Health, Wellness & Relationships
Take the SMART approach to exercising consistently
10 surprising ways gardening is one of the healthiest things to do
Wearable Tech Enters the Fight Against Covid-19
Need stress relief? Try the 4 A’s
Cope with the burden of diabetes self-management with a support team

Food & Nutrition
Healthy Eating on a Budget: make a plan, shop smart for healthy meals
Michigan summer squash—packed with antioxidants!
Does all food need a label? Think food safety before buying!
Oodles of (veggie) noodles! A fun way to add more veggies to your diet
How old are your home-canned foods? Is it time to clear out old jars?
September is National Honey Month!
Nature’s Finest Work Benefits of Honey vs Sugar
How to Avoid Funny Honey Ten New Ways to Eat Honey

Youth Wellness & Learning
Your weekly dose of fun and learning! Online learning for youth
What support does your family need to make virtual learning successful? Take this survey from MSU Extension!
DIY Flashlight - a fun experiment all about electrical energy!

Community Resources
How to start a successful food business in Michigan
Michigan Insects in the Garden: Katydids
In need of a soil test kit? Purchase online!
• For a home lawn and/or garden kit: Shop here
• For commercial/agricultural sampling instructions: Click here

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!