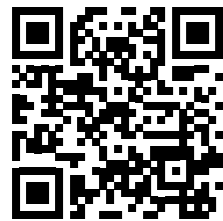


**Save
food.
Help
people.**

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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 readers
and friends of the Tafel,

Welcome to the Tafel food banks!

We hope that this brochure offers you an insight into our organisation and our wide-ranging activities—and maybe even encourages you to support us.

With more than 960 charitable Tafel branches, we represent one of Germany's biggest socio-economic movements. Around 60,000 helpers mitigate the consequences of poverty in a wealthy society by providing food and an array of additional services.

Tafel branches are a port of call and meeting-point for people in poverty, a place where Tafel customers, volunteers and full-time staff come together from all walks of life.

The impact of the pandemic, the war in Ukraine and the associated price increases have pushed our Tafel branches to their limits: they are helping more people than ever before. We need your support so we can overcome the challenges with which we are faced. Help the Tafel—by volunteering, by making a donation or by sharing our ideals. Any help is appreciated!

Yours,

Andreas Steppuhn
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 economically disadvantaged people either for free or for a symbolic amount.

Currently there are more than 960 nonprofit Tafel locations in Germany. Around 60,000 people throughout the country volunteer at a Tafel food bank, and 1.6 to 2 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



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)

OUR ORGANISATIONAL STRUCTURE

Scientific advisory board

Gives recommendations on the strategic direction of the association's work and conducts research into the issues of poverty, volunteering and food waste in close collaboration with the Tafel Academy.

Board of Trustees

This expert committee advises the Management Board on strategic issues.

Committees

Management Board members work with representatives from Tafel organisations to develop solutions to key issues within the Board's remit.

Management Board

18 honorary offices: five members of the Board of Directors who are in charge of ongoing operations and recommendations; 12 chairs of the federal state associations who represent the interests of their local Tafels in the umbrella organisation; and a youth advisory board, which represents the interests of young people.

Managing Directors

Two individuals who run the association full-time and, unless otherwise stipulated, are responsible for all organisational, financial and personnel-related activities. They run the administrative office and are the conduit between employees and the Management Board.

Administrative office

Professional support for Tafel work on the ground: decisions taken by the Management Board on fundraising, public relations, projects, financing and member support are implemented by full-time team employees.

Tafel Academy

This subsidiary of the main organisation supports those involved with Tafel in their commitment and takes measures to ensure the professionalism of the Tafel organisations. In addition to projects, seminars and meetings, the Academy supports research initiatives.

Twelve state associations

Twelve federal state associations support exchange and networking between local Tafels, unifying local interests on the federal level.

More than 960 Tafels

A strong foundation with around 60,000 supporters—90% of whom are volunteers. Coming together every two years at the members' general meeting, the Tafel organisations constitute the highest level of decision-making in the association.

Special supervisory body

Reviews the work of the Management Board in years when no members' general meeting is held and continuously monitors the orderly running of the organisation by the Management Board.

TAFELS— A SYSTEM OF DIVERSITY

Tafels operate according to various models. There are those that exclusively distribute food, some that also serve hot meals, others that run clothing stores, and those that offer welfare advice. Many Tafels also offer kids’ cookery courses, German language lessons or cafés for the elderly. Thus, they serve as a social meeting place for people of different ages and personal and educational backgrounds. The services offered by Tafels are as diverse as their clients. They are all united under the umbrella of Tafel Germany.



The focus of the Tafels’ work is distributing groceries.



Other Tafels cook the food and distribute hot meals.



Some also run their own clothing stores ...



... or offer welfare advice.

AT A GLANCE



> 960

The distribution network of food savers covers all of Germany. Since the first Tafel food bank was started in 1993, more than 960 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.



1.6–2 mill.

1.6–2 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.

