

*You are cordially invited to donate a few of your pounds to*

# Palestine

*by taking part in our*

## 2017 Sponsored Diet

*in aid of*

The Palestine Children's Relief Fund <http://pcrf.net/>

*and*

Khitam, our sponsored child [www.14friendsofpalestine.org/children.html](http://www.14friendsofpalestine.org/children.html)

Israel restricts the amount of food going in to Gaza, a ruthless and deliberate policy whereby the dietary needs of the Gazan people are chillingly calculated to keep the population alive at a near starvation level. An Israeli minister joked that they were 'putting the Palestinians on a diet'. Members of the international community are invited to join in a diet voluntarily to raise funds for Palestine and thereby show solidarity.

### **The Rules**

1. Weigh in on **Saturday Jan 7th 2017** at home or with fellow dieters
2. Dieters send a \$50 donation for Khitam as entry to the diet.
3. Dieters will be added to the 2017 Sponsored Diet google group once the donation is received.
4. Get sponsors (*suggest \$2 per pound*) *But there is no upper limit!*
5. Eat less or differently
6. Weigh-out **Saturday April 15th**, after 14 weeks
7. Exercise more, on your own, or with your local group
8. Collect money from sponsors.
9. In USA, send checks made out to PCRF or MECA for Khitam to **14FP, PO BOX 6634, San Rafael, CA 94903** by **May 15th 2017**
10. **The money will be sent off to the two beneficiaries in the third week of May.**
11. Dieters and their sponsors may choose which organization to support. Therefore, the totals raised will not necessary be equal
12. Please note that your actual weight will remain confidential at all times

*Those of you who do not need/wish to lose weight are invited to sponsor those of us that do.*

*Automatic disqualification for:*

1. **Rocks in pockets at weigh-in**
2. **Use of helium balloons at weigh-out**
3. **Limb amputation**
4. **Child birth**

If you want to join, please email [14friendsofpalestine@gmail.com](mailto:14friendsofpalestine@gmail.com)

***Please note that this is a fundraiser for Palestine, not just a diet club. Dieters pledge to raise at least \$100. Current record raised from a single dieter is \$3,000.***

***Go Palestine! – The weight of the world is behind you.***