



**Analytical Report on
Field Testimonies**

**Starvation and the Violation of the Right to Food
in the Gaza Strip**

The Palestinian Initiative for the Promotion of Global Dialogue
and Democracy "MIFTAH"

Palestine - Ramallah
2025

Analytical Report on Field Testimonies: Starvation and the Violation of the Right to Food in the Gaza Strip

MIFTAH publications, 2025

Copyright © The Palestinian Initiative for the Promotion of Global Dialogue and Democracy
MIFTAH



By: Khadija Zahran

MIFTAH Team:

Maram Zatarra Director, Good Governance and Democracy Program

Abdalaziz Alsalehi Officer, Research and Studies Unit

Nina Atallah Documentation Consultant

MIFTAH's Forward

The Palestinian Initiative for the Promotion of Global Dialogue and Democracy – MIFTAH – reaffirms its unwavering commitment to documenting Israeli crimes and violations against the Palestinian people. This commitment stems from a firm conviction that legal and gender-based documentation constitutes a fundamental pillar in the struggle to assert the Palestinian narrative at the international level. By shedding light on the experiences of Palestinian women as victims and survivors of occupation-related violence, MIFTAH seeks to transform human suffering into a tool for awareness and accountability, and to expose on the multifaceted dimensions of colonial violence targeting the Palestinians in general, and women in particular, who often represent the most vulnerable group in contexts of war, siege, and starvation.

This report builds upon MIFTAH's ongoing efforts to develop a comprehensive record of violations committed against women and girls amidst the ongoing war of starvation imposed on the population of the Gaza Strip, where food, water, and humanitarian aid have been weaponized as tools of siege and genocide. Through seventy sworn field testimonies, MIFTAH documents women's struggles against food insecurity, their forced deprivation of essential resources, and their direct targeting while attempting to secure aid for their families from relief centers, in deliberate violation of the most basic humanitarian and legal principles.

This work goes beyond simple documentation effort; it represents a concrete contribution to the advancement of international justice. By compiling a rights-based case file, it aims to produce credible evidence that can be presented before both treaty and non-treaty bodies of the UN mechanisms, including human rights committees, special rapporteurs, and in parallel reports submitted to the Human Rights Council in Geneva. It is also firmly aligned with the principle of the UN Security Council Resolution 1325 on Women, Peace, and Security agenda which emphasizes the protection of women and the accountability of perpetrators during the context of armed conflicts.

In this context, MIFTAH affirms that the deliberate starvation of civilians and the targeting of queues at aid distribution centers constitute war crimes under the 1998 Rome Statute, requiring urgent international action to end the policy of impunity,

ensure the protection of civilians, and activate international criminal accountability mechanisms.

MIFTAH's documentation of these women's testimonies constitutes an act of epistemic and human rights resistance, an effort to reform the Palestinian narrative from a feminist and human-centered perspective that links individual experiences to collective suffering and transforms them into a universal justice cause. Through this report, MIFTAH reiterates its commitment to amplifying women's voices and advancing the values of justice, accountability, and human dignity, all toward ending the occupation and achieving the legitimate rights of the Palestinian people.

Dr. Tahreer Araj

Executive Director

Contents

Introduction	5
The Context of Starvation in the Gaza Strip	6
Legal Framework: The Right to Food and the Prohibition of Starvation	11
General Objective	12
Specific Objectives.....	13
The Legal Basis and Normative Framework for the Right to Food	13
Starvation as a Crime of Genocide and a Crime Against Humanity.....	18
Protection of Humanitarian Relief Operations.....	19
Gender- and child-specific dimension	20
UN Security Council Resolution 1325 on Women, Peace, and Security	21
Individual Criminal Responsibility	22
Field Documentation of Women’s Voices in the Context of the Crime of Starvation	23
Policies of Starvation	25
Obstruction of Access to Food and Essential Supplies	26
Targeting Local Means of Food Production.....	27
Steep escalation in prices	28
Engineering Fiscal Policies as a Tool of Starvation	29
Deprivation of Access to Clean Water	31
Reproductive Health and Motherhood	35
Impact on Mental Health	38
Militarization of Humanitarian Aid.....	40
Access to Distribution Centers: A Path of Peril.....	42
Distribution Points: Death Traps	44
Women's Responsibilities in Confronting Starvation and Famine	47
Survival Strategies: Diseases as Alternative to Death	49
Executive Recommendations for International Institutions and the United Nations	51
Enhancing Protection for Women and Children in Gaza	52
Recommendations for Palestinian Civil Society	53
Sources and References	54

