



MSU Extension Online Resources for Our Northern Michigan Community

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

ONLINE PROGRAMMING:

Local Lawn & Garden Q&A
Every Wednesday, 11am-1pm
(see page 2 for details)

[Navigating Money Challenges](#)
Ongoing

[Food Safety Q&A](#)
Mondays

[Extension Extras Parenting Hour](#)
Tuesdays

[Food Preservation Series -](#)
Thursdays
(type "preservation" in the search bar to find class info)

[Chronic Pain Personal Action Toward Health \(PATH\)](#)

[Summer Food Fun Series](#)
Ice Cream

For Youth:
[Jedi Training Club](#)

[Themed Trivia - Part II](#)

For Older Youth:
[Surviving a Zombie Apocalypse](#)

[DIY Spa Products - Virtually!](#)

[4-H Babysitting Workshop](#)

For High School Youth:
[Adulting 101 - College Prep](#)

Health, Wellness & Relationships

[Programs and resources](#) for families to care for their mental health, including "Bury Seeds, Not Stress" webinar series

[DeStressMonday.org](#) shares regular tips and guides to help you start every week with a positive frame of mind

Dealing with Coronavirus Anxiety: [Expert Tips](#)

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

Food & Nutrition

Eat healthy and stick to a tight grocery budget: [Spend Smart.Eat Smart](#)

[Ask the expert](#): Should we fear a food shortage?

Farmers Market season is upon us! How to [properly wash](#) your produce
30 Minute, Budget Friendly and Kid Friendly [recipe ideas](#)

Food Safety: Refrigerator and Freezer [Storage Chart](#)

Shelf-Stable [Food Safety Guide](#)

Freezer [Food Safety Information](#)

Youth Wellness & Learning

Calendar of online learning for youth, and resources for parents [here](#)

[Tour a dairy farm](#) from home and check off items on this [scavenger hunt](#)

Check out [MyPlate Kids Place](#) for fun videos and activities

[Learning at Home](#): Solar Energy, Crafts & Yoga

Looking to the future: advantages of [apprenticeships](#), how to find them

Community Resources

[Simple Garden Plans](#): designed for the Grand Traverse region, reminiscent of the "Victory Gardens" planted during World War I and II

Victory Growers of Northwest Michigan: Vegetable seed starting and transplanting [instructional videos](#)

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

Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

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



LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

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