

**Save  
food.  
Help  
people.**

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## HOW CAN I SUPPORT THE TAFEL?

The Tafel food bank would not exist without donations. There are many ways you can support us. Whether you want to donate food, money or time: Help us to help others!

→ More information at  
[www.tafel.de](http://www.tafel.de)



Dear reader,

I am happy to present to you this brochure that outlines the work done by the Tafel (“the Table”), a national association of food banks and pantries. This publication illustrates their impact as the largest food rescuing operation in Germany.

More than 940 charitable Tafel branches nationwide help alleviate the effects of poverty in this wealthy society with food and also with sustainable, effective projects. More than 60,000 women and men give the gift of time to the Tafel food bank. The Tafel’s activities would not be possible without their motivation and commitment. The local Tafel branches serve as a contact and meeting point for many people on the margins of society or in financial distress. The patrons, volunteers, and staff come from diverse religious, cultural, and social backgrounds, but they all converge at the Tafel food bank. These points of contact broaden the horizon of each individual. At the same time, food production requires many resources, and by saving food that would otherwise be thrown away, the Tafel branches are also making an important contribution to environmental protection.

It is indeed remarkable that so many people are actively bridging the excess on the one hand and lack of resources on the other by saving food and giving it to people in need. I am happy to be a part of this incredible movement, and I would like to invite you to support the Tafel food bank either as a volunteer, with a donation, or even just in principal. Any and all help is welcome.

Yours sincerely,

Jochen Brühl  
Chairman of Tafel Deutschland e.V.

# THE IDEA BEHIND THE TAFEL FOOD BANK

Around 18 million tons of food are destroyed in Germany every year even though it is still edible. At the same time, there are millions of people in this country who do not have enough to eat. The Tafel food banks try to balance this excess on the one hand with the great need on the other. They collect quality surplus groceries and pass these on to socially and economically disadvantaged people either for free or for a symbolic amount.

Currently there are more than 940 nonprofit Tafel locations in Germany. Around 60,000 people throughout the country volunteer at a Tafel food bank, and more than 1.6 million patrons receive food aid—among them are approximately 500,000 children and youths.

Everyone behind the idea of the Tafel food bank benefits from it. Those in need receive high-quality groceries, while food retailers and producers assume social responsibility and protect the environment at the same time.

The Tafel network is one of the largest volunteer-based organizations in Germany and is financed by private donations with just a few projects funded by public grants. The Tafel food banks only distribute food and other basic necessities of everyday life that have been donated. No additional goods are purchased. Costs for rent, transportation, and administration of each food bank are financed by donations from private sector donors and sponsors.

**The Tafel food bank could not exist without donations. Help us to help others.**

[www.tafel.de/spenden](http://www.tafel.de/spenden)



# WHAT WE STAND FOR

The work of each Tafel food bank is based on the guidelines of the national association. Our tasks and goals, challenges, and perspectives are summarized in four basic principles.

## SUSTAINABILITY

Food requires many resources to produce and is valuable. We advocate the avoidance of food destruction.

## HUMANITY

All people in need will be treated with respect regardless of their place of origin, their capabilities, and their limitations. Their dignity will be respected.

