

# SCAN

Building hope for children & families  
in Northern Virginia

**Interested in holistic health,  
meal planning or cooking? Do  
you like helping others in your  
community?**

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SCAN of Northern Virginia is offering the unique opportunity to volunteer alongside Beth Donnelly, owner & operator of the Regal Fig Food Co. as she prepares dinner (from scratch) for parents and children enrolled in SCAN's ABCs of Parenting class. Beth incorporates local and seasonal food into her cooking and she is currently studying at the Institute of Integrative Nutrition. This is a fabulous chance to learn more about cooking basic & nutritional meals from an **expert chef!** Contact Scan's Parent Education Coordinator today to sign up!

**SCAN of Northern Virginia**

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