**ONLINE PROGRAMMING:**

**Health, Wellness & Relationships**

*Programs and resources* for families to care for their mental health, including “Bury Seeds, Not Stress” webinar series

*DeStressMonday.org* shares regular tips and guides to help you start every week with a positive frame of mind

Dealing with Coronavirus Anxiety:  *Expert Tips*

Self-compassion:  An often misunderstood part of health and well-being

**Food & Nutrition**

Eat healthy and stick to a tight grocery budget:  *Spend Smart.Eat Smart*

Ask the expert: Should we fear a food shortage?

Farmers Market season is upon us! How to *properly wash* your produce

30 Minute, Budget Friendly and Kid Friendly *recipe ideas*

Food Safety: Refrigerator and Freezer *Storage Chart*

Shelf-Stable *Food Safety Guide*

Freezer *Food Safety Information*

**Youth Wellness & Learning**

Calendar of online learning for youth, and resources for parents here

Tour a dairy farm from home and check off items on this *scavenger hunt*

Check out *MyPlate Kids Place* for fun videos and activities

Learning at Home: Solar Energy, Crafts & Yoga

Looking to the future: advantages of *apprenticeships*, how to find them

**Community Resources**

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

Victory Growers of Northwest Michigan: Vegetable seed starting and transplanting *instructional videos*

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

**Connect online for more programs and resources**

MSU Extension [Online Events Schedule](#)

Grand Traverse County MSU Extension [Website](#) & [FaceBook Page](#)
LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

Connect here!