## JUSTICE AND PARTICIPATION

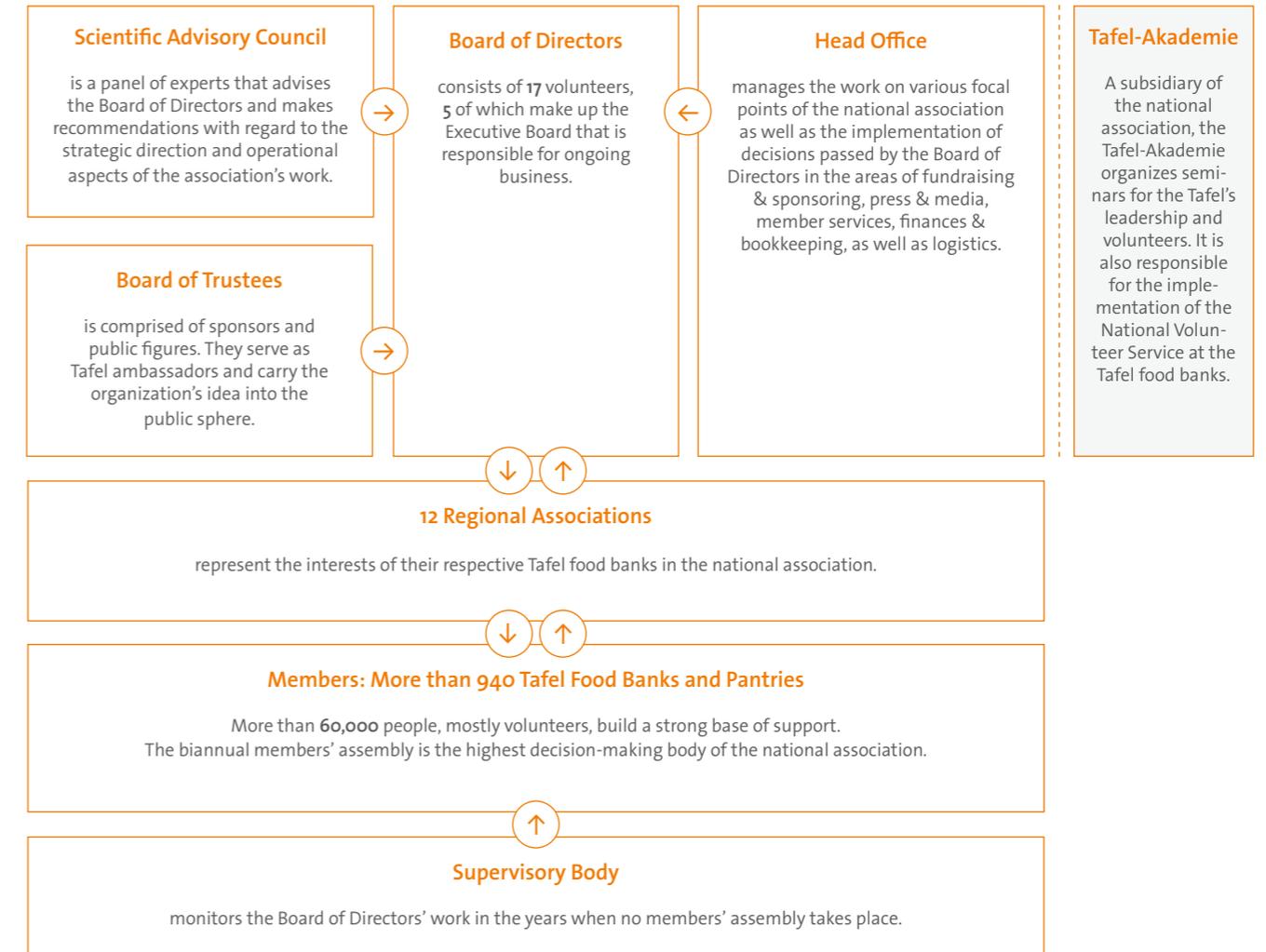
Every person should have the chance to develop personally, culturally, socially, educationally, and in the workplace.

## SOCIAL RESPONSIBILITY

The Tafel food banks take on social responsibility through their actions and they serve as a reminder to society of its obligations to people who are in need and marginalized.

(Excerpt from the Tafel's mission statement, 2012)

# THE STRUCTURE OF OUR ASSOCIATION



# THE TAFEL FOOD BANKS – A SYSTEM OF DIVERSITY

There are different models of the local Tafel food banks. Some of them only pass out groceries. Others also serve warm meals, provide secondhand clothing, or offer counseling and social work. In addition to this, many Tafel food banks also offer cooking lessons for children or German language classes or run a café for seniors. Because of these extras, the Tafel food banks also serve as a social meeting point for people of all ages from different ethnic and education backgrounds. The services offered by the local Tafel organizations are as diverse as their clientele, but they are all united under the umbrella of the national association, Tafel Deutschland.



The core business: passing out groceries



Other Tafel food banks prepare food and serve warm meals.



Some Tafel branches run secondhand shops ...



... or offer counseling and social work.

# AT A GLANCE



> 940

The distribution network of food savers covers all of Germany. Since the first Tafel food bank was started in 1993, more than 940 local Tafel organizations that operate over 2,000 food pantries nationwide have joined the movement.



60,000

It would be impossible to imagine the Tafel food bank without the dedication of around 60,000 volunteers nationwide. The idea behind the Tafel food bank thrives on their motivation and the free time they donate to the cause. Thank you!



265,000

The Tafel network saves about 265,000 tons of food annually and passes it on to people in need. That does not just make them the most effective food savers; the Tafel food banks and pantries are the only ones to serve disadvantaged communities only.



