



MSU Extension Online Resources for Our Northern Michigan Community

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

Be a [session instructor at 4-H Exploration Days](#) and impact the lives of Michigan youth!

4-H Exploration Days is a pre-college program for more than 2000 youth from across the state. This exciting program allows youth to try new things and gain confidence through hands-on learning

ONLINE PROGRAMMING:

Preparing Your Farm for:

[Tax Season](#)

[Transitioning Into the Future](#)

[Communicate Through Conflict](#)

[Prepare Financially for Disaster](#)

[Evenings in the Garden](#)

Virtual Program Success, Safety

[December 2](#) [December 14](#)

[Food Safety @ the Food Pantry](#)

[Home Preservation Sessions](#)

12/3: Gadgets & Gift Ideas

[For Parents of Young Children](#)

11/24: How Children Develop

[Stress Less with Mindfulness](#)

For Youth

[Agents of Kindness](#)

[Wild Spartans Series](#)

12/8: Invasive Species & I

[Investigating Food with Science](#)

[Sooper Yooper Challenge](#)

[Healthy Holidays for Teens](#)

**Online Homebuyer
Educational Sessions**

See page 3

Health, Wellness & Relationships

Physical and Mental Health [Benefits of Hunting](#)

[Safe Sanitizing and Disinfecting](#): a downloadable reference

Fair fighting is a way to [resolve conflict](#) effectively

[Hike on trails](#) to improve mood and strengthen your bones and heart

Ways to [cope with depression](#) when you have a chronic condition

Food & Nutrition

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

Making [half your grains whole](#) is healthy and delicious

Kids can learn to [plan, shop for and prepare](#) healthy meals on a budget

Healthy Kitchen Hacks: [Hearty Harvest Cooking](#)

Healthy version of a Thanksgiving dinner side: [Green Bean Casserole](#)

[Thanksgiving Turkey](#) - to stuff or not to stuff?

Thanksgiving feast is over, how do you [safely store turkey leftovers?](#)

Youth Wellness & Learning

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

[Parenting with Gratitude](#): day-to-day awareness of your child's likable strong points

Exploring our world: [Do pumpkins float?](#) [Why is there wind?](#)

Community Resources

[Introduction to Lakes Online](#): Award-winning six-week course for anyone interested in learning about inland lakes

Christmas tree farms and lots are prepared for a [safe holiday season](#)

Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

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

Updated 11-19-2020

3 WAYS TO THAW A TURKEY

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.



Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:

Use defrost function based on weight

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

For more information on safe thawing methods, visit fsis.usda.gov



United States Department of Agriculture
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



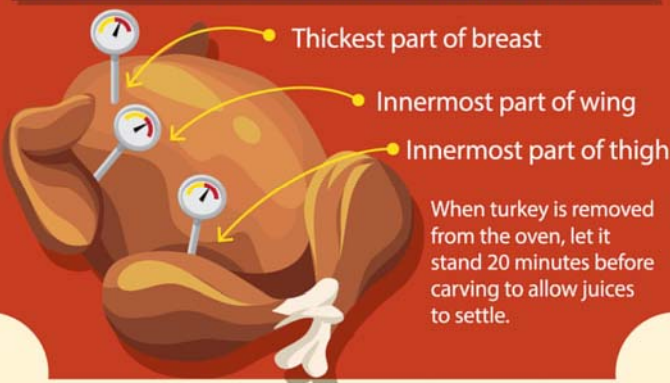
COOK



Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.



When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

**HAVE QUESTIONS?
CALL OUR MSU
EXTENSION FOOD
SAFETY HOTLINE:
1-877-643-9882.**



MICHIGAN STATE UNIVERSITY | Extension

The Northwest Food Coalition



Dates & Topics

- | | |
|---------------|--|
| Dec 8 | Who in Our Community is Facing Food Insecurity? |
| Jan 12 | What are the Sources of Food Assistance? |
| Jan 26 | How Do We Make Decisions to Address Community & Individual Needs? |
| Feb 9 | How Do People in Need Get Access to Healthy Food? |
| Feb 23 | What Values Drive Our Solutions? |
| Mar 9 | What's Next? Chartering a Path Forward for Food Security for Our Community? |

Join the conversation about food insecurity, hunger and the persons impacted by these issues in the greater Grand Traverse region. Join one or more of the six free, virtual sessions.



More details at:

www.northwestmifoodcoalition.org

October - December

2020 Homebuyer Webinar Schedule

This homeownership seminar from MSU Extension will provide you with valuable information about the home buying process, and will teach you:

- The advantages of homeownership
- The steps in the home buying process
- The costs of homeownership
- The importance of good credit
- How to determine how much house you can afford
- Mortgage loan basics
- How to maintain your investment
- Certificate of completion good for one year

Completing the course and returning required paperwork fulfills the requirements for certificate of completion. This certificate can be shared with your mortgage loan officer to satisfy the homebuyer education requirement for MSHDA loans and down payment assistance, USDA Rural Development loans and many other lenders.

November 17 & 19	5:30pm to 7:30pm ET	Nancy Latham lathamn@msu.edu
November 23	9 a.m. to 1 p.m. ET	Teagen Lefere leferete@msu.edu
December 3	4 p.m. to 8 p.m. ET	Beth Martinez mart1751@msu.edu
December 10	9 a.m. to 1 p.m. ET	Brenda Long longbr@msu.edu
December 15 & 17	5:30pm to 7:30pm ET	Beth Martinez mart1751@msu.edu

Webinar Pre-Registration is required.

Click the link or go to mimoneyhealth.org

Under Events, find the complete Events calendar!

Cost: \$25 (To request a scholarship based on financial need, contact the instructor below to see if you meet the income criteria.)

Prefer a self-paced online class? Go to www.ehomeamerica.org/msue and choose the Homebuyer Education Course. It is available in English or Spanish and has a fee (this fee is not waived). Coupon code is MSUE10. It provides a certificate of completion when finished.

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providing equal opportunity for participation in all

programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact two weeks prior to the start of the event. Requests received after this date will be honored whenever possible.

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