



MSU Extension Online Resources for Our Northern Michigan Community

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

ONLINE PROGRAMMING:

[Diabetes Prevention Program](#)

[Cabin Fever Conversations](#)

3/19: Community Conversation

[Food Safety Q&A](#)

Up Next: Spring Clean!

[Mindful Lunch & Learn Series:](#)

3/17: RELAX for Parents

3/24: Mindfully Feed Babies

[Successful Parenting Series](#)

[Food Preservation Series](#)

3/18: Intro to Home Canning

3/25: Preserving Maple Syrup

[Foreclosure Basics](#)

[Parenting Hour Online](#)

For Youth

[Intro to Coding](#)

[Pippin's Pantry: DIY Dog Treats](#)

[Investigating Food w/ Science](#)

[Kami Ori Origami Series](#)

[B&W Photo Challenge](#)

[For Teens: STEAM Careers](#)

[Mystery at the Zoo](#)

Health, Wellness & Relationships

Tips to help you [avoid sodium overload](#) in your daily life

SLEEP is a program for anyone looking for more or better quality sleep

Available: [Monday Mornings](#) or [Wednesday Afternoons](#)

[Noticing](#) is the first step in practicing mindfulness

A [high quality of life](#) is possible, even with chronic conditions

[Farm Stress](#): An online course to better equip farmers, their families and the ag community with tools and resources to help in stressful times

Food & Nutrition

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

Update your [canning methods](#) to keep food – and people – safe

[Avocado Breakfast Bruschetta](#) - a tasty and nutritious breakfast idea!

Food safety emergency preparedness [for families](#)

Youth Wellness & Learning

[Keeping children and youth safe](#) from child sexual abuse

Help! My young child doesn't want to do [anything except screen time!](#)

Starting a [mindfulness](#) practice with your child

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

Lots of great ways to get outside and still [practice social distancing](#)

Continue to reinforce [proper handwashing](#) practices with children

Community Resources

Smart Gardening with Vegetables 101 [online course](#) now available

[Tip Sheet](#): How to plan your garden

Backyard Gardener: [Growing Asparagus](#)

Spring clean your [credit report](#)

Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

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

**See Page 2
for More Events**

In March and April, JOANN customers can support 4-H by donating \$1 or \$4 at checkout when shopping both in-stores or online.



JOANN is helping 4-H bring more hands-on programs to local communities across the nation to create Opportunity4All kids to be inspired through creativity. Now through April 30, you can support 4-H at JOANNs in-store or online.

Learn more:

<http://bit.ly/3iAa7td>

Food Safety Q&A
Monday Mar. 15th

Pantry Food Safety – It's Your Job
Tuesday Mar. 16th

Safe Food = Healthy Kids
Tuesday Mar. 16th

Michigan Cottage Food Law Training
Wednesday Mar. 17th

Investigating Food with Science
Wednesday Mar. 17th

Winter Food Preservation Series
Thursday Mar. 18th

Week of March 15th Food Safety Online Workshops

Food Safety Q&A
Monday, Mar. 15th - 1 p.m. EDT

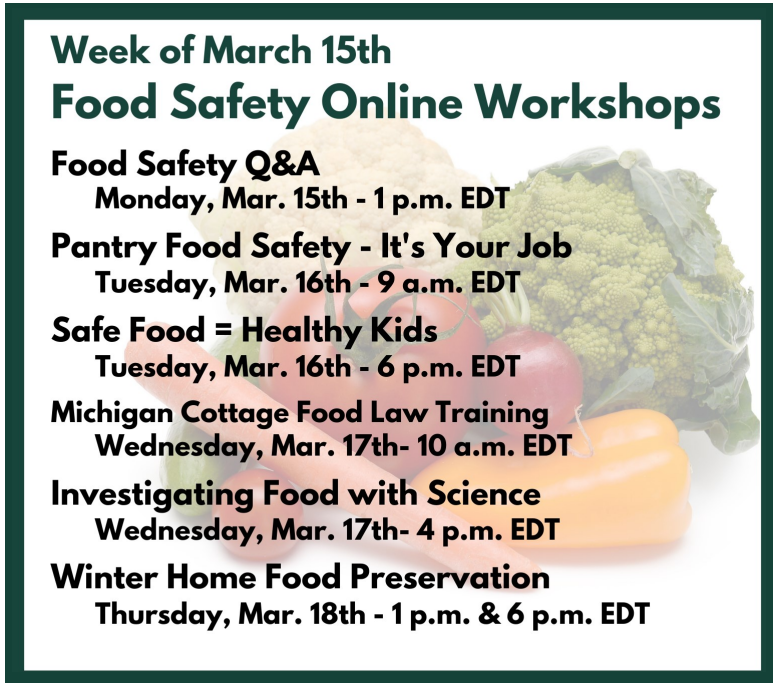
Pantry Food Safety - It's Your Job
Tuesday, Mar. 16th - 9 a.m. EDT

Safe Food = Healthy Kids
Tuesday, Mar. 16th - 6 p.m. EDT

Michigan Cottage Food Law Training
Wednesday, Mar. 17th- 10 a.m. EDT

Investigating Food with Science
Wednesday, Mar. 17th- 4 p.m. EDT

Winter Home Food Preservation
Thursday, Mar. 18th - 1 p.m. & 6 p.m. EDT



Money Smart Contests for Youth

Cash Composition Contest (9-13 years old)
[Contest details](#)

Show Your Money Smarts Contest (14-19 years old)
[Contest details](#)