

**AMES RESOURCES**

[**The SHOP (On-campus in the Food Science Building)**](http://www.theshop.stuorg.iastate.edu/)

[**United Way**](https://www.uwstory.org/covid-19-resources)

[**ISU Dining Swipes**](https://www.dining.iastate.edu/nutrition/give-a-swipe/)

[**List of Community Food Pantries**](https://www.foodpantries.org/ci/ia-ames)

**Salvation Army (**[**Ames**](http://www.salvationarmyames.org/Ames/foodpantry) **&** [**Central USA**](https://centralusa.salvationarmy.org/ames/cure-hunger/)**)**

[**Mid Iowa Community Action Food/Health Services/Family Services**](https://www.micaonline.org/)

[**Free/Income Based Medical**](https://www.freeclinics.com/cit/ia-ames)

[**Food at First**](https://foodatfirst.wordpress.com/)

[**Food at First Free Market**](https://foodatfirst.wordpress.com/market/)

[**Story County Community Services**](http://www.storycountyiowa.gov/94/Community-Services)

[**Clothing**](https://www.facebook.com/clothingthatworksames/)

[**Good Neighbor Emergency Assistance - Food/Gas/Utilities**](https://gnea.org/services/)

[**Spanish Speaking Therapists**](https://humanrights.iowa.gov/iowa-latinx-mental-health-%20providers?utm_medium=email&utm_source=govdelivery#WEST DES MOINES)

[**Ames/Story Co. Rent Help**](https://www.needhelppayingbills.com/html/ames_iowa_rental_assistance.html)

[**Rent & Utility Assistance**](http://www.storycountyiowa.gov/DocumentCenter/View/7404/Housing_Assistance_Handout?bidId=)