



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)

[Food Safety Q&A](#)

Upcoming: [Packing Lunches](#)

[Food Safety @ the Food Pantry](#)

[Summer Fun \(and Safety\)](#)

[Parenting Webinar Series](#)

[Introduction to Home Food Preservation](#)

For Youth:

[Turn Your Passions into Profits](#)

[Science Fridays](#)

[Aspiring Chefs: Cooking from the Garden](#)

[Minecraft = Computer Coding](#)

[Wizarding World of Harry Potter](#)

[MSU Tollgate Virtual Vet Science](#)

For Older Youth:

[Riddle Scavenger Hunt](#)

[Fostering Stability for Life](#)

[Teen Talk: Money Tips](#)

[Summer Movie Series](#)

[100% Cocoa: All About Chocolate](#)

Health, Wellness & Relationships

With Covid-19 worries, [at-home exercise plans](#) can keep you healthy
Protect against [three common scams](#) targeting seniors
[Coping strategies](#) for dealing with everyday stress and crisis situations
Habit-Stack Your Way to [More Movement](#)
[Manage Negative Emotions](#) by Verbalizing Them
Meditation linked to [lower cardiovascular risk](#)

Food & Nutrition

Kids Cook: [Greek Brown and Wild Rice Bowl](#)
50 Packable [School Lunch Ideas](#) - for in school or at home!
[Preserving Your Harvest](#) *New Food Preservation Online Class*
Great as a side dish or just a snack: [Garlic Sesame Green Beans](#)
[Open kettle canning](#): what it is and why it's risky
Be a true [Grill Master](#) and focus on food safety while cooking
[Cool Cucumber Salad](#) recipe and how to [use and store](#) cucumbers

Youth Wellness & Learning

Your weekly dose of fun and learning! [Online learning for youth](#)
Using [thinking and feeling words](#) with young children
How to help children and teens [manage their stress](#)
[Extension Extras](#): resource for parents/caregivers of young children
Mammals, sharks, monarchs & more! MSU Science Fest [coloring pages](#)

Community Resources

Free Summer Horse Care 101 [Online Course](#)
Michigan Insects in the Garden: [Syrphid flies](#)
Got a tick question? [Lyme Disease in Michigan](#) has helpful information and instructions on how to submit a picture or sample for identification

Connect online for more programs and resources

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

Join the Virtual 4-H Livestock Auction - see pg 3



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

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SPEND LOCAL GIVE LOCAL SUPPORT LOCAL

Join the Virtual 4-H Livestock Auction

August 8, 9 & 10



<http://www.northwestmichiganlivestockcouncil.org/virtual-auction.html>

Please join us for our virtual 4-H auction!

Many 4-H youth in our 5-county region have worked throughout the past year on their 4-H projects, and though not the same as the county fair, the Northwest MI 4-H Livestock Council Virtual Auction will provide them with a space to demonstrate their knowledge and skills, as well as market and sell their projects.

As a buyer in the 4-H Virtual Auction, your tax-deductible purchase helps support not only the individual 4-H member, but also education, events, scholarships, and more for all local 4-H youth and volunteers



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