

What are the Tafeln?

The Tafeln are a group of more than 900 non-governmental associations throughout Germany that support people in need with donated food. Guided by the motto "Everyone gives what they can", over 60,000 helpers volunteer at the Tafeln to make sure that help arrives where it is needed.

What do the Tafeln do?

The Tafeln collect qualitatively flawless grocery items from supermarkets, bakeries, etc. that would otherwise be destroyed because of an approaching "best before" date, labeling mistakes, damaged packaging, or other such reasons.

The Tafeln pass the donations on to the needy at distribution sites for free or for a symbolic price. They help economically and socially disadvantaged people regardless of their religion, nationality, political beliefs or other convictions, and they prevent food waste at the same time.

Under what circumstances can I get help from a Tafel?

Generally the financial situation must be established with official documents (e.g. showing receipt of unemployment, social security, or asylum seeker benefits). There is no legal entitlement to support from the Tafeln. The Tafeln can only distribute the goods that are donated to them. They cannot offer complete care, nor can they guarantee that all necessary groceries are always available.

When and how often can I go to a Tafel?

Tafel distribution sites generally maintain certain hours of operation one or two times a week. Please visit your local Tafel or www.tafel.de for more specific information.

How is the food handed out?

After an initial registration, you receive groceries for a symbolic price. Each Tafel determines its own procedures and the order in which Tafel visitors are served.

Details about the Tafel

Name of the Tafel: **Tafel Lingen e. V.**

Contact Person: Jeanette Garten

Address: Langschmidtsweg 17a, 49808 Lingen (Ems)

Opening hours:

Monday: 14 - 17	Tuesday: 9 – 10:30 14 – 17	Wednesday: 14 – 17	Thursday: 9 – 10:30 14 – 17	Friday: 9 – 10:30 14 – 14	Saturday:	Sunday:
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Costs: 2.50 € per adult / 0.50 € per child (per pick up)