ONLINE PROGRAMMING:

Health, Wellness & Relationships
Online farm stress training is free and open to the public: tools and resources to help in stressful times
Make the most of your time at home: productive and healthy ideas
Monitoring our mental health during the COVID-19 pandemic
Seed, Soil, Sun: The Healthful Benefits of Gardening
Finding Happiness During Hard Times

Food & Nutrition
Recipe: cookie dough dip you can eat raw (and it’s loaded with protein)
Need some new recipe ideas? ChooseMyPlate has tons to choose from!
Safe Food Shopping Guide: An Infographic
Peas and edible pea pods are great fresh or preserved
Buying in bulk saves money & time - how to repackage bulk foods

Youth Wellness & Learning
Calendar of online learning for youth (and resources for parents) here
Children have emotions - help them learn to handle them appropriately
Many children develop picky eating behaviors at some point in their lives
Bury Seeds, Not Stress Farm Stress Series: Youth & Farm Stress
How teens are coping with the COVID-19 pandemic
Understand the importance of time outdoors for children by trying one—or all—of these outdoor experiences.

Community Resources
What you can do to help pollinators? Great resources here and here!
Hoping to avoid ticks this summer? There’s an app for that!
Michigan Insects In The Garden: Assassin Bugs

MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - Click Here!

ONLINE PROGRAMMING:
Local Lawn & Garden Q&A
Every Wednesday, 11am-1pm (see page 2 for details)
Safe Food = Healthy Kids
Several online class dates/times
Summer Online Food Preservation Series
Chronic Pain Self-Management
Citizen Planner Online Program
Food Safety Q&A
Upcoming: Potluck Paranoia
Parenting Series
Wednesdays in July
Cash Crunch due to COVID-19?
Tools to Manage Your Finances

For Youth:
Zipping Around the Zoos
Padawan Training Club
Cue the Monarchs
USA Road Trip!
Fun & Learning on Thursdays
Junk Drawer Robotics

For Older Youth:
Adulting 101: Credit, Money, Job Success, Mindfulness, Nutrition
Summer Movie Series
Virtual Gardening Summer Camp
LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

Connect here!