

Attention: Duplin, Onslow, Sampson,  
and Bladen County Farmers



# THINKING OUTSIDE THE BIN: HELPING FARM FAMILIES THROUGH HARD TIMES

Farmers have always had their share of challenges, but the number and severity of challenges in 2018 was unimaginable. Continued low commodity prices, rising input costs, labor issues, increasing regulations and unprecedented weather events have caused many farmers to be uncertain about their future.

To help farm families through this difficult time, North Carolina Farm Bureau's Hurricane Relief Fund is offering **Thinking Outside the Bin: Helping Farm Families Through Hard Times** workshops. The purpose of the workshops is to provide farmers with tools to evaluate their farm's finances, resources to help them navigate their financial wellbeing and to learn techniques to identify and manage stress. Additional resources including individual assistance will be offered to those interested.

**When:**

Thursday, February 7  
10:00 AM - 12:00 Noon

**Where:**

Duplin County Cooperative Extension Office  
165 Agriculture Drive  
Kenansville, NC 28349

**How to RSVP:**

Wanda Hargrove (910) 296-2143  
wanda\_hargrove@ncsu.edu

Emily Walter (910) 296-2143  
emily\_walter@ncsu.edu

- Free health screenings will be provided by NC AgroMedicine Institute
- All participants will receive an expense reimbursement for their attendance with proof of your sales tax exempt card!
- Animal Waste Credit – 1 hour (pending)
- Complimentary lunch will be provided



**NC STATE**  
EXTENSION

**NCFB**  
HURRICANE  
RELIEF  
FOUNDATION

North Carolina Farm Bureau has established the "Hurricane Relief Fund" to support our state's farmers and rural neighbors as recovery efforts in your communities become more apparent. Other major donors include Duke Energy and Bayer CropScience. These funds are supporting multiple initiatives; to learn more or make a donation visit [www.ncfb.org/Florence-Relief-Fund](http://www.ncfb.org/Florence-Relief-Fund).