20.4 mill.

Volunteers donate 20.4 million hours of service each year, which can be valued at 180 million euros.



> 1.65 mill.

Approximately 1.65 million people receive support from the Tafel food bank every year. The sharply increasing number of children and seniors among the patrons is particularly disturbing.

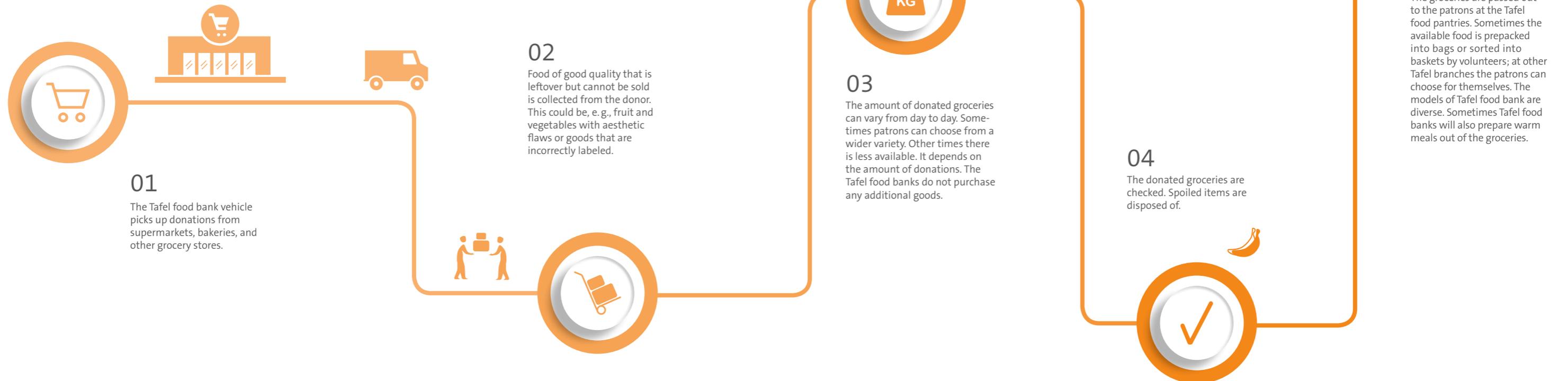


2,350

More than 2,350 vehicles belonging to the Tafel network collect goods from the supermarkets and bakeries. At times this fleet is also supported by private vehicles.

# A TYPICAL DAY AT A TAFEL FOOD BANK

So how exactly does the food make its way from the donor to the patrons of the Tafel food bank? Large-scale donations from manufacturers are distributed throughout Germany by the national association, Tafel Deutschland. The local branches are responsible for goods donated by local supermarkets, discount grocery stores, and bakeries. Truly a logistical feat!



# ACTIVE FOR PEOPLE AND THE ENVIRONMENT

Combining social and ecological commitment—a top priority of the 60,000 volunteers at the Tafel food bank. Their jobs are diverse: driving, translating, or managing logistics or social media. The volunteers support the Tafel food banks with their expertise free of charge. They meet people of all ages from many different cultural contexts, which can be personally enriching. Their commitment is not just to save food and give it to those who need it. Tafel food bank volunteers are also making an important contribution to the protection of the environment; food production is costly and uses many resources.



*Andreas Cheler,  
Tafel Jugend, Tafel Bayreuth*

**“Working at the Tafel food bank taught me that you can care for others simply by being there for them. It doesn’t always have to be a large donation. Sometimes a small, kind gesture can be enough to make a big impact.”**



*Ghazzal Novid,  
Tafel Jugend, Tafel Kiel*

**“It feels good to do something so basic yet meaningful like bring food to people who need it.”**



*Phila Möller,  
driver, Tafel Düsseldorf*

**“Saving food from being thrown away and meaningful assistance that is delivered directly to people in need – this combination is what is great about the Tafel food bank.”**





*Fathi Dukhan,  
German instructor,  
Tafel Artern*

**“It is my job to help refugees pass their German courses so that they have a better chance at integrating.”**



*Nariman Arab,  
National Volunteer Service  
participant, Tafel Schwedt*

**“I am participating in the National Volunteer Service because I want to have more contact with people from Germany. I want to improve my German and help others do the same.”**



*Renate Mühlenweg (left)  
and Erika Traub (right),  
volunteers, Tafel Bergedorf*

**“We are well-off in Germany. If we can give something back by working at the Tafel food bank, we are happy to do so. Not to mention ‘helping’ is a pleasure alongside such dear colleagues.”**

**“When I see how thankful the guests are when they are eating a soup or getting groceries, I go home feeling quite fulfilled.”**

# PROJECTS

The umbrella organization Tafel Deutschland supports its members in day-to-day operations, but it also funds additional projects at a local level. Donors can make a financial gift to their preferred cause, e. g., for children and youths or for integration.

