

Langar (Free Kitchen)

Langar is one of the most significant traditions for the Sikhs. It involves everyone, irrespective of their caste, skin colour, nationality, social, financial or political status, to sit together (pangat). Everyone has the same meal. It expresses the ideals of equality, sharing, and the oneness of all humankind. It is an essential part of any Gurdwara.

The food is cooked by sevadars (volunteers) and is served without discrimination to all. The Langar is always vegetarian, and traditionally is made up of simple, nourishing food. Strict rules of hygiene and cleanliness are important when preparing the Langar.

The practice of serving food to all was started by Guru Nanak Dev Ji (the first Guru) and it was institutionalised by Guru Angad Dev Ji (the second Guru). Under Guru Amar Das Ji (the third Guru) a rule was instituted that anyone who wanted to have a meeting with him would have to eat food from the Langar first.

Please contact us, if you want to know more about Langar or if you like to be a volunteer helper in preparation and serving Langar

Langer sewa at Gurudwara Sahib

If you are planning for langar sewa at Gurudwara Sahib please contact your local Gurudwara Supervisor for details. Bhai sahib's phone number could be found under contact us page on this website.