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)

Citizen Planner Online series:
High Water in Michigan

Chronic Pain Personal Action
Toward Health (PATH)

Eat Healthy Be Active: Nutrition and physical activity for adults

Summer Food Fun Series

For Youth:
National Parks Virtual Tour
Jedi Training Club
4-H World Tour

For Older Youth:
Speak Out! Stand Out!
4-H Public Speaking Course
DIY Spa Products - Virtually!
4-H Babysitting Workshop

For High School Youth:
Adulting 101 - College Prep

Health, Wellness & Relationships
Novel coronavirus information for animal owners
Farmers facing isolation – stay connected, it’s good for you
Guide to Spring Wildflowers - a hiker’s visual guide from Michigan DNR
Off The Beaten Path online family walking club

Programs and resources for families to care for their mental health

Food & Nutrition
FoodKeeper App: maximize the freshness and quality of items; developed by the USDA's Food Safety and Inspection Service
Planning meals in times of crisis
Is this food still good? How to determine if food in your pantry is still safe
What’s In Season - for when you want to know what fresh produce is available in your area, and where to get it
Don’t knock it ‘til you try it: Fudgy Cupcakes... with Beets!

Youth Wellness & Learning
Calendar of online learning for youth and resources for parents here
Why won’t they just get along? Strategies for helping squabbling siblings
Top 5 tips in keeping youth safe in virtual environments
Too cold or rainy to go out? Here are five indoor activities to enjoy with your children!

Cooking and Gardening activities to do with youth

Community Resources
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
Michigan State University Extension’s vegetable team has compiled useful resources for Michigan vegetable growers

Connect online for more programs and resources
MSU Extension Online Events Schedule
Grand Traverse County MSU Extension Website & FaceBook Page

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