## DIGITALIZATION

The goal of the project named “**Tafel of the future—going digital together**” is to simplify food rescue with digital solutions and to save even more food from being thrown away. In order to do this, a digital platform is being developed. Exchanging goods among the Tafel food banks will be optimized. The funded project will run for three years, and the centerpiece is the development of an online “eco-platform.” The potential for digitalization of intersections between selected donors and the Tafel food banks will be tested in different phases of the project with pilot Tafel food banks and markets.



## CHILDREN AND YOUTHS

Tafel Deutschland makes projects focusing on cultural education accessible to its members through a program called “**Tafel makes culture.**” The program’s aim is to provide more support for children in poverty. It finances extracurricular, cultural projects for socioeconomically disadvantaged children and youths between 3 and 18 years old. The local Tafel food bank, a cultural organization, and a third partner from civil society work together in a “Team for education.” The cultural breadth of projects is large: dance, theater, film, writing, and many more activities are possible. Children and youths can develop outside the constraints of academic pressure. They can discover their own potential and gain new confidence and self-determination.

## HEALTH AND NUTRITION



A balanced diet, meals together with others, and knowledge of food preparation and the shelf life of groceries all contribute to a healthy lifestyle. The goal of the “**Power Kiste**” project is to make it possible for children and youths to have a diverse breakfast with their schoolmates and simultaneously get them excited about health and nutrition. Every day a box filled with fresh ingredients for a communal breakfast is delivered to the participating schools.

## INTEGRATION

More and more local food banks are integrating refugees into their volunteer structures. This is enriching and helpful for the Tafel and also a good chance for the immigrants to gain a foothold in society. The project called “**Strength through Diversity at the Tafel**” supports local chapters with relevant tasks. It focuses on strengthening existing volunteer structures, recruiting new volunteers, and on creating opportunities for interaction and participation. This includes educational training and constructive conflict management. The content is relayed through educational seminars and opportunities for interaction with other associations, institutions, migrants, and refugees.



One project is called “**MOTIV,**” the German abbreviation for “Measures of Openness at the Tafel for Intercultural Diversity.” People active at a Tafel branch can get qualified for their work in an intercultural environment. Local networks with other organizations dealing with migrant topics are financially supported and expanded upon. Seminars on intercultural competences promote mutual understanding. Personal interaction with refugees and migrants in general is at the heart of this. Challenges are overcome by actively working together at the local Tafel.

→ More information on the projects:  
[www.tafel.de/projekte](http://www.tafel.de/projekte)

# TAFEL JUGEND

The Tafel Jugend program connects young people under 30 who are involved at their local Tafel or at the national association. They can get feedback on their socioecological projects, exchange ideas, set their own agendas, and get to know other volunteers. The national association Tafel Deutschland supports the activities of the young volunteers, and informs them regularly about funding opportunities, seminars, and other events.

## GETTING INVOLVED LOCALLY

Do you want to help people and protect the climate at the same time? Then we look forward to your support. Your commitment will not only do good for people and the environment. It will also help you gain valuable experience and have a good time along the way. There are a lot of ways you can support the Tafel food banks: handing out food, in the administrative area, helping with IT, and as a volunteer, intern, or participant in the national volunteer service. Every day, once a week or once a month—you decide what best fits your schedule alongside your school schedule, vocational training, or your studies.

## BECOME A PART OF THE TAFEL JUGEND!

Do you want to be active, or are you already involved but not yet part of the Tafel Jugend? Then send an e-mail to [info@tafel-jugend.de](mailto:info@tafel-jugend.de). The Tafel Jugend is looking forward to your support!



The goal of the young activists is to make a difference together—and have a good time while doing so.



## DO YOU WANT TO GET INVOLVED?

The Tafel food banks are looking forward to working with you!



The activities of young volunteers at the Tafel vary greatly. They promote climate protection, social justice, and an open society.

