ONLINE PROGRAMMING

April:
- **Smart Gardening 101 - Vegetables**

RELAX: Alternatives to Anger

April & May:
- **Navigating Money Challenges**
- **Cabin Fever Conversations**
- **Food Safety Q&A - Mondays**

For youth:
- **Home Alone, Safely**
- **Virtual Nature Journaling**
- **Zipping Around the Zoos**
- **Space, Gardening & Music at Home - Updated Weekly**

For youth ages 9-14:
- **Trash Warriors**
- **From Tree to TP**

OTHER:
- TBAISD Region Food Service & Distribution Schedules

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**Health, Wellness & Relationships**

- **Cleaning and Sanitizing Surfaces and Toys**
- Veteran Outreach Team at MSU Extension has put together this list of resources for veterans and their families
- MSU faculty member talks about food safety and COVID-19
- Assisting the elderly throughout COVID-19

**Food & Nutrition**

- When you prepare food at home remember the [Core Four Practices](#) of food safety
- [Tips for Meal Kit and Food Delivery Safety](#) from the CDC
- Is Using Your Smartphone or Tablet in the Kitchen a Food Safety Hazard?
- Running tap water and clean hands are all you need to rinse fresh fruits and vegetables at home. This video shows you how!
- How to Freeze [Green Onions](#)
- Easy Ham & Bean Soup [Recipe](#)

**Youth Wellness & Learning**

- [KidsGardening.org](#) has lots of great activities!
- Learn how to support your children’s learning while they’re home
- Farm To School of Northwest MI [YouTube channel](#): local FoodCorps service member, Erin, leads fun activities
- [Mindful Eating](#) helps children develop a deeper connection with food and begin to create lifelong, healthy habits
- [Fun with science and eggs](#): even simple household items can be used to explore science with kids!

**Community Resources**

- In need of a soil test kit? Purchase online!
  - For a home lawn and/or garden kit: [Shop here](#)
  - For a commercial/agricultural sampling instructions: [Click here](#)

**Connect on Facebook for more programs and resources:**
- [Grand Traverse County MSU Extension](#)
- [MSU Extension MI Stronger Family](#)
- [MI Health Matters](#)
- [MSU Extension Think Food Safety](#) - NEW!