

### **MSJS Centre - Food Guidelines:**

The dietary practices of the Melbourne Shwetambar Jain Sangh (MSJS) are based on principles of Jainism and prescribes a diet that expresses the concepts of purity, devotion and non-violence.

Accordingly, these practices include:

- Community members going to use the Centre must follow Navkarshi (48 minutes after Sunrise) and Sunset timing.
- No food/drinks (except water) shall be consumed before Navkarshi and after Sunset.
- MSJS Tithi calendar must be followed i.e. Sud 5 (Paancham), Sud & Vad 8 (Aatham) and Sud & Vad 14 (Chaudas), Aaso and Chaitra Maas Oli, Paryushan - NO green veggies and fruit must be used during these days.
- Community members going to use the Centre must use MSJS Vessels
- Food to be served on day must be prepared on the day and onsite. Food catered / bought from outside shall not be allowed to be consumed on site except dry snacks.

#### **Food Inclusions:**

- Freshly cooked onsite meal.
- Fresh juice made on the day onsite.
- Dry snacks e.g. sev, khakhra , banana chips etc are allowed.
- Use galelu water only (Filtered/purified according to Jainism principles).

#### **Food Exclusions:**

- No consumption and no usage of any animal product or animal-derived products (such as glycerin, binders, lecithin, colouring agents, gelatin etc.) in any form.
- No consumption and no usage of alcohol and drugs in any form.
- No consumption and no usage of root vegetables, non-veg, egg, fish, mushrooms, spinach and eggplant.
- No consumption and no usage of cheese, butter, and yeast based items, ice-cream, gelatine.
- No consumption and no usage of frozen food, frozen vegetables, canned food.
- No consumption and no usage of tomato sauce, pasta sauce, and ready-to eat food packets.
- No consumption and no usage of honey, biscuits, tapioca, bottled juice, soft drinks, outside cake.
- No consumption and no usage of chocolate, lollies, custard, jelly, sea-weed, cream.
- No consumption and no usage of bottled water, aerated drinks (coke, pepsi etc).
- No consumption and no usage of outside bread, pita, roti.
- No consumption and no usage of vasi food.
- No consumption and no usage of menu items with Dwi-Dal.

For any specific questions, please reach out to Nitin Doshi on 0414 998 340 for further guidance.

MSJS Committee reserves the right to amend the guidelines as deemed appropriate.