

DIG DEEP FARMS 5-18-22

My name is Shameka Adams and I started working here 2 months ago, and I have grown in them months. The program employment job internship has taught me new skills such as working on and knowing how to operate the machine. This job has helped me with not only employment but also support of my housing and children. I have learned how to manage food product in a conductive way as food safety, waste management, helping the comm.

unity to eat healthy as well.
It is important to know and
grow produce because it's the
most important part of Food
for your heart, lungs, brain.
My Manager has taught me
so much since I been here
how to be mindful, supportive
and how to deal with co-
workers on a professional
level of conduct, also I am
very thankful of the support
from the Alamana County Sheriff's
department as well for suppor-
ting me with new skills of
employment. I don't know what
I would do without the service

of deep dig terms. Also the
program that sent me hear
has help me grow into this interm
ship. I am willing and my honor
to support this organization
the best of my acknowledge
It is important to do this work
on a professional level because
we dealing with Food medicine, and
food safety, I think it's the best
way of eating and growing.

Thank you

Shameka Adams

shameka adams 486@
gmail

510-478-6334