ONLINE PROGRAMMING:

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

Navigating Money Challenges  
*Ongoing*

Food Preservation Series -  
*Thursdays*  
(type "preservation" in the search bar to find class info)

Septic System 101  
*During Stay at Home*

Guiding Principles for Highly Successful Parenting  

Smart Gardening 101 -  
*Vegetables*

Powerful Tools for Caregivers:  
*Parents of Special Needs Children*

For youth:  
*Ocean Explorers*

HOMES @ Home series  

Zipping Around the Zoos  

National Parks Virtual Tour

For older youth:  
*Home Alone - Safely*

Speak Out! Stand Out!  

4-H Public Speaking Course  

Tik Tok Dances with H & H

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**Health, Wellness & Relationships**  

*Cabin Fever Conversations*: lighthearted, but educational conversations about gardening  

All About Bleach:  
*Facts and how to's*

Exercise and physical activity and a *Workout To Go* for older adults from the National Institute on Aging  

Importance of Positive Parenting  
*in Times of Crisis*

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**Food & Nutrition**  

Parsnips are delicious, healthy root vegetables that are often overlooked. Check out this *quick guide*!  

*Resources* to help you and your family locate food assistance during the novel coronavirus outbreak  

Does washing foods make them safer? Follow *these recommendations* for safe handling of certain types of foods  

When yeast is hard to find, try this easy, no-yeast  
*pizza dough recipe*!

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**Youth Wellness & Learning**  

Calendar of online learning for youth and resources for parents  

Experience plants with  
*Beanie Baby in a Bag*

Junior Master Gardener  
*Virtual Group*

Top 5 tips  

to keeping youth safe in virtual environments  

*4-H Children's Gardens Seeds of Science*: fun activities that also teach how important plants are to all of us everyday

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**Community Resources**  

*Simple Garden Plans*: designed for the Grand Traverse region, reminiscent of the "Victory Gardens" planted during World War I and II  

TBAISD Region Food Service & Distribution  
*Schedules*

The Veteran Outreach team at MSU Extension compiled  
*this list* of resources for veterans and their families  

Learn about  
*lakes, streams, and watersheds* with MSU Extension

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*Connect on Facebook for more programs and resources*  

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

Connect here!