



MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - [Click Here!](#)

ONLINE PROGRAMMING:

[Cabin Fever Conversations](#)

[Home Vegetable Gardening 101](#)

[Emergencies: Preparing Youth](#)

[Food Safety Q&A](#)

[Mindfulness for Better Living
Lunch and Learns](#)

[Homeownership Education](#)

[Safe Foods = Healthy Kids](#)

[Food Preservation Series](#)

[Parenting Hour Online](#)

For Youth

[Cooking with Kristi](#)

[Wild & Crazy Careers](#)

[Life of the Straights: Winter](#)

[S.T.E.A.M. Careers](#)

[LEGO Challenge 2](#)

[Investigating Food w/ Science](#)

[League of Clovers](#)

[4-H Ninja Training](#)

4-H Capitol Experience see pg 2

Health, Wellness & Relationships

[Writing](#) is a social-emotional health exercise

[Flexibility exercises](#) to do during commercials - or between episodes

5 Minute Cardio: take a [quick, healthy break](#) with some chair cardio!

What can you do to [avoid financial fraud?](#)

The importance of [family engagement](#)

Food & Nutrition

MSU Extension Food Safety Hotline: 1-877-643-9882 bit.ly/2ICA3qH

Programs to learn how to [build nutritious diets on a budget](#)

What are [Chia Seeds?](#)

Get your servings of whole grain with [Oats!](#) Yummy oat [recipe here!](#)

Explore the [health benefits of tea](#)

Simple tips for [using canned foods](#) from community food pantries

[Neighborhood Nutrition Podcast](#) - MSU Extension Nutrition Educators

Teens Can Cook: [Easy, Cheesy Bean Dip](#)

Youth Wellness & Learning

[Educational resources](#) for parents, teachers and homeschool families

Kids can [learn about nutrition](#) with Playdough

Mindfulness has many benefits - [even for children](#)

Educational resources for [parents of special needs children](#)

Tips for making a [memorable and healthy](#) school lunch

Community Resources

An alternative to turf lawns for home gardeners: [grasses and sedges](#)

[EmpowerU! online workshop](#): influence natural resource decisions

Discussing issues relevant to local democracy and government at the intersection of law, finance and politics - the [Thrive Local Blog](#)

Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

Grand Traverse County MSU Extension [Website](#) & [FaceBook Page](#)

Sustainable Living & Leadership Series

See page 3

4-H CAPITOL EXPERIENCE



JOIN US
VIRTUALLY!

YOUTH SUMMIT 2021

Registration begins
in February!

Day 1

Saturday, March 13
10am-1pm

Day 2

Wednesday, March 17
4pm-6pm

Day 3

Saturday March 20
10am-1pm



Save the date!

4-H Capitol Experience Youth Summit

The event will have lots of opportunities for youth engagement, networking, sharing ideas, meeting with decision makers, learning about careers in and around policy, and learning the basics about government.

Youth will select issue groups, where they will meet with youth from across the state interested in similar topics, that will serve as a learning cohort throughout the event and provide an opportunity to connect with other youth on small group level.

Registration is open to youth in 8th grade through age 19 and will open in February. The \$20 cost to attend will include a mailed conference kit to enhance the virtual experience. Scholarships are available.

[Learn more about this experience!](#)



Sustainable Living & Leadership Series

Join Purdue University, Michigan State University, and the University of Florida Extension to learn how you can lead a more sustainable lifestyle.

- Together we will explore topics such as energy, water and food, and we will learn how these three work together as a system.
- We will delve into the U.S. economy and how our consumption of goods impacts our world.
- You will discover ways to take action in your home and your community to reduce your footprint and increase your handprint.
- Learn how people across the country are making a difference for their communities.

The Sustainable Living & Leadership Series meets ONLINE every other week on Tuesdays at 6:15 PM to 8:30 PM EDT.

Course Dates: February 23, March 9, 23; April 6, 20; May 4, 18

Register by February 9, 2021 to receive the Early Bird rate of \$100
Use PROMO CODE: **SLLS**

Class fee after February 9, 2021 is \$125

[Register Here!](#)

A limited number of scholarships are available. To apply for the scholarship rate,
email your request to Bethany Prykucki at prykucki@msu.edu