

GAZA

STARVING

**HUNGER
STRIKE
FOR
GAZA**

HOW TO JOIN + INSTRUCTIONS →



HUNGER STRIKE **FOR** **GAZA**

1. SELECT YOUR HUNGER STRIKE DAY(S)

**TO SIGN UP, VISIT:
www.gazastarving.com/sign-up**

**This is a rotating hunger strike, so you can select which day(s) you'll be participating.*



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2. PARTICIPATE

Gazans have very little to no food & water, and many have died of starvation and dehydration.

Our goal is to enact change through solidarity, not to inflict the same harm on our bodies that is being inflicted on Palestinians in Gaza.

For the purposes of this rotating hunger strike, we encourage hunger strikers to consume fluids and participate in a way that is safe for their bodies.



HUNGER STRIKE FOR GAZA

3. EMAIL & CALL POLITICIANS

- Your MP
(<https://www.ourcommons.ca/members/en>)
- Prime Minister Justin Trudeau
613-992-4211 - justin.trudeau@parl.gc.ca
- Minister of Foreign Affairs, Mélanie Joly
613-992-0983 - melanie.joly@parl.gc.ca

Or send a letter with one-click here:

<https://www.gazastarving.com/instructions.htm>



HUNGER STRIKE FOR GAZA

4. POST ON SOCIAL MEDIA

#Hungry4armsembargo
#CanadaStopArmingIsrael
#CeasefireNow

Tag your MP, @JustinTrudeau, @melaniejoly & @gaza.starving

Video examples on Instagram @gaza.starving

Messaging examples:

<https://www.gazastarving.com/instructions.html>



HUNGER STRIKE FOR GAZA

HUNGER STRIKES ARE NOT FOR EVERYBODY

For example, if you're vulnerable to disordered eating behaviour or have health concerns, there are many other ways you can participate in calls for an arms embargo, like participating in protests, blockades, art builds, and postering.

*Please reach out to us at
gazastarving@gmail.com for more info.*



@gaza.starving



HUNGER STRIKE FOR GAZA

JOIN US!

www.gazastarving.com



[@gaza.starving](https://twitter.com/gaza.starving)

