



# MSU Extension Online Resources for Our Northern Michigan Community

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

## ONLINE PROGRAMMING:

### [Mindful Educators](#)

### [Cabin Fever Conversations](#)

4/2: Community Conversation

### [Mindful Lunch & Learn Series:](#)

3/31: What is Anger?

4/7: Calming & De-Stressing

### [Successful Parenting Series](#)

### [Food Preservation Series](#)

4/1: Selecting Garden Plants

4/15: Rhubarb

### [Parenting Hour Online](#)

### [Diabetes Prevention Program](#)

## For Youth

### [Spring Break Money Management](#)

### [Intro to Coding](#)

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

### [Month of the Military Child GooseChase Challenge](#)

### [Kami Ori Origami Series](#)

### [Wild Spartans: Wildfire in Arctic](#)

### [For Teens: STEAM Careers](#)

### [Mystery at the Zoo](#)

**Money Smarts for Kids**  
**see Page 2**

## Health, Wellness & Relationships

Spring into health! New ways to [improve your health, be more active](#)  
[Finding deer antler sheds](#) is a great way to get outside and enjoy nature

Programs that cover [a variety of ways to support caregivers](#)

[Infection protection](#): Ten tips for diabetes self-care

Newsletters for Seniors: [Making Healthy Choices](#)

[Virtual Money Smart Week 2021](#): week-long free virtual campaign

## Food & Nutrition

**MSU Extension Food Safety Hotline: 1-877-643-9882** [bit.ly/2ICA3qH](https://bit.ly/2ICA3qH)

[Cottage Food Law class](#) in either an online format or face-to-face

Learn all about nutrition with the self-paced [My Way to Wellness](#)

Go green and [lower your risk](#) for chronic disease

Dreaming of summer with these yummy recipes:

[Strawberry Salsa](#) and [Spinach Cucumber Dill Salad](#)

Visit [Michigan Fresh](#) to find tips on growing, handling and preserving

## Youth Wellness & Learning

4-H Veterinary Science: [Stopping Sickness](#)

The [hands-on education](#) 4-H is known for is now available at home!

[Mindfulness A to Z](#): An Alphabet of Fun and Calming Activities

How to support children [after one year of virtual learning](#)

[Parenting the Preschooler](#): Social Competence, Emotional Well-Being

## Community Resources

Starting and Keeping Bees in Michigan: [Rules and Regulations](#)

Michigan fish producers can now engage in [online counseling](#) through teletherapy support

[Backyard Fruit 101 series](#): online class for beginning fruit gardeners

## Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

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

Updated 3-11-2021



# Money Smart Contests for Youth

Join Michigan 4-H as we hold fun contests and workshops during *National Financial Literacy Month* this April. Expand your knowledge of money in these interactive sessions and prepare yourself to compete with other youth across Michigan to earn prizes in upcoming financial contests. Sign up and share!

## **Cash Composition Contest (9-13 years old)**

Money, money, money! In honor of Financial Awareness Month held each April, Michigan State University Extension 4-H is sponsoring the Cash Composition Contest. Youth residing in Michigan, **age 9-13** have a chance to win \$1000 toward their post-secondary education or up to \$400 by writing a 300-word (or less) essay on saving and investing. **Hurry, contest deadline is April 5!** More information and contest details can be found: <https://www.canr.msu.edu/4-h-money-smarts/money-smart-kids-contest>

## **Avoiding Money Mishaps (Middle and High School)**

Protect yourself and your finances. Find out ways to avoid financial scams and common pitfalls by attending an upcoming webinar in April. Prepare for the Show your Money Smarts Contest from this webinar and win money for post-secondary education or cash! **Register for both here:** <https://www.canr.msu.edu/4-h-money-smarts/show-your-money-smarts-contest>

## **Show Your Money Smarts Contest (14-19 years old)**

Do you want to learn how to avoid financial pitfalls and have an opportunity to win \$1000 toward your post-secondary education or up to \$250 cash? In this third annual Show Your Money Smarts Contest, Michigan youth **age 14-19** will compete in this on-line quiz challenge taking place in April. Contest details can be found: <https://www.canr.msu.edu/4-h-money-smarts/show-your-money-smarts-contest>. Don't miss out, deadline to register is April 23.

## **Financial Reality Fair (High School and young adults)**

Join us on April 28<sup>th</sup> at 4:00 pm for a real-life simulation activity that will challenge teens to see if they can live within their means on an income of someone just starting out in their career. This interactive financial program is open to high school students or young adults living at home. Throughout the program, there will be many temptations for additional spending, and students must learn to balance their wants and needs to live on their own. Participants will gain budgeting skills as they pay for their housing, utilities, transportation, clothing, food, entertainment and more. Please register at: <https://www.canr.msu.edu/events/reality-fair>