



MSU Extension Online Resources for Our Northern Michigan Community

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

ONLINE PROGRAMMING:

April:

[Teaching Kids Mindful Eating](#)

[Tools to Manage Finances through the COVID-19 Crisis](#)

[Encouraging Mindfulness in Children](#)

[RELAX: Alternatives to Anger](#)

April & May:

[Navigating Money Challenges](#)

[Cabin Fever Conversations](#)

[Food Preservation Series - Thursdays](#)

(type "preservation" in the search bar to find class info)

[Listening Sessions](#) *Share your thoughts, opinions, and needs for youth programming*

For youth:

[Ocean Explorers](#)

[HOMES @ Home series](#)

[Zipping Around the Zoos](#)

[Junior Master Gardener Virtual Group](#)

[National Parks Virtual Tour](#)

For youth, grades 4-7:

[BeLEAF It or Not!](#) Fun & educational MI forestry videos

Health, Wellness & Relationships

The Veteran Outreach team at MSU Extension compiled [this list](#) of resources for veterans and their families

[Safety tips for shopping at the grocery store](#): reduce trips to the store and transmission of germs and pathogens, and social distancing

[Will this refrigerated food make me sick?](#) How to determine if refrigerated food is still safe to eat

[Handwashing](#) for ordinary people in a time of novel coronavirus

Food & Nutrition

Make taco night even better with corn tortillas made at home [\(video\)](#)

Recipes, physical activity and wellness [videos](#) - updated regularly!

[200+ recipe ideas](#) for pantry staple ingredients

Local ASPARAGUS will be available soon!

Learn how and where to trim the tough woody ends [\(video\)](#)

Try a new recipe: [Asparagus & Quinoa Salad](#) or [Pasta with Asparagus](#)

Learn more about [using, storing and preserving](#) this perennial favorite

Youth Wellness & Learning

[STEAM ideas](#) without technology: several ways to incorporate science, technology, engineering, art or math (STEAM) into your family's day

[Parent's Checklist](#) to Preventing Injuries During Coronavirus

Why Teens Need Sleep: [An Infographic](#)

Career Exploration and Workforce Preparation [Activities for Teens](#)

Community Resources

[Be careful what you flush!](#) Flushing wipes and other items used for disinfection can damage wastewater treatment systems

Resources for [fisheries and aquaculture industries](#) – Covid-19 response

Food Bank Council of Michigan Virtual Food Drive - [Donate here!](#)

TBAISD Region Food Service & Distribution [Schedules](#)

Connect on Facebook for more programs and resources:

[Grand Traverse County MSU Extension](#)

[MSU Extension MI Stronger Family](#)

[MI Health Matters](#)

[Think Food Safety](#)

Updated 4-23-2020