



MSU Extension Online Resources for Our Northern Michigan Community

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

ONLINE PROGRAMMING:

[Can Your Explain Your Tax Bill?](#)

[Emergency Preparedness](#)

1/5: Sanitizing & Disinfecting

1/19: Mindful in Emergencies

[Basic Home Hydroponics](#)

[Make a Spending Plan Work](#)

[Tai Chi for Fall Prevention](#)

Diabetes Self-Management

[January 12-16, 1:00pm](#)

[January 13-17, 5:30pm](#)

[Parent Talk Series](#)

[Homeownership Seminar](#)

[RELAX: Alternatives to Anger](#)

[Volunteer Success, Safety](#)

For Youth

[Holiday Scavenger Hunt](#)

[Online Babysitting Training](#)

[Wild & Crazy Careers](#)

[4-H STEP \(Supportive Teens Empowering Peers\)](#)

[Art & Activism SPIN Club](#)

[Adulting 101 New Series!](#)

[Applying for Student Loans](#)

[Great Money Games Challenge](#)

Health, Wellness & Relationships

Use [Mindful Attention](#) to focus on positive behavior change

Winter activities in Northern Michigan: [create a scavenger hunt](#)

[Create new traditions](#) during the holidays that will last for generations

Managing farm stress: How to [cultivate a productive mindset](#)

[Chronic conditions and depression](#)

Food & Nutrition

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

Flavorful and thrifty [Christmas meal recipes](#)

[Quick and easy](#) shortcuts for holiday meals

[Ham for the holidays](#) and all year long

[Cooking for One](#) uses real-life examples and opportunities to brainstorm ways to make cooking for one easier

Food safety and [holiday food baskets](#)

Youth Wellness & Learning

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

Talking with children about [gifts, greed and gratitude](#) this holiday season

Learn what math, holiday crafts have in common: [make a Froebel Star](#)

[Positive discipline](#) – perception and perspective

The power of [choices for children](#)

Community Resources

Tis the season of the [urban legend of poinsettias](#)

[Holiday plants](#) for yearlong cheer

[DIY Recipe Videos](#): introduction to recording, editing, sharing recipes

COVID-19 pandemic adapted [Organic Farmer Training](#) Program in 2021

Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

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

Updated 12-22-2020