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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...

Details

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

Services

Food Health Support/Education/Insurance

Locations

NMSU Bernalillo County Extension Office

*1510 Menaul Blvd NW
Albuquerque, NM 87107*

Phone: 505-243-1386

Services Limited By Geography: 1

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.

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<http://ican.nmsu.edu/index.html>