ONLINE PROGRAMMING:

Health, Wellness & Relationships

MoveItMonday.org is an international campaign encouraging people of all fitness levels to kick off the week with exercise!

Programs and resources for families to care for their mental health

MSU Extension Learning YouTube channel - videos updated regularly!

Managing Farm Stress: resources and programs to support the health and wellness of farmers and agribusiness professionals

Food & Nutrition

Cook with what you have: recipes and tips to enjoy fresh, seasonal produce year-round

Become a Grill Master - use a food thermometer!

Nutrition, storage and handling information on a variety of fruits and vegetables from have a plant

How will COVID-19 change fresh produce and local market sales?

Youth Wellness & Learning

Calendar of online learning for youth (and resources for parents) here

Getting youth involved in growing vegetables from seed

Coronavirus is isolating children. How to help them thrive.

Fun and educational activities are added regularly to the Farm to School of Northwest MI YouTube channel

Educational Resources - from science to financial literacy, for toddlers to teenagers

Community Resources

MDARD guidance for u-pick operations to safely open and operate in the face of the COVID-19 pandemic

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

The Veteran Outreach team at MSU Extension compiled this list of resources for veterans and their families. Connect on Facebook, too!

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!