



MSU Extension Online Resources for Our Northern Michigan Community

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

ONLINE PROGRAMMING:

April & May:

[Navigating Money Challenges](#)

[Cabin Fever Conversations](#)

Stress Less with Mindfulness [Online Series](#)

For youth:

[Saturday Morning Science](#)

[Space, Gardening and Music at Home](#)

For youth ages 13-19:

[Capturing Our New Normal: MI Teen Photo Project](#)

[Online Photography Club](#)

[4-H Show Your Money Smarts Contest](#)

[The World Food Prize Michigan Youth Institute](#)

For youth in 11th & 12th grade
[Adulting 101: Weekly Quick Tips](#)

OTHER:

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

Health, Wellness & Relationships

Understand the difference between [clean, sanitize and disinfect](#) and the best situation to use each method

[Eat Healthy Be Active](#): nutrition and physical activity program for adults

FoodCorps: [Supporting Our Communities](#) Through COVID-19.

[Self-compassion](#): An often misunderstood part of health and well-being

Science For the Whole Family - from MSU Science Festival!

[Citizen science](#): people just like you collecting information and sharing that information with researchers - can even be done from home!

Many museums and other cultural institutions have created [virtual tours](#) - educational experiences you can enjoy from the comfort of your home

[STEAM you can do at home!](#) Collection of resources from MSU Science Festival partners and others

Food & Nutrition

[Handling Takeout Safely](#): simple steps to keep food, and yourself, safe

[Is this food still good?](#) Determine if food in your pantry is still safe

[Food Preservation Online Course](#) Up-to-date research methods to successfully and safely preserve food: canning, freezing, dehydrating

Youth Wellness & Learning

Teens are not made for isolation, which makes COVID-19 especially hard on them. [How to help teens shelter in place](#)

[Ask an expert](#): how to help kids through COVID-19

Community Resources

Are you working from home during the Coronavirus outbreak? If yes, visit the Federal Trade Commission for [online security tips](#)

[Michigan Good Food Fund](#): Covid-19 business resources

[Tips for working successfully](#) in a time of social distancing

Connect on Facebook for more programs and resources:

[Grand Traverse County MSU Extension](#)

[MSU Extension MI Stronger Family](#)

[MI Health Matters](#)

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