

FREE Campus and Community Resources

click here! 



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

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](#).



Powercat Financial is also available to assist you with free financial resources and peer-to-peer counseling. Request a free appointment at www.ksu.edu/powercatfinancial. Check out [this video](#) for additional information!




Locate:

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

Free dinner and breakfast for the morning! Available to any students in the Manhattan area every Wednesday, 5:30 pm, 711 Denison Ave.



 [@konzastudenttable](#)

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