

DIG DEEP! Sample Schedule
Focus: Food Insecurity

Friday

5:00 Arrival
Welcome and Tour
Settle Into Rooms
6:00 Dinner
6:30 Dinner Clean
7:00 *Introduction*
Community Guidelines
Storytelling – Food & Family
8:15 Break
8:30 **Closing Meditation**
Cesar Chavez
Dolores Huerta
Fannie Lou Hamer
9:00 Social / Hangout

Saturday

7:15 Breakfast Prep
7:45 Breakfast
8:15 Breakfast Clean
Space Prep/Change Sheets
9:00 *Intro Just Roots*
Food Hubs article
9:30 Depart
9:45 **Just Roots Urban Farm**
12:30 Return
12:45 Lunch Prep
1:15 Lunch
1:45 Lunch Clean
2:30 *Closing Reflection*
Group Photo
4:00 Departure/Cookout