



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

[Citizen Planner Online series:](#)
High Water in Michigan

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

[Eat Healthy Be Active:](#) *Nutrition and physical activity for adults*

[Summer Food Fun Series](#)

For Youth:
[National Parks Virtual Tour](#)

[Jedi Training Club](#)

[4-H World Tour](#)

For Older Youth:
[Speak Out! Stand Out!](#)
4-H Public Speaking Course

[DIY Spa Products - Virtually!](#)

[4-H Babysitting Workshop](#)

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

Health, Wellness & Relationships

Novel coronavirus information [for animal owners](#)

[Farmers facing isolation](#) – stay connected, it's good for you

[Guide to Spring Wildflowers](#) - a hiker's visual guide from Michigan DNR

[Off The Beaten Path](#) online family walking club

[Programs and resources](#) for families to care for their mental health

Food & Nutrition

[FoodKeeper App](#): maximize the freshness and quality of items; developed by the USDA's Food Safety and Inspection Service

[Planning meals](#) in times of crisis

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

[What's In Season](#) - for when you want to know what fresh produce is available in your area, and where to get it

Don't knock it 'til you try it - [Fudgy Cupcakes... with Beets!](#)

Youth Wellness & Learning

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

Why won't they just get along? [Strategies for helping squabbling siblings](#)

Top 5 tips in keeping youth safe in [virtual environments](#)

Too cold or rainy to go out? Here are [five indoor activities](#) to enjoy with your children!

[Cooking and Gardening](#) activities to do with youth

Community Resources

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

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

Michigan State University Extension's vegetable team has compiled [useful resources](#) for Michigan vegetable growers

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

MICHIGAN STATE UNIVERSITY EXTENSION



MICHIGAN STATE
UNIVERSITY

Extension

[Connect here!](#)

