



## Life for Relief and Development (LIFE) and the Association of Physicians of Pakistani Descent of North America (APPNA) Save Thousands From Starvation in Gaza with Flour Delivery

Gaza has been and continues to face one of the worst humanitarian crises the world has ever seen. Since October 2023, ongoing conflict has resulted in the loss of over 37,200 lives, including nearly 16,000 children and 85,000 being injured.

Additionally, the Gaza Strip is on the edge of a long-feared famine, and international aid groups and leaders have called for the border restrictions, letting little supply in, to be lifted.

“I swear our stomachs are decaying,” said Eman Abu Jaljum, 23, living in North Gaza with his family who have been surviving off canned peas and beans.

Each day families and individuals struggle to find food. Fresh vegetables are scarce and meat is almost non-existent. In the food markets that are still operational, the shortage in resources has forced prices of everyday food items like rice and flour, through the roof.

“We need sustainable, meaningful, uninterrupted aid in the Gaza Strip if we want to reverse the hunger situation,” said Philippe Lazzarini, the head of the U.N. agency for Palestinian refugees.

A report was released in June from a panel of global experts that found that 8 months of conflict has left almost half a million on the brink of starvation in Gaza. What the report failed to mention was that a famine had already begun.

The Integrated Food Security Phase Classification (IPC) projects that 1,107,000 people (half the population of Gaza) will be in IPC Phase 5 Catastrophe/Famine by mid-summer.

Currently, 96% of the population is experiencing food insecurity. The World Health Organization has stated that more than 8,000 children have been diagnosed with acute malnutrition.

Despite humanitarian organizations facing immense challenges in delivering aid due to logistical barriers and the dangerous environment, Life for Relief and Development (LIFE) and the Association of Physicians of Pakistani Descent of North America (APPNA) persevered. The two organizations collaborated and saved thousands of lives by providing much-needed flour to Gazans.

Together, they delivered 20 tons of flour from Jordan to Gaza, equivalent to 800 bags of 25 kg each. This aid was distributed to 800 families, benefiting around 5,600 individuals in Northern Gaza inside the UN schools.

This partnership has played a crucial role in successfully combating famine for thousands of people in Gaza in the immediate future. Though this international cooperation and community effort has an incredible impact on many lives, continued efforts are necessary to ensure that more children and individuals do not succumb to malnutrition.

LIFE would like to thank APPNA for their generosity and support in providing essential aid to the people of Gaza. This collaboration has brought much-needed relief to thousands struggling with hunger and malnutrition, offering hope in the face of adversity. Our work continues in Gaza, as our collective efforts are needed now more than ever.



Photo of a LIFE team member forklifting the flour off the delivery truck.



Photo of team members delivering flour to a smiling grateful boy in Gaza.



Photo of team members delivering flour to a smiling grateful boy in Gaza.