

# 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 Network of Topeka, hosts regular mobile food distributions throughout the year. Even 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](http://www.ksu.edu/powercatfinancial).