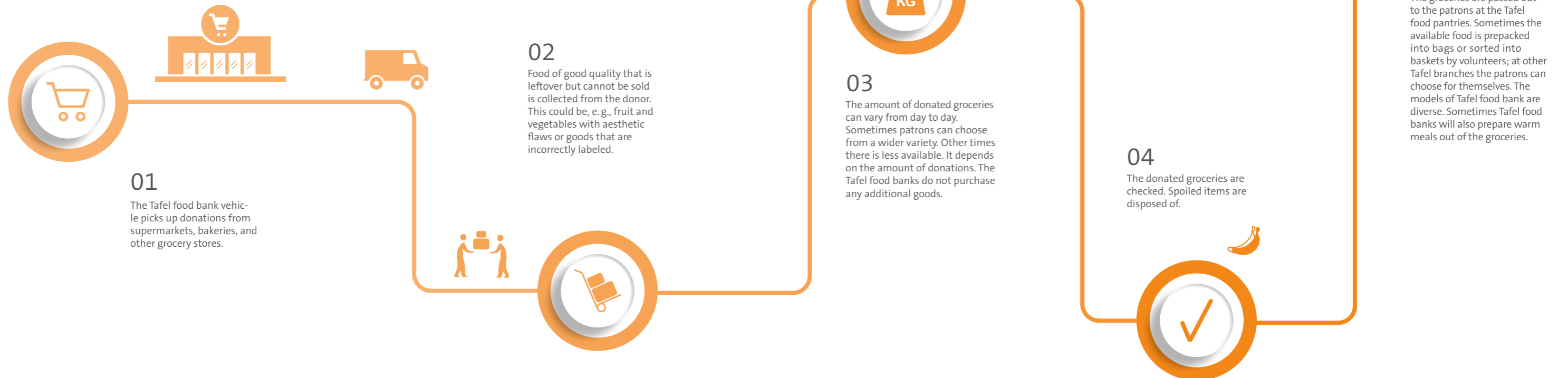


2,350

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.



*Sonja,
Tafel youth, Tafel Niederberg*

“I didn’t just help Tafel, it gave me something too—the sense that with a very small effort you can bring others a great deal of joy.”



*Tamara,
Tafel youth, Schwabmünchner Tafel*

“Working with Tafel reminded me once again how much the work of just one person can cause a positive ripple effect for others.”



*Phila,
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,
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,
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 (left)
and Erika (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

Tafel Germany doesn't just help individual Tafels with day-to-day operations—it also supports Tafel projects on the ground. Whether for children and young people or to encourage integration, donors can specifically direct resources towards their own preferred project. The Tafel Academy also supports projects in the areas of nutritional education, diversity and inclusion, volunteer recruitment and digitalisation.



EDUCATION

When money's tight, many people skimp on food—often to the detriment of their health. At the same time, many people lack the knowledge required for a balanced diet. Supported by IN-FORM, the **“We are what we eat: health and sustainability with Tafel”** project addresses precisely these issues. Via seminars in local Tafels it provides practical information and training on a balanced diet and offers simple tips and tricks on how to ensure healthy eating every day. Tafels are also supported in setting up and expanding lunch and evening-meal provision.

A balanced diet, shared mealtimes and knowing about food preparation and shelf life all contribute considerably to a healthy lifestyle. The **“Power Box”** project is aimed at helping classes of kids and young people enjoy a varied breakfast and get them excited about healthy eating. A box packed with fresh food for preparing a communal breakfast is delivered daily to schools taking part in the project.

More than a quarter of Tafel clients are children and young people. They often experience disadvantages in the education system, less social inclusion and inequality of opportunity. In 2021, with the aim of tackling the challenges and consequences of child and youth poverty, the project **“Tafel educational opportunities: Empowering children and young people”** was set up. Tafels support projects with an educational focus or that help children and young people develop their social skills. Support is available for projects on different scales: from a week-long holiday initiative to several months of homework support. The projects facilitate social inclusion, reduce gaps in educational attainment and create more equal opportunities.



DIVERSITY AND INCLUSION

The number of people from refugee and migrant backgrounds volunteering with Tafel is growing. Their contribution enhances the work these organisations do and is a good opportunity for the volunteers to put down roots. As part of the **“MOTIV—Measures opening up Tafels to intercultural issues and diversity”** project, people involved with Tafel receive further training in intercultural awareness and communication for their everyday work within the organisation. Seminars raise awareness of diversity, inclusion and tackling discrimination, and promote understanding. Local networks are established with other associations supporting people from migrant backgrounds. The focus here is on partnership and collaboration with these associations. Other Tafel projects receiving financial support include those creating opportunities for people with and without migrant backgrounds to meet and connect.





VOLUNTEER RECRUITMENT

Tafels are sustained by the commitment of their volunteers—without them, there would be no Tafels in the first place. Around 90 per cent of people actively involved in Tafels are volunteers. To support their everyday activities and help find new volunteers, the **“Rethinking commitment”** project was established. The aim of the project is to attract more long-term volunteers to Tafels across Germany, depending on the organisations’ specific requirements. It strives to actively support the organisations in recruiting local volunteers and developing new models for volunteer engagement. These should help connect Tafels with new target audiences.



RESEARCH AND INNOVATION

The eco platform was developed as part of the **“Together we’re digital: making Tafel fit for the future”** project to make food rescue and distribution processes easier using digital solutions. In addition to reducing paper consumption, the software and its digital delivery notes help generate comprehensive statistics. This gives Tafels a better overview of the volume and nature of donations and their transport routes. The platform can also deliver real-time information on the load status of all rounds as they are under way. Tafels can use the marketplace to share resources based on their requirements, helping to salvage even more food. The platform is now in use across Germany.

Twelve per cent of food waste within the EU comes from the food-service industry. The cooperation project **“Donation, not disposal”** aims to change that and is committed to recovering ready-made food and getting it to people in need. The project is being conducted in Czechia. The Tafel Academy is a cooperating partner in the project.

