limited-resource audiences in New Mexico.

We teach clients about different nutrients, how to be resourceful with food distribution boxes, making the most of Double up Food Bucks at farmers' markets, budgeting SNAP dollars, and more...

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### **Details**

**Restrictions:** Non-SNAP eligible clients can take part in low or no cost Home Economics programs

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### **Services**

Food Health Support/Education/Insurance

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### **Locations**

#### **NMSU Bernalillo County Extension Office**

*1510 Menaul Blvd NW  
Albuquerque, NM 87107*

**Phone:** 505-243-1386

**Services Limited By Geography:** 1

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### **Parent Organization**

#### **NMSU Ideas for Cooking and Nutrition (ICAN) in Bernalillo County**

Our mission is to reduce nutritional health disparities in New Mexico and make a measurable positive impact on the well-being of our communities through series of research-based, hands-on nutrition experiences with adults and youth.

*1510 Menaul Blvd NW  
Albuquerque, NM 87107*

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