

Langar Protocol

- 1) Langar should be prepared with the highest level of cleanliness and purity. Please practice good hand washing procedures throughout the langar making process.
- 2) Langar should be prepared at the Gurdwara the day of distribution.
- 3) Langar should consist of one dal or sabzi with roti or rice. Any additional items can be served at the discretion of the hosting family.
- 4) Quantities for a regular Sunday deewan are listed below: (Quantities will vary for Gurpurabs and other special occasions)

Quantity of Langar

<u>Friday</u> (approx. 60)	<u>Sunday</u> (approx. 150)
Dal-----> 6 lbs	Dal-----> 12-14 lbs
Subzi-----> 25 lbs	Subzi-----> 50 lbs
Dahi -----> 2 Gallons	Dahi -----> 4 Gallons
Rice -----> 1 to 2 Jugs	Rice -----> 3 Jugs
Atta -----> ½ bag (~100 parshades)	Atta -----> 1 bag (~250 parshades)
Paneer ----> 2 Bricks	Paneer ----> 4 Bricks
Kheer ----> 2 Gallons	Kheer ----> 4 Gallons
	Kadi -----> 3 Gallon Dahi + 4 lbs of Besan

Parshad

<u>Friday</u>	<u>Sunday</u>
Atta -----> 3 Glasses	Atta -----> 4 Glasses
Sugar ----> 3 Glasses	Sugar ----> 4 Glasses
Butter ----> 1 lb	Butter ----> 1 lb
Water ----> 8 Glasses	Water ----> 11 Glasses

*****Quantities listed above are only estimates.
Please adjust based on Sangat and special deewans.**

- 5) All langar items prepared and/or purchased are required to be vegetarian. Any baked goods (i.e. cakes, cookies etc) should be screened by hosting family to ensure that they are free of any meat by-products or eggs.
- 6) If any items in the langar contain any allergen (i.e. any type of nuts, raisins, fruits), langar hosting family needs to relay the message to the person making announcements. Sangat members who have allergies can avoid taking items that contain allergens.
- 7) Children of any age should not help in the distribution of langar SEWA. This is safety measure since buckets of hot or cold items and liquids are being distributed quickly by adults. In addition, this ensures that our new deewan hall maintains a consistent level of cleanliness.
- 8) An adult should sit with small kids to avoid any accidents, to keep langar in plate and minimize any spillage.
- 9) Please keep your plate and any children's plate on top of the plastic mat as to avoid any spillage onto white sheets and carpet. Any spillage should be cleaned promptly.
- 10) During langar distribution, if an item is needed please ask the nearest adult for the item. Please do not send small kids into the kitchen for any items.
- 11) Please refrain from continuing a langar line to the end of the wall, bench or column. Sewadars need an ample amount of space to distribute langar items safely. This also prevents spillage during the distribution process.
- 12) Prior to taking your plate to the back deck, please pick up any remnants of food items that may have spilled out of your plate. Once you are done with langar, please take your plate to the back deck. Empty langar remnants into trash and stack plates, cups and bowls into trash bag.