ONLINE PROGRAMMING:

Health, Wellness & Relationships
Programs and resources for families to care for their mental health

My Way to Wellness is an online, self-paced nutrition course that teaches everything from meal planning to reading food labels

Regardless of age, practicing mindfulness can benefit your life and the way you handle challenges

Keeping your kitchen safe: learn how to safely clean and sanitize

Food & Nutrition
Take control of your food supply - grow a local garden

Rhubarb: Not just for pies!

877-643-9882 MSU Extension educators help answer food safety questions; Monday - Friday, 9am to 5pm. More tips online!

Vegetable grilling tips: grilled vegetables are a yummy addition to your summer meals

Tips for shopping at farmers markets safely

Youth Wellness & Learning
Calendar of online learning for youth (and resources for parents) here

Project Learning Tree videos, each one designed for families interested in learning about nature in their own backyards

Teaching Science When You Don't Know Diddly-Squat Learning Series

MSU Extension Early Childhood YouTube channel - videos added frequently

Educational, hands-on activities for kids and teens

Community Resources

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

NW Michigan Victory Growers welcomes food plant growers of all identities and abilities

Connect online for more programs and resources

MSU Extension Online Resources for Our Northern Michigan Community

ONLINE PROGRAMMING:

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

Extension Extras Parenting Hour
Tuesdays

Wind Down Wednesdays

Cabin Fever Conversations
Fridays

Pollinator Fridays
with Dr. Nate Walton

Summer Food Fun Series
Up Next: Pizza on the Grill

Safe Food = Healthy Kids
Several online class dates/times

Navigating Money Challenges

Summer Online Food Preservation Series

Emergency Preparedness

For Youth:
Ocean Explorers

Junk Drawer Robotics

Teen Talks Forum

DIY Spa Products - Virtually!

Creatures of the Deep

Youth Reflect and Connect

For High School Youth:
Cracking the Code to College

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

Connect here!