→ More information  
about the Tafel Jugend:  
[www.tafel-jugend.de](http://www.tafel-jugend.de)

# VOLUNTEER SERVICE AT THE TAFEL

People of any age, gender, or ethnicity are welcome to get acquainted with the Tafel food banks through the national volunteer service, Bundesfreiwilligendienst (BFD). Our BFD participants work closely on the topics of poverty and food waste for 6 to 18 months. The prerequisite for participating in BFD is having completed the German mandatory full-time school requirements.

The experience, competence, and abilities of each individual are put to their best use at the Tafel. BFD participants collect and sort

food donations, are in contact with patrons during food distribution, and support in the office administration as well as with fundraising, translating, or helping out in the thrift stores.

Participants regularly take part in seminars where the priority is on strengthening their own knowledge. More than 600 people take part in BFD at a Tafel each year. There are 270 Tafel branches registered as BFD locations.



## DO YOU HAVE ANY QUESTIONS ABOUT BFD?

We would be glad to help.  
Get in touch with us or the Tafel  
located in your area.

Telephone: +49 (0)30 200 5976-280  
E-mail: [bfd@tafel-akademie.de](mailto:bfd@tafel-akademie.de)

# TAFEL-AKADEMIE

The Tafel-Akademie is the Tafel's "knowledge factory." Its motto is "Share knowledge, strengthen people," and its mission is to train the Tafel's leadership and teams.

The guiding ideas of the Tafel-Akademie are effectiveness, pragmatism, and closeness to the people. It supports the volunteers' work for people in need and to reduce food waste.

One more focus is to bridge the founding generation's enormous body of knowledge with the innovative ideas of the younger Tafel volunteers. As the largest and oldest organization of its kind, the knowledge we have already gained must be passed on to future generations so that the Tafel network can continue to set the standards in saving food and alleviating the effects of poverty.

The Tafel-Akademie is also responsible for the national volunteer service, Bundesfreiwilligendienst (BFD), at the Tafel branches. The Academy guides the participants and advises the food banks registered as BFD locations.

The program of the Tafel-Akademie covers a broad spectrum and is geared toward the needs of the people working at the Tafel. The seminars are conducted by experts in their fields.

→ More information about the Tafel-Akademie and its program:  
[www.tafel-akademie.de](http://www.tafel-akademie.de)



The Tafel-Akademie conveys knowledge to volunteers from the whole of Germany about charitable work, food and workplace safety, fundraising, and publicity.



The people who are active at the local Tafel branches network with one another and learn from one another's experiences.

# THE TAFEL SEARCH ENGINE

Would you like to use the services at a local food bank, make a donation to a particular Tafel in your region, or get more information about volunteering? Then use our Tafel search engine: [www.tafel.de](http://www.tafel.de)

## THE TAFEL LOCATION CLOSEST TO YOU



Address



# CONTACT AND ADVICE

WE ARE HAPPY TO ANSWER ANY AND ALL QUESTIONS YOU HAVE ABOUT THE WORK OF THE TAFEL FOOD BANKS.

DO YOU HAVE ANY QUESTIONS ABOUT FINANCIAL OR IN-KIND DONATIONS, ABOUT STARTING A TAFEL, OR VOLUNTEERING?

Then send us an e-mail: [info@tafel.de](mailto:info@tafel.de)

## Tafel Deutschland e.V.–Head Office

Germaniastrasse 18  
12099 Berlin  
Germany

Telephone +49 (0)30 200 5976-0  
Fax +49 (0)30 200 5976-16

E-mail [info@tafel.de](mailto:info@tafel.de)  
Internet [www.tafel.de](http://www.tafel.de)

## Donations Account

Bank für Sozialwirtschaft  
ABA number / routing number: 100 205 00  
Account number: 111 85 00  
BIC: BFSWDE33BER  
IBAN: DE63 1002 0500 0001 1185 00



The German Central Institute for Social Issues (Deutsche Zentralinstitut für soziale Fragen, DZI) has certified:  
**Your donation will arrive where it belongs!**

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des Deutschen Bundestages

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Tafel Deutschland e.V.  
Germaniastrasse 18  
12099 Berlin  
Germany

Telephone +49 (0)30 200 5976-0

Fax +49 (0)30 200 5976-16

E-mail [info@tafel.de](mailto:info@tafel.de)

Internet [www.tafel.de](http://www.tafel.de)

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