Introduction

The Palestinian Initiative for the Promotion of Global Dialogue and Democracy (MIFTAH) continues its role in documenting Israeli crimes and violations against the Palestinian people, grounded in the firm conviction that rights-based and gender-sensitive documentation serves as a strategic tool to bring the Palestinian narrative to the international stage. This documentation seeks to amplify the voices of Palestinian women as victims and survivors, to restore recognition of their lived experiences, and to shed light on the multiple forms of compounded violence they endure under settler-colonial policies—where women’s bodies and their daily lives are transformed into a battlefield of deprivation, struggle, and constant threat. This work falls within a broader vision aimed at deepening women’s narratives in the context of colonial violence, while promoting international advocacy grounded in gender justice and human rights, ultimately seeking to hold the occupying power accountable for its systematic crimes.

In this context, MIFTAH documented 70 sworn testimonies from women and girls across different areas of the Gaza Strip. This effort carries particular significance in light of Israel’s ongoing attempts to erase evidence and marginalize Palestinian voices. Among these, 54 testimonies addressed the spread of famine and its direct impact on women, highlighting the struggles of mothers facing acute food insecurity and deteriorating public health, often forced to deprive themselves of food for the sake of their children, or resorting to poor-quality substitutes that jeopardize their long-term reproductive and physical health. Additionally, MIFTAH collected 14 testimonies on the direct targeting of civilians—especially women and children—while gathering at humanitarian aid distribution centers run by the Gaza Humanitarian Foundation. These accounts expose a deliberate policy of criminalizing poverty and weaponizing aid, underscoring the grave risks women face when attempting to secure the most basic means of survival.

This documentation is not merely a narrative record of violations. It constitutes part of building a comprehensive rights-based dossier to be utilized through UN mechanisms, including the Committee on the Elimination of Discrimination against Women (CEDAW), the Committee on Economic, Social and Cultural Rights, and the Human Rights Committee, in addition to submissions as shadow reports at the Human Rights Council in Geneva. It also represents a concrete step in support of efforts to implement UN Security Council Resolution 1325 (Women, Peace, and Security), which recognizes the role of women in peace and security processes and stresses the need to protect them from violence and violations during armed conflicts.

Moreover, these documented testimonies provide essential material for advancing international criminal accountability. The deliberate deprivation of food, alongside the targeting of civilians queuing at aid centers, constitutes war crimes under the Rome Statute of 1998. As such, the voices of women collected by MIFTAH are not merely personal testimonies, but legal evidence that must be employed in efforts to hold the occupying power accountable and to end its entrenched policy of impunity.

Through this documentation, MIFTAH rearticulates the Palestinian narrative from a feminist and rights-based perspective; one that connects the daily violations endured by Palestinian women with international legal and normative frameworks. In doing so, it transforms individual suffering into a collective justice issue on the international agenda, enhancing opportunities to develop advocacy and pressure strategies capable of breaking through the wall of international silence and compelling the occupying power to comply with international humanitarian law and international human rights law.

The Context of Starvation in the Gaza Strip

Since the beginning of 2007, the Israeli government has imposed an unlawful blockade on the Gaza Strip, aimed at gradually suffocating life and accompanied by recurrent military assaults. Since October 2023, Gaza has been subjected to a full-scale Israeli military offensive characterized by intensive bombardment and large-scale destruction of infrastructure, including hospitals, schools, bakeries, and water and electricity networks. A suffocating siege was further imposed on the entry of food, medicine, and fuel, with border crossings almost entirely shut down, leading to the collapse of the humanitarian system.

This was accompanied by the direct targeting of grain storage facilities and farmlands, as well as the obstruction or severe restriction of humanitarian aid, creating an acute shortage of basic food supplies. With the displacement of more than 1.5 million people into overcrowded and underserved areas, the crisis escalated into a systematic war of starvation, where entire families now survive on a single meal a day, or go without food for several days.

Over two million Palestinians in Gaza suffer from severe shortages of food, potable water, and essential medical supplies. Reports from the World Food Program indicate that approximately 68% of Gaza's population faces acute food insecurity,

while poverty rates reach nearly 80%. In this harsh environment, starvation has become a psychological weapon and a destructive instrument of war.

