



PRESS RELEASE

Fairfield Police Department, 1000 Webster Street, Fairfield, CA 94533

Fairfield PAL invites teens to get Cooking with Cans online!

The PAL Center is currently closed due to COVID-19, but is supporting members through virtual programs and a food pantry. Thanks to a generous grant from the Solano Community Foundation, PAL has been hosting a variety of programs online since June.

Not only do canned foods make recipes more convenient and affordable, they can be delicious....**if you know a few simple tricks!** PAL members are invited to hang out from home on Fridays with Fairfield PAL and get cooking with cans in our weekly cooking workshops. In just about an hour on Zoom, members will be introduced to different dishes and sides they can “whip up” using supplies mostly available for FREE at the PAL Student Food Pantry!



The first 5 PAL members to mention the dish when they schedule their food pantry appointment, win a \$25 gift certificate to Grocery Outlet, Fairfield!

Student Food Pantry

Together with Food Bank of Contra Costa and Solano, PAL invites ANY local student to make an appointment to pick up FREE pantry items to take home. Items include mac & cheese, cereals, peanut butter, ravioli, soups, canned fruit and more! To honor social distancing, the Food Pantry requires an appointment to pick a box. Call 422 6288 to make your reservation!

The Fairfield PAL Program is open to Fairfield, Suisun, and Travis Students enrolled ages 13-18 who are enrolled in school. **Memberships are**



FREE and can be applied for at the Fairfield Community Center (1000 Kentucky Street) Mon-Thursday between 11:30-5:30pm or *virtually* by emailing hsanderson@fairfield.ca.gov.

PAL uses traditional recreational programming to create an environment that draws young people to support the development of the social and emotional skills required to promote a positive self-identity and become productive and engaged members of our community. By offering teens programs they are interested in and choices, it becomes possible to slip in pro social skill building and development utilizing youth development practices and techniques.

The services provided by PAL are more than fun and games. These programs—which are organized, structured, and adult-supervised or led—provide excellent opportunities for teens to develop and grow to become fully functioning adults. Participation in these activities is associated with autonomy and identity development, positive social relationships, and learning conflict resolution, academic success, mental health, and civic engagement. At PAL, recreational programs become the gateway to social and emotional skill building and development to help teens thrive.

For more information about these PAL activities, please call 707-422-6288 or visit the program's webpage at www.fairfield.ca.gov/pal under the Quick Links or follow us in real time by visiting the program's Facebook page at @Fairfieldpal1, Twitter at @pal-fairfield, and Instagram at ff_pal_center.

