



MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - [Click Here!](#)

ONLINE PROGRAMMING:

Social Distancing
[Scavenger Hunt](#)

Home Alone [Virtual 4-H Club](#)

[Family Yoga with Kylie](#)

[Communicating Through Conflict](#) "At A Distance"
March 27

Guiding Principles for
[Highly Successful Parenting](#) April

[RELAX: Alternatives to Anger for Parents & Caregivers](#) - March 23

For youth aged 13-19:
[Credit Craze!](#) Basics of Credit for Youth

4-H [Show Your Money Smarts](#) Contest

OTHER:

TBAISD Region Food Service & Distribution
[Schedules](#)

Health, Wellness & Relationships

[Clean, Sanitize & Disinfect](#) - What is the difference and what is the best situation to use each method?

Is there a way to fight fairly? [Resolving conflicts](#) with positive communication; bring people closer and make relationships stronger

[Coping strategies](#) to guide you and your family when dealing with everyday stress and crisis situations.

[Understanding cortisol](#), the stress hormone - Elevated levels of cortisol compromise health and well-being

Food & Nutrition

[Planning menus and making a shopping list](#) saves time and can lead to healthier meals.

[Food Preservation](#) - Safe, high-quality products using the latest research on food preservation.

Benefits of [Community Supported Agriculture](#) - Get high quality food and help strengthen the local food system.

[Good and Cheap: Eat Well on \\$4/Day](#) (Free Download)

Using and Storing Low-Cost Pantry Staples:

[RICE](#) - good source of B-vitamins, iron and starch

[CORNMEAL](#) - nutritious and energy-rich

[NONFAT DRY MILK](#) - good source of protein and calcium

[DRIED BEANS](#) - excellent source of protein and fiber

Youth Wellness & Learning

Everyday [mindfulness](#) is key to social and emotional health.

[Educational Resources](#) - from science to financial literacy, for toddlers to teenagers

[84 Easy Science Experiments](#) - get young people to ask questions and seek out their own answers

Easy [science, math and language arts](#) lessons to do at home

Plant science at the dinner table: [Oats](#). Just like animals, we eat plants from the grass family, which include corn, wheat and oats.

Connect on Facebook for more programs and resources:

[Grand Traverse County MSU Extension](#)

[MSU Extension MI Stronger Family](#)