

Adulting 101

Adulting 101 programs help teenagers and young adults demystify the obscure reality of being an “adult” through engaging educational sessions.

[Eat Smart: Meals on a Budget](#)

April 13, 2026 | 5:00-6:00 p.m.

Think eating healthy has to be expensive? Think again! Learn how to stretch your food budget, score deals on fruits and veggies, and find out if store brands really stack up to name brands. We'll share simple tips to plan meals that save money and taste great — plus how to cook once and eat twice!

Coming in May - [Cooking with Confidence](#)

May 18, 2026 | 6:30 p.m.-7:30 p.m.

From reading recipes to mastering kitchen terms, this session helps you build confidence in the kitchen. Explore simple ways to get creative with ingredients and make tasty meals without stress or waste.

Agribusiness

MSU Extension works to increase people's success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research.

[Legal: Intro to Farm Business Law and Liability Insurance - Emerging Farmer Learning Series](#)

April 1, 2026 | 12:00 p.m. – 1:30 p.m.

All are welcome to join this free, 7-week webinar series exploring key business skills for Michigan growers with speakers from across the state. This series is facilitated by the Michigan Good Food Fund and CRFS.



[Michigan Cottage Food Law](#)

April 2, 2026 | 10:00 a.m. – 12:00 p.m.

The Michigan Cottage Food Law, Food safety practices related to producing cottage foods and how to start a cottage food business.

[Indigenous Food Sovereignty Summit](#)

April 6, 2026 – April 8, 2026

Kellogg Hotel & Conference Center, 219 S. Harrison Road, East Lansing, MI 48824

Registration deadline: March 28, 2026

Join us for a powerful gathering that celebrates Indigenous food systems, cultural resilience, and community-driven solutions for food sovereignty. Connect with Tribal leaders, farmers, scholars, and advocates to share knowledge and inspire action.

[Financial Fluency: How to read the numbers - Emerging Farmer Learning Series](#)

April 8, 2026 | 12:00 p.m. – 1:30 p.m.

All are welcome to join this free, 7-week webinar series exploring key business skills for Michigan growers with speakers from across the state. This series is facilitated by the Michigan Good Food Fund and CRFS.