ONLINE PROGRAMMING:

Health, Wellness & Relationships
- Stress Less with Mindfulness: concepts and practices for teens and adults to reduce stress and related symptoms
- Alternatives to Anger: helps teens, adults, parents and caregivers understand and manage anger and stress
- Clean, Sanitize & Disinfect: What is the difference and what is the best situation to use each method?
- Protecting Yourself from Coronavirus: animation addresses best practices through recommended preventative measures
- Handwashing: for ordinary people in a time of novel coronavirus

Food & Nutrition
- Finding food: resources for locating food resources in your community
- Healthy, low-cost recipes from Hunger + Health
- Spend Smart, Eat Smart: recipes that can be made from pantry staples or made ahead and frozen, plus a 5-day meal plan
- Frozen Foods: Convenient and Nutritious
- Recipe: Tacos with Homemade Chicken Taco Seasoning

Youth Wellness & Learning
- Why Teens Needs Sleep: An Infographic
- Farm to School of Northwest Michigan: Insect homes, planting seeds, recipes… fun and educational activities to do at home
- MSU Extension Early Childhood YouTube channel: New video topics are added frequently!
- Literacy activities are much more than just reading! MI Stronger Family Book Sheets focus on activities that can enhance school readiness
- Educational Resources - from science to financial literacy, for toddlers to teenagers

OTHER:
- TBAISD Region Food Service & Distribution Schedules

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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