Alongside the blockade and the obstruction of humanitarian aid, the people of Gaza are enduring genocide that has targeted all aspects of life, including civilians and vital facilities such as hospitals and schools. Mass killings and systematic destruction of infrastructure have rendered life in Gaza marked by devastation and loss, while reinforcing starvation as a principal weapon of coercion used to bargain not only over life itself, but over the very existence of the Palestinian people.

Starvation is not merely the absence of basic resources; it is a deliberate strategic weapon employed by Israel to target Palestinian existence by depriving the population of sustenance and destroying their ability to live. The international community bears a profound moral and legal responsibility to exert pressure on Israel to halt these systematic crimes. Starvation is part of a broader Israeli policy designed to weaken the Palestinian people and force them into submission. While the blockade has been framed as a matter of “security,” it has proven to be a tool of collective punishment and the destruction of an entire society. Israel continues to deny Palestinians their right to a dignified life, their right to food, and their right to healthcare, through an ongoing policy of economic and social strangulation that has turned life in Gaza into a permanent hell.

Under international law, starvation constitutes a crime against humanity. When deployed as a systematic and organized tool to persecute an entire population, it may amount to genocide. In this regard, the collective punishment of Palestinian civilians in Gaza stands in clear violation of the fundamental principles of international humanitarian law, particularly the Fourth Geneva Convention, which prohibits the forcible transfer of civilian populations and the denial of access to food and medicine.

On 22 August 2025, the United Nations and international experts officially declared, for the first time, the outbreak of famine on a large scale in the Gaza Strip—the first such declaration in the Middle East. The World Health Organization (WHO), the UN Children’s Fund (UNICEF), the World Food Program (WFP), and the Food and Agriculture Organization (FAO) issued a joint statement in Geneva confirming that over half a million people in Gaza are trapped in famine conditions.¹

¹- United Nations. Famine Confirmed in Gaza, E1 Settlement Push in West Bank, 11 Journalists Killed, Israeli Move to Take Control of Gaza City, and Latest Humanitarian Updates – Action by UN System Relevant to the Question of Palestine”. August 2025 Monthly Bulletin. Check the following link: <https://shorturl.at/ztq7B>

The statement urged Israel to guarantee the unhindered availability of food and medical supplies to Gaza’s population in order to reduce deaths caused by hunger and malnutrition. It added that the number of people facing food shortages in Gaza has tripled, calling for an immediate ceasefire. The WHO further announced that famine is spreading throughout the Gaza Strip, noting that this is the first time famine has been recorded in the Middle East.²

Simultaneously, the Integrated Food Security Phase Classification (IPC)—a global initiative specializing in measuring food security and malnutrition—issued a report stating that famine is taking hold in the Gaza governorate. The report confirmed that the food security situation in Gaza had reached Phase 5 (Catastrophe). It added that more than half a million people in Gaza are facing hunger, destitution, and death, and warned that famine is spreading rapidly. The report predicted that famine would extend to Deir al-Balah (central Gaza) and Khan Younis (southern Gaza) by the end of September 2025 if no urgent intervention takes place, calling for famine in Gaza to be halted at any cost.³

The report reached its conclusions based on three key indicators:

- **Hunger:** At least one in five households is experiencing extreme food consumption gaps.
- **Malnutrition:** At least one in three children is suffering from acute malnutrition.
- **Mortality:** At least two out of every 10,000 people are dying each day due to severe hunger, or as a result of the combined effects of malnutrition and disease.

According to the Integrated Food Security Phase Classification (IPC), famine is declared when two of these indicators are met. The IPC further noted that the “mortality” indicator does not appear in the available data due to the collapse of monitoring systems, and it is believed that most non-conflict-related deaths remain unrecorded.⁴

UNICEF Executive Director Catherine Russell stated:

“Famine does not come suddenly. It unfolds in places where access to food is denied, where health systems are destroyed, and where children are left without the bare

²- Ibid

³- Ibid

⁴- IPC. (22 August 2025). Famine confirmed in Gaza Governorate, projected to spread. Integrated Food Security Phase Classification, Issue 134. Check the following link: <https://shorturl.at/EKzEB>

minimum to survive. Hunger and acute malnutrition are the daily reality for children across the Gaza Strip. We have warned repeatedly of this trajectory and call once again on all parties to prevent catastrophe.”⁵

