

6 FREE CAMPUS AND COMMUNITY FOOD RESOURCES

1



Cats' Cupboard: K-State Food Pantry

We encourage all students to utilize Cats' Cupboard: K-State Food Pantry to assist with nutritional needs during times of need.

2



Lafene Health Center

Lafene offers FREE nutrition counseling to provide meal planning/food budgeting assistance. If interested, call 785-532-6544 to schedule a nutrition consult. If you prefer you can book on the [myLAFENE+ patient portal](#).

3



Mobile Food Distributions

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HandsOn Kansas State, in conjunction with Harvesters Community Food Network of Topeka, hosts regular mobile food distributions throughout the year. Event details and updates are available on the [HandsOn Kansas State blog](#).

4



Nourish Together

Locate:

- free meal programs
- pantries and mobile distributions
- transportation to food
- farmer's markets and local producers

5



Common Table

Common Table is Manhattan's FREE weekly community meals. Meals are served seven nights a week at 6 p.m. in the cafeteria at the Lincoln Education Center, 901 Poyntz Avenue. Everyone is welcome!

6



Powercat Financial

Need help budgeting for food? Powercat Financial is available to assist you with free financial resources and peer-to-peer counseling. Request a FREE appointment at www.ksu.edu/powercatfinancial.