



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](#)

Up Next: Freezer Meal Prep

[Mindful Lunch & Learn Series:](#)

2/17: Thought Surfing

2/24: Be Kind to Your Mind

[Homeownership Education](#)

[Safe Foods = Healthy Kids](#)

[Food Preservation Series](#)

[Coming Together for Racial Understanding](#)

[Parenting Hour Online](#)

For Youth

[Cooking with Kristi](#)

[Life of the Straights: Winter](#)

[LEGO Challenge 2](#)

[Investigating Food w/ Science](#)

[League of Clovers](#)

4-H Capitol Experience see pg 2

Health, Wellness & Relationships

As a [HUD and MSHDA-certified counseling agency](#), MSU Extension helps potential, current and future home buyers

Be prepared: Create a [family emergency plan](#)

Lifestyle, alternative treatments to medication for [managing chronic pain](#)

What is [metabolic syndrome](#)?

Tips on how to [support your immune system](#)

Food & Nutrition

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

The sweetness, and versatility, of [honey](#)

[How to handle](#) takeout and drive-thru foods safely

MSU Extension online nutrition [programs and events](#)

[Easy Ham and Bean Soup](#) recipe is perfect for a cold winter day!

Buying a side of beef? Here is [how much meat](#) to expect out of it

[Good and Cheap](#): Eat Well on \$4/Day, a free, downloadable pdf book

Youth Wellness & Learning

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

Free online games [help youth prepare](#) for emergencies

Visit the MSU Extension Early Childhood [YouTube channel](#)

[Baby sign language](#): A helpful communication tool

Valentine's Day craft activities! [Sweet Treat Bags](#) [Friendship Bracelets](#)

Community Resources

Michigan Beekeepers' Association [2021 Spring Conference](#)

Loan Preparation for New and Beginning Farmers - [Online Series](#)

Do you have a bright idea about a food product? [Join this webinar!](#)

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



Registration Now Open!

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. 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