Meanwhile, Jean-Martin Bauer, a Director at the World Food Program, stressed that declaring famine is an extremely difficult step. He noted that since the establishment of the IPC more than 20 years ago, famine has been confirmed only five times. Speaking to Al Jazeera, he explained that famine constitutes “extreme deprivation of food, widespread acute malnutrition, and deaths from starvation,” emphasizing that this is the first time famine has been formally confirmed in Gaza, marking a “historic moment.”⁶

The IPC report projects that renewed military operations, the continuation of the total blockade, severe shortages of essential survival supplies, combined with food insecurity, acute malnutrition, and elevated mortality rates, will push conditions well beyond famine thresholds within the next five months.⁷

Seventeen UN agencies and non-governmental organizations - the bodies that issued the report - indicated that the overwhelming majority of children in Gaza are facing severe food deprivation. Rapid increases in acute malnutrition are expected in the governorates of North Gaza, Gaza City, and Rafah, compounded by limited access to healthcare services, and acute shortages of clean water and sanitation.

According to data available from the Palestinian Ministry of Health as of the first quarter of September 2025, the total number of starvation-related deaths has risen to 435, including 147 children. Health officials in Gaza had earlier confirmed that the pace of deaths has accelerated in recent weeks, as Israel continues to obstruct the entry of food and essential medical supplies needed to treat malnutrition-related illnesses.⁸

The World Food Program (WFP) exhausted its last stocks for supporting hot meal kitchens for families on 25 April. All 25 bakeries supported by WFP were forced to close due to the depletion of wheat flour and cooking fuel. During the same week,

⁵- United Nations. "New International Report: All Gaza Residents Face Risk of Famine." Published on 12 May 2025. Available at: <https://shorturl.at/m8ijz>

⁶- United Nations. "International Committee Issues Warning That Famine Is Occurring or Imminent in Northern Gaza." Published on 8 November 2024. Available at: <https://shorturl.at/UirF5>

⁷- IPC. (22 August 2025). Famine confirmed in Gaza Governorate, projected to spread. Integrated Food Security Phase Classification, Issue 134. Check the following link: <https://shorturl.at/EKzEB>

⁸- Quds Press Agency. "Gaza Health: Number of Famine Deaths Rises to 411, Including 142 Children." Statistics as of 11 September 2025. Available at: <https://qudspress.com/217277/>

WFP's distributed food parcels, which contained rations sufficient for two weeks, also ran out. UNICEF has continued to provide critical water and nutrition services, but its stocks for preventing malnutrition have been depleted, and supplies for the treatment of acute malnutrition have dropped to critically low levels.⁹

The WFP and UNICEF urged all parties to prioritize the needs of civilians, to allow immediate entry of humanitarian assistance into Gaza, and to uphold their obligations under international humanitarian law. Meanwhile, the Food and Agriculture Organization of the United Nations (FAO) called for the "immediate restoration of humanitarian access and the lifting of the blockade on Gaza," in light of the imminent risk of famine, the total collapse of agriculture, and the potential outbreak of deadly epidemics across Gaza Strip.¹⁰

Starvation now threatens the civilian population across the Gaza Strip amid renewed hostilities, the continued closure of crossings, and the critical depletion of food stocks. Hunger and acute malnutrition have sharply escalated since the blanket prohibition on humanitarian aid was imposed on March 2, erasing the limited humanitarian gains achieved during the earlier ceasefire this year.

WFP Executive Director Cindy McCain warned: *"Families in Gaza are being starved while the food they desperately need remains blocked just beyond the borders. We cannot deliver this food because of the renewed conflict and the total ban on humanitarian assistance imposed since early March. The international community must act with urgency to restore the flow of aid into Gaza. Waiting until famine is formally declared will be too late for countless lives"*.¹¹

According to a joint report by 17 UN agencies and non-governmental organizations under the *Integrated Food Security Phase Classification (IPC)* framework, the vast majority of children in Gaza are suffering from severe food deprivation. Coupled with catastrophic shortages in access to health services, clean water, and sanitation, the report warns of imminent surges in severe acute malnutrition across North Gaza, Gaza City, and Rafah.

