

14 Friends of Palestine cordially invites you to donate a few of your pounds to

Palestine

by taking part in our

2018 Sponsored Diet

in aid of

CODEPINK http://www.codepink.org/justice_for_palestine
and

Khitam, our sponsored child 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 6th 2018** at home or with fellow dieters.
2. Dieters send a \$50 donation as entry to the diet or send a pledge to raise at least \$100.
3. Dieters will be added to the 2018 Sponsored Diet google group for mutual support and fun.
4. Get sponsors (*suggest \$2 per pound*) *But there is no upper limit!*
5. Eat less or differently
6. Exercise more, on your own, or with your local group
7. Weigh-out **Saturday April 14th**, after 14 weeks
8. Collect money from sponsors.
9. In USA, send checks made out to **CODEPINK with Sponsored Diet** in memo line or to **MECA with Khitam Qanoo** in memo line to **14FP, PO BOX 6634, San Rafael, CA 94903** by **May 15th 2018**.
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

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.