ONLINE PROGRAMMING:

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

Food Safety Q&A
Upcoming: Packing Lunches

Food Safety @ the Food Pantry

Summer Fun (and Safety)

Parenting Webinar Series

Introduction to Home Food Preservation

For Youth:
Turn Your Passions into Profits

Science Fridays

Aspiring Chefs: Cooking from the Garden

Minecraft = Computer Coding

Wizarding World of Harry Potter

MSU Tollgate Virtual Vet Science

For Older Youth:
Riddle Scavenger Hunt

Fostering Stability for Life

Teen Talk: Money Tips

Summer Movie Series

100% Cocoa: All About Chocolate

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Health, Wellness & Relationships
With Covid-19 worries, at-home exercise plans can keep you healthy
Protect against three common scams targeting seniors
Coping strategies for dealing with everyday stress and crisis situations
Habit-Stack Your Way to More Movement
Manage Negative Emotions by Verbalizing Them
Meditation linked to lower cardiovascular risk

Food & Nutrition
Kids Cook: Greek Brown and Wild Rice Bowl
50 Packable School Lunch Ideas - for in school or at home!
Preserving Your Harvest *New Food Preservation Online Class*
Great as a side dish or just a snack: Garlic Sesame Green Beans
Open kettle canning: what it is and why it’s risky
Be a true Grill Master and focus on food safety while cooking
Cool Cucumber Salad recipe and how to use and store cucumbers

Youth Wellness & Learning
Your weekly dose of fun and learning! Online learning for youth
Using thinking and feeling words with young children
How to help children and teens manage their stress
Extension Extras: resource for parents/caregivers of young children
Mammals, sharks, monarchs & more! MSU Science Fest coloring pages

Community Resources
Free Summer Horse Care 101 Online Course
Michigan Insects in the Garden: Syrphid flies
Got a tick question? Lyme Disease in Michigan has helpful information and instructions on how to submit a picture or sample for identification

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

Join the Virtual 4-H Livestock Auction - see pg 3
LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

Connect here!
Please join us for our virtual 4-H auction!

Many 4-H youth in our 5-county region have worked throughout the past year on their 4-H projects, and though not the same as the county fair, the Northwest MI 4-H Livestock Council Virtual Auction will provide them with a space to demonstrate their knowledge and skills, as well as market and sell their projects.

As a buyer in the 4-H Virtual Auction, your tax-deductible purchase helps support not only the individual 4-H member, but also education, events, scholarships, and more for all local 4-H youth and volunteers.