

## **Fresh Food Parcels for Families in Gaza** **Ramadan 2023**

The majority of families in Gaza are refugees who were forced from their homes and lands in 1948 and became refugees. 75 years after the Nakba, they are still waiting and struggling to return while also trying to survive under a brutal occupation in Gaza's overcrowded refugee camps. As the Israeli siege of Gaza nears its 16<sup>th</sup> anniversary, the economic situation is dire for families. An estimated 65% of the population are below the poverty line.

The project aims to provide sustenance for families in Gaza during the month of Ramadan through provision of fresh food items as well to support small women's income-generation projects and cooperatives by purchasing the food products they grow and produce.

Each family will receive a food parcel with essentials like rice, beans, and lentils as well as fresh local produce and poultry. An estimated 15 small farmers and business, mostly women-run, will benefit from providing the produce and locally made packaged goods such as dibs and maftool.

The project will be overseen by a nutritionist to ensure the parcels are well balanced and good quality.

We continue our partnering with MECA on important projects.

MECA staff and local partners will work to identify families in Gaza most in need to receive the food parcels.

### **Selection criteria include**

- The beneficiary should not be an employee with a steady salary
- The beneficiary should be the breadwinner of a family of 4 or more family members
- Priority is given to families that have disabled individuals or those suffering from chronic diseases
- Priority is given to female-headed households

### **Contents of the food parcels**

- Dry goods sourced from local markets:
  - 1 can of tomato paste (each one 400 g)
  - 3 cans of fava beans (each one 500g)
  - 2 liters of cooking oil
  - 500g cheese
  - 1 kg of lentils
  - 2 kg rice
  - 1 kg white beans

- 1kg pasta
- 500g halawa
  
- Sourced from **women's cooperatives** and **small farmers**
  - 2 chickens
  - 500g tahini
  - 500g dibs
  - 1 kg maftool
  - 1 kg dates
  - 2 kg tomatoes
  - 3 kg onions
  - 3 kg potatoes
  - 1 kg lemon
  - 2 kg eggplant
  - 1 kg cauliflower

The estimated cost of each food parcel is \$50 including transportation, stipends for volunteers who will package and distribute the parcels, and documentation. The food parcels will last each family 2-3 weeks depending on family size.