



# MSU Extension Online Resources for Our Northern Michigan Community

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

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

## ONLINE PROGRAMMING:

Diabetes Prevention Series:  
[Thursdays](#) or [Fridays](#)

[Hunter to Hunter: Connective Conversations](#)

[Communicating Through Conflict](#)

[2020 MI Inland Lakes Convention: Conserving Lakes](#)

[Chronic Disease Management](#)

[RELAX: Alternatives to Anger](#)

[Preserving Your Harvest](#)

9/3: Too Many Tomatoes  
9/10: Salsa 101

[Student Loan Repayment](#)

[Begin with a Breath](#)

[Michigan Cottage Food Law](#)

**For Youth**

[4-H in the Kitchen: Cookies!](#)

LEGO Master Builder:

[September](#) [October](#)

Minecraft = Computer Coding

[September](#) [October](#)

[Investigating Food with Science](#)

## Health, Wellness & Relationships

[Coping with Loss](#) During COVID-19

[Mindfulness](#) can help you manage your stress and live a better life

[Sleeping, Crying, Driving](#): a self-directed online infant safety course

Make your [work-from-home space](#) more ergonomic, better for your back

Reduce pain and improve posture with [home-office exercise](#)

## Food & Nutrition

Say so long to [soggy lettuce](#) - plus a quick Caesar Salad recipe

Printables to help kids [pack balanced lunches](#), plan [a healthy breakfast!](#)

The Versatile Veggie: [Zucchini](#)

[Food Safety](#) at the Farmer's Market and Other Resources

Healthy Eating or an [Eating Disorder?](#)

Start Simple with MyPlate: [Lettuce Wraps](#)

## Youth Wellness & Learning

Your weekly dose of fun and learning! [Online learning for youth](#)

[Voices of Youth](#): COVID-19 and Youth Mental Health

Praising Your Teen [Effectively](#)

[Fat, Salt and Sugar](#) - Not all bad for youth

[Ice Cream Science](#): learn some chemistry while cooling off

[4-H Healthy Youth](#): tools for nutrition, fitness and health in young people

## Community Resources

Learn how veterans can access [SNAP benefits](#)

Michigan Insects in the Garden: [Five-banded thynnid wasp](#)

In need of a soil test kit? Purchase online!

- For a home lawn and/or garden kit: [Shop here](#)
- For commercial/agricultural sampling instructions: [Click here](#)

## Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

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

Updated 8-27-2020



**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!](#)**

