

## LANGAR ASSISTANCE SHEET

First of all Sikh Foundation San Diego thanks you for undertaking Langar Seva for the Diwan. In order to assist you in this process we have listed below the suggested amounts of ingredients / supplies required to meet the needs of the sangat for each type of Diwan (Wed / Sunday).

Please review this thoroughly and if you have any questions you can speak to any of the sevadaars of the Langar Committee or Bhai Ji (ਲਾਂਗਰੀ) directly. The reverse side of this explains the Langar process.

***Langar must be ready to serve by 11:00 am for Sunday or 06:15 pm for an Evening Diwan. Please plan accordingly.***

	SUNDAY	WEDNESDAY
ITEM	QTY NEEDED	
BUTTER (UNSALTED)	10 LBS	4 LBS
ATTA	40 LBS	20 LBS
SUGAR	10 LBS	5 LBS
DAAL	14 LBS	8 LBS
SABZI	60 LBS	40 LBS
ONIONS	25 LBS	15 LBS
TOMATO	15 LBS	10 LBS
RICE	10 LBS	5 LBS
GREEN CHILIS (MIRCH)	4 LBS	2 LBS
GINGER	6 LBS	3 LBS
GARLIC (cut and peeled)	1 BOX	1 BOX
CILENTRIO	6 BUNCHES	3 BUNCHES
GARAM MASALA	1 x 200gm PKT	1 x 200gm PKT
TURMERIC (HALDI)	1 x 200gm PKT	1 x 200gm PKT
JEERA	1 x 200gm PKT	1 x 200gm PKT
OIL	2 Gallons	1 Gallon
ACHAAR	2 x 1 kg can	1 x 1kg can
SALAD / FRUIT	AS REQD	AS REQD
MILK	10 GALLONS	6 GALLONS
BOONDI	4 PKT	2 PKT
TEA	1 lb. loose or 50 tea bags	1 lb loose or 30 tea bags
TRASH BAGS (35-40 GALLON)	1 BOX of 15 or 20 bags	1 BOX of 15 bags

**If you would like to do langar seva but are not able to do it yourselves due to any time or personal constraints, the Gurudwara can help . To cover the material cost of preparing the langar (food, energy, supplies etc.) suggested donation is \$401 for the Wednesday langar and \$601 for the Sunday langar. Gurudwara will call upon the sevadaars who will be happy to assist you in this seva...Check should be made out to Sikh Foundation San Diego in these cases.**

1. Please check with Bhai Ji (ਲਾਂਗਰੀ) one – two days before your langar seva to see what ingredients may be in stock at the Gurudwara. **You will save money in this way and your donation to Gurudwara will be about ½ of the market price of each item.** (This will save Gurudwara from being overstocked in certain areas.) Bhai Ji is responsible for making Karah Parsaad so for this all you have to do is make sure Bhai Ji has the ingredients needed.
2. If the langar is for a special occasion and you want Bhai Sahib to mention this in the Ardaas, please let him know at this time, so he can make a note of this.
3. In case you need Bhai Ji's (ਲਾਂਗਰੀ) assistance or volunteers assistance for your seva service please let him know in advance and he will ensure that sevadaars are ready.
4. Confirm with Bhai Ji (ਲਾਂਗਰੀ) that the amount listed is indeed what is required, in the event that there is a special diwan e.g. Gurpurbh, Akhand Paath Completion, it may be necessary to increase the amount listed.
5. If you are inviting Non-Sikh friends / family to the Gurudwara for this langar please be sure to remind them of Gurudwara Marayada, when to cover their head, where to sit in sangat, how to do matha tek if they wish to do so.
6. In order to help your langar preparation, on the day before your langar seva, you may find it easier to chop all vegetables for the sabzi at the Gurudwara and bring milk so Bhai Ji can make the yoghurt. If any Daal is required to be purchased, please give to Bhai Ji at this time, so on the morning of the langar he can begin cooking Daal for you.
7. If you have enough assistance to complete the langar arrive on the day of your langar seva approx at 08:00 am on Sunday or by 03:00 pm on Wed to begin your seva.
8. If your langar contains nuts of any kind, please be surely to clearly indicate this clearly some place where langar is served, as we have sangat members who have food allergies and need to know this information.
9. Once Langar is made, prepare a Thaal with a small dish for each item in the langar, wrap in foil and place on counter top ready for Ardaas. Bhai Sahib or a designated Sikh Foundation San Diego employee will then recite Ardaas before the Langar can be served. At your request Ardaas may take place inside the Diwan hall if that is your preference. In that case Ardaas may have to be done silently.
10. Please consider making a donation of **\$101 for Wed Langar / \$151 for Sunday Langar** to Gurdwara to cover cost of goods used from Gurudwara. (gas, electricity, paper products, ingredients.. etc) (This is a suggested donation, you are welcome to give what you are comfortable with donating). ***This donation does not apply if you took the option to pay the Gurudwara to make the langar and prepare everything...***
11. Please consider donating to Bhai Ji if he has assisted you in the langar process. (This is entirely up to you, and is not obligatory, **recommended amount is \$51** depending upon how much assistance you received).
12. Be available to help serve with Langar and ensure that water is being distributed.
13. Please remain behind to help with washing utensils, doing clean up after Langar has been served. Please remember to leave all equipment in good condition to make it easier for the next volunteers who have signed up for langar seva.

We hope this assists you in the langar process and are always welcome to suggestions and improvements.

**WAHEGURU JI KA KHALSA, WAHEGURU JI KI FATEH**

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