Detailed information on the projects can be found on www.tafel.de/projekte

FUNDING PROGRAMMES

In addition to offering support and easing financial difficulties through food distribution, Tafels arrange specific projects for children, young people and the elderly—such as afternoon crafting sessions, day trips, creative workshops and cookery courses. Local organisations can apply to Tafel Germany for financial support to help get projects up and running.



More than a quarter of Tafel clients are aged under 18. These children are excluded from many leisure activities. There often isn’t the money for healthy eating, new clothes or leisure activities. **“Tafel empowers children”** is a new opportunity for funding Tafel projects aimed at promoting social inclusion for children and young people affected by poverty.



An increasing number of older people in Germany are at risk of or affected by poverty. This is also the experience of Tafels, more than a quarter of whose clients are over 64. The lack of financial resources becomes apparent in all areas of life. Some Tafels offer projects specially designed for elderly people. These include accompanied trips, smartphone lessons and games afternoons. For elderly clients, these projects add enjoyable variety to everyday life.

The umbrella organisation offers funding opportunities for local projects as part of **“Tafel empowers the elderly”**.

TAFEL YOUTH

The Tafel youth program connects young people under 35 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 YOUTH!

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

→ More information about the Tafel youth:
www.tafel-jugend.de



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.

VOLUNTARY SERVICE (BFD)

Every individual brings their own experience, skills and capabilities to their work with Tafel. Those involved in voluntary service may collect and sort food, engage with Tafel clients during food distribution, provide back-office support to Tafels in the form of public relations and project management, act as interpreters or help the drivers' team pick up food donations.

Voluntary service participants also regularly attend training seminars aimed at enhancing their expertise. Every year, around 600 people complete national voluntary service (Bundesfreiwilligendienst) with Tafels. Around 280 Tafels across Germany are recognised national voluntary service employers.

Do you have any queries about national voluntary service? We're happy to advise you. Please get in touch or visit our website for more information.



DO YOU HAVE ANY QUESTIONS ABOUT BFD?

We're happy to advise you. Please get in touch or visit our website for more information.

Phone: 030 200 59 76-282 /
030 200 59 76-291
E-mail: bfd@tafel.de
www.tafel.de/bfd

TAFEL ACADEMY

The Tafel Academy provides advice and assistance to Tafel's 60,000 active supporters. As a subsidiary of Tafel Germany, it offers all those interested a wide range of training and project opportunities related to Tafel work. Under the slogan "Share knowledge. Empower people." the initiative offers those involved with Tafel the opportunity to learn new things and connect with each other.

From volunteer management, food hygiene and workplace health and safety to fundraising and public relations—the training on offer at the Tafel Academy is aligned to Tafel's needs and offers those involved with the association the chance to acquire professional skills while providing their practical support. They can apply their newly acquired knowledge directly within their Tafel, pass it on and initiate and implement their own projects.

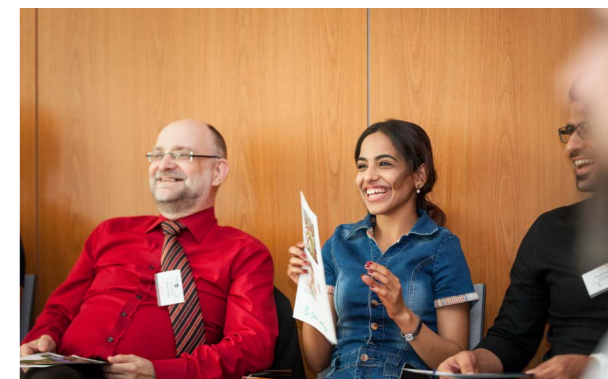
In addition, the Tafel Academy arranges teaching supervision for national voluntary service, connects young supporters through Young Tafel and supports Tafel projects on the ground. Project topics span a wide range, from nutritional education and integration to digitalisation and volunteer recruitment.

The Tafel Academy also supervises research projects in such areas as food waste in the hospitality sector.

→ Further information on the Tafel Academy and the seminar programme can be found on www.tafel-akademie.de/sprache/englisch/



The Tafel Academy teaches knowledge that people engaged with the Tafel across Germany can use when volunteering—be it on food safety, occupational safety, fundraising or PR work.



People involved with the Tafel have the opportunity to network and learn from the experiences of other Tafel branches.

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/tafel-suche

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.

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Donations Account

Bank für Sozialwirtschaft
ABA number / routing number: 100 205 00
Account number: 111 85 00
BIC: BFSWDE33XXX
IBAN: DE67 3702 0500 0001 1185 00



The German Central Institute for Social Issues (Deutsches Zentralinstitut für soziale Fragen, DZI) certifies that your donation will get to where it needs to go!

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



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