

A warm welcome to LAIB und SEELE!

Who we are and what we do:

- Volunteers in parishes throughout Berlin collect and distribute good-quality, surplus food to those in need.
- It is our aim to ensure that low income individuals will have it a little bit easier by giving not only the “loaf (LAIB) of bread”, but we are also there for the “soul (SEELE)”.
- The number of people coming to us has significantly increased over the years. Unfortunately it is not possible to assist every individual in need, nevertheless we are doing our best to support as many people as possible. How it works:
 - Please determine which parish distribution point is nearest you by entering your postal code into the search function on our website ([http://www.berliner-tafel.de/nc/laib-und-seele/die-praxis/so-funktioniert/?tx_spending_result\[controller\]=Place#ausgabestellen](http://www.berliner-tafel.de/nc/laib-und-seele/die-praxis/so-funktioniert/?tx_spending_result[controller]=Place#ausgabestellen)) Please note: only one parish will be available to you.
 - Please inquire by telephone, or in person at the parish, if there is still room for new clients. If so, you may receive food there once a week on the designated day of distribution.
 - The sole requirement is proof of need, for example, a document stating that you receive social assistance, ‘Hartz IV’, a retirement pension or benefits as an asylum seeker. Please be sure to have your ID or passport with you.
 - As a rule there is a fee of one euro (1€), however, you will be informed of the exact amount at the distribution point itself.

Important to know:

- The majority of the food we distribute is fruit and vegetables.

LAIB UND SEELE

EINE AKTION DER BERLINER TAFEL, DER KIRCHEN UND DES RBB

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-Bread, milk and other products are also available from time to time in small portions. -Please bear in mind: The donated food we distribute is no longer offered in grocery stores but is still edible and of good quality.

-The goods we offer can vary drastically from week to week! The quantity for a single household can also fluctuate greatly.

-Our volunteers are committed to presenting the food properly and distributing it fairly and efficiently. -The waiting time might be too long for children! It may be worth considering arranging for another person to take care for your children while you are visiting the distribution point.

For further information: <http://www.berliner-tafel.de/laib-und-seele>/Advice from the Coordination Office of LAIB und SEELE is available by phone from 09.00h –15.00h, Monday –Friday. Tel: 030-78716352