Health, Wellness & Relationships
The Veteran Outreach team at MSU Extension compiled this list of resources for veterans and their families:

- Safety tips for shopping at the grocery store: reduce trips to the store and transmission of germs and pathogens, and social distancing
- Will this refrigerated food make me sick? How to determine if refrigerated food is still safe to eat
- Handwashing for ordinary people in a time of novel coronavirus

Food & Nutrition
Make taco night even better with corn tortillas made at home (video)
Recipes, physical activity and wellness videos - updated regularly!

200+ recipe ideas for pantry staple ingredients

Local ASPARAGUS will be available soon!
Learn how and where to trim the tough woody ends (video)
Try a new recipe: Asparagus & Quinoa Salad or Pasta with Asparagus
Learn more about using, storing and preserving this perennial favorite

Youth Wellness & Learning
STEAM ideas without technology: several ways to incorporate science, technology, engineering, art or math (STEAM) into your family’s day
Parent’s Checklist to Preventing Injuries During Coronavirus
Why Teens Needs Sleep: An Infographic
Career Exploration and Workforce Preparation Activities for Teens

Community Resources
Be careful what you flush! Flushing wipes and other items used for disinfection can damage wastewater treatment systems
Resources for fisheries and aquaculture industries – Covid-19 response

Connect on Facebook for more programs and resources:
Grand Traverse County MSU Extension
MSU Extension MI Stronger Family
MI Health Matters
Think Food Safety