At the same time, more than 116,000 metric tons of food aid—sufficient to feed one million people for four months—are currently stockpiled and ready for entry,

⁹- United Nations. "International Committee Issues Warning That Famine Is Occurring or Imminent in Northern Gaza." Published on 8 November 2024. Available at: <https://shorturl.at/UirF5>

¹⁰- Ibid

¹¹- UNICEF Website. "New Report States That the Risk of Famine Threatens Children Across Gaza." Published on 13 May 2025. Available at: <https://shorturl.at/XmCDe>

alongside hundreds of pallets of life-saving therapeutic nutrition supplies. These remain deliberately obstructed from reaching civilians, in clear violation of international humanitarian law prohibiting the use of starvation as a method of warfare.¹²

Legal Framework: The Right to Food and the Prohibition of Starvation

The right to adequate and safe food constitutes a fundamental human right, essential for ensuring a life of dignity, physical and mental health, and serving as a central indicator of the enjoyment of other human rights. International law affirms this right, notably through the International Covenant on Economic, Social and Cultural Rights, the Convention on the Rights of the Child, the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) and its General Recommendations No. 30 and 32, in addition to provisions of international humanitarian law such as Article 54 of the Fourth Geneva Convention and its Additional Protocols, and the Rome Statute of the International Criminal Court. These legal instruments categorically prohibit the use of starvation as a method of warfare and affirm the obligation of occupying powers to protect civilians from forcible deprivation of food.

The right to adequate food and the prohibition of using starvation as a weapon of war constitute a central pillar of contemporary international legal doctrine. This normative framework operates on three interrelated levels:

1. International Human Rights Law, which recognizes the right to adequate food as an inherent and inalienable right;
2. International Humanitarian Law, which prohibits the use of starvation as a method of warfare and obliges parties to armed conflict to protect objects indispensable to the survival of the civilian population;
3. International Criminal Law, which criminalizes the starvation of civilians and establishes individual accountability for grave violations;
4. Additionally, there are specific obligations incumbent upon an Occupying Power to ensure the provision of food and medical supplies to populations

¹²- United Nations. "New International Report: All Gaza Residents Face the Risk of Famine." Published on 12 May 2025. Available at: <https://shorturl.at/m8ijz>

under occupation. This framework is grounded in core treaty provisions, authoritative interpretations, customary international law, and relevant United Nations resolutions.

In the Gaza Strip, direct field testimonies from women and girls reveal a tragic reality, demonstrating that starvation is not a mere incidental consequence of crimes of genocide, but a deliberate and systematic policy targeting civilians, with women disproportionately affected. Women are targeted both in their capacity as primary caregivers and as those most vulnerable to food deprivation and its long-term physical and psychological consequences. These testimonies illustrate that women bear compounded burdens, including the care of children, the sick, and the elderly, amidst acute shortages of food, water, and essential services, and face direct risks when seeking humanitarian aid, including exposure to violence and targeted attacks at distribution sites.

This report focuses on analyzing starvation as a weapon of war, relying on women's testimonies as a central reference for understanding the lived dimensions of deprivation and daily suffering, linking individual experiences to systemic patterns of forcible deprivation. It examines Israeli policies in the Gaza Strip within the broader context of ongoing acts of genocide and grave violations of both international humanitarian law and international criminal law, including deliberate targeting of civilians, obstruction of humanitarian aid, violations of the right to health, and violations of children's rights to life, survival, and development in accordance with Articles 6 and 24 of the Convention on the Rights of the Child.

Furthermore, this analysis situates such violations within the corpus of relevant international standards and resolutions, including United Nations Security Council Resolution 1325 on Women, Peace and Security, which underscores the protection of women in armed conflict, prohibits the use of starvation as a tool of coercion or punishment, and demands unhindered humanitarian access with due regard to gender sensitivity and the international obligations of states and third parties.

General Objective

The report aims to analyse the systematic starvation in the Gaza Strip as a tool of warfare and an act of genocide, highlighting its gendered impacts through the testimonies of women and girls, thereby contributing to advancing efforts for international accountability and strengthening urgent humanitarian responses.

Specific Objectives

- To document field testimonies of women and girls as a primary entry point for understanding the humanitarian dimensions and daily suffering resulting from the forcible deprivation of food, water, and essential services.
- To analyse Israeli policies and practices that have led to the collapse of food security in Gaza within the framework of international humanitarian law and international criminal law.
- To highlight the compounded impact on women, both in their roles as primary caregivers and in their direct exposure to the risks of starvation and deprivation of health services.
- To link the violations to relevant international standards and resolutions, including the Convention on the Rights of the Child and UN Security Council Resolution 1325 on Women, Peace, and Security.
- To provide practical, actionable recommendations directed to the UN, international actors, accountability mechanisms, and Palestinian civil society, to ensure the protection of civilians and to strengthen gender-responsive humanitarian interventions.

The Legal Basis and Normative Framework for the Right to Food

The right to adequate and safe food constitutes a fundamental human right and is an essential prerequisite for the enjoyment of a range of other rights, including the right to life, the right to health, the right to adequate housing, and the right to human dignity. Thus, depriving individuals or communities of food—whether through discriminatory policies or through the practices of an occupying power—constitutes a multifaceted violation of human rights.

The right to food is an inherent human right grounded in human dignity, and a binding obligation under international law, derived from the global human rights system. This right transcends mere access to sustenance; it encompasses the guarantee of food that is sufficient, adequate, accessible, safe, and culturally acceptable, ensuring the physical, mental, and health development of individuals, families, and communities.

The foundation of the right to food as a human right is established in the Universal Declaration of Human Rights (1948), where Article 25(1) provides that: "Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary

social services." This provision affirms that food is not merely a human need, but a right intrinsically linked to the right to live in dignity.

In 1966, the International Covenant on Economic, Social and Cultural Rights (ICESCR) reinforced this right in Article 11, recognizing "the right of everyone to an adequate standard of living for himself and his family, including adequate food," and obligating States Parties to take appropriate measures to achieve this right, including improving methods of food production and distribution, and ensuring the equitable distribution of the world's food resources in accordance with need.

General Comment No. 12 of the Committee on Economic, Social and Cultural Rights (1999) represents the most detailed interpretative guidance on the right to food. The Committee clarified that this right entails:

- Availability: The existence of sufficient quantities of food from natural sources or through markets.
- Accessibility: Physical and economic access to adequate food without discrimination.
- Adequacy: Food must correspond to the nutritional needs of the individual, be safe for consumption, and culturally acceptable.
- Sustainability: Ensuring the continuity of the enjoyment of the right to food for present and future generations.

The Committee also defined State obligations as comprising three interrelated dimensions: Respect, Protect, and Fulfil, whereby any breach of these obligations gives rise to international accountability.

In addition to the Universal Declaration, the Covenant, and General Comment No. 12, the Convention on the Rights of the Child (1989) establishes the immediate obligation to eradicate hunger, recognizing that any policy or practice resulting in depriving children of food, obstructing breastfeeding, or interrupting cold chains for therapeutic food constitutes a direct violation. It prohibits discrimination in access to food on the basis of origin, gender, or legal status. The Convention affirms the right of children to an adequate standard of living and the need for special protection for children deprived of a family environment, refugees, and children with disabilities, requiring specific nutritional arrangements. It recognizes adequate nutrition as an essential component of health and obligates States to allocate adequate resources to nutrition programs, with special attention to age-appropriate feeding and maternal support.

The Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) affirms that any policy or practice resulting in direct or indirect discrimination in access to food—such as reduced rations, exclusion of women from aid, or depriving pregnant and breastfeeding women of their nutritional needs—constitutes a violation. Coercive starvation of women, or depriving them of food because of gendered or customary roles, particularly during armed conflict, amounts to compounded discrimination and may rise to the level of gender-based violence. CEDAW further underscores the obligation of States to ensure adequate services during pregnancy, childbirth, and the postnatal period, including adequate nutrition, and to remove economic, cultural, and geographic barriers to access.

The Food and Agriculture Organization’s (FAO) Voluntary Guidelines to Support the Progressive Realization of the Right to Adequate Food in the Context of National Food Security (2004) provide a detailed benchmark for the right to food, emphasizing the necessity of adopting national strategies for the right to food, ensuring access to resources such as land, water, and fisheries, and providing social protection mechanisms such as cash or food transfers, fair pricing, consumer protection, and measures to prevent malnutrition. They call for the delivery of neutral humanitarian aid without obstruction, in accordance with the principles of humanity and non-discrimination, and without undermining local markets. The Guidelines affirm that the minimum core obligation—freedom from hunger—is immediate and that States must prevent any policy that results in food deprivation, particularly during crises, and facilitate the entry of relief aid.

The right to food occupies a cornerstone position in the international human rights system. It is an inherent and legally binding right that transcends public policy frameworks, imposing a direct obligation on States, occupying powers, and non-State actors. The international normative framework affirms that any deprivation of food, whether through policy or practice, amounts to a grave human rights violation requiring international accountability.

The applicability of human rights law does not cease in situations of armed conflict but complements international humanitarian law (IHL). States are obliged to facilitate access to neutral humanitarian assistance and to ensure that security restrictions are not used as a pretext to deny food to those in need, with such restrictions being subject to the principles of legality, necessity, proportionality, and non-discrimination.

While international human rights law establishes the right to food, international humanitarian law provides a protective framework for this right in situations of

armed conflict, where civilians are at heightened risk of deprivation of their essential resources. IHL, as the body of rules designed to limit the effects of armed conflict, imposes specific obligations on parties to conflict to safeguard food as an indispensable condition for civilian survival. Food is not merely a physical commodity but an essential means of life that must not be turned into an instrument of warfare. It is a necessary condition for health, development, and socio-economic stability. In times of armed conflict, this right assumes heightened importance given the fragility of humanitarian conditions, as civilians face an increased risk of food deprivation through siege or the deliberate destruction of livelihoods.

International criminal law does not consider a siege to be prohibited per se under international humanitarian law (IHL); however, a siege becomes unlawful if its purpose or effect is to starve the civilian population, if it fails to distinguish between combatants and civilians, or if it is imposed in a manner that effectively prevents the delivery of impartial humanitarian relief. A siege must comply with the principles of proportionality and precaution, and it must not be transformed into a form of collective punishment.

Water and sanitation systems, agricultural crops, and food supply chains constitute “objects indispensable to the survival of the civilian population.” The deliberate targeting, disabling, or depriving of these objects of their function—including through administrative measures that result in the effective deprivation of food or water—amounts to a grave breach of international law.

Article 70 of Additional Protocol I and Article 18 of Additional Protocol II expressly impose an obligation to permit relief operations “of an exclusively humanitarian and impartial character” and to facilitate their rapid and unimpeded passage, subject to non-arbitrary security measures. These provisions affirm the principle that the needs of the civilian population must not be subordinated to purely military objectives, and that humanitarian relief is a right protected under IHL.

International humanitarian law addresses the prohibition of starvation by affirming that starvation of civilians as a method of warfare is unlawful. Complementing this, international criminal law criminalizes the practice of starvation when employed as a method of war, recognizing that in certain contexts it may constitute a war crime, and potentially rise to the level of genocide or a crime against humanity.

Prohibition of Starvation as a Method of Warfare

Although the four Geneva Conventions of 1949 and their Additional Protocols of 1977 do not explicitly articulate a distinct “right to food,” they establish a robust legal framework designed to protect this right indirectly by prohibiting the targeting of sustenance and the use of starvation as a method of warfare. International Humanitarian Law (IHL) recognises the severe humanitarian consequences of using starvation as a weapon, and accordingly imposes strict prohibitions to protect civilians and safeguard the means essential for their survival.

The prohibition of starvation as a method of warfare is a fundamental principle enshrined in IHL. Article 54 of Additional Protocol I (1977) explicitly states: “Starvation of civilians as a method of warfare is prohibited” and it further prohibits any attack on, destruction of, or rendering useless of objects indispensable to the survival of the civilian population, including foodstuffs, agricultural areas, livestock, and drinking water supplies.

Starvation constitutes the deliberate deprivation of civilians of the essential resources necessary for sustaining life, such as food, water, and medicine, during armed conflict. This conduct is categorised under IHL as a war crime and, in certain contexts, may amount to a crime against humanity or even a crime of genocide when systematically employed against a specific population group with the intent to destroy it, in whole or in part.

The foregoing legal provisions reflect the international community’s clear understanding that depriving civilians of food is not a collateral effect of war, but a grave breach of IHL. As such, the deliberate starvation of civilians is expressly included as a war crime under Article 8(2)(b)(xxv) of the Rome Statute of the International Criminal Court (1998). Moreover, targeting food as a weapon of war may, under specific circumstances, constitute genocide — particularly when the intent is the total or partial destruction of a national, ethnical, racial, or religious group through starvation — in accordance with Article 2 of the 1948 Convention on the Prevention and Punishment of the Crime of Genocide.

Article 33 of the Fourth Geneva Convention further underscores this principle by categorising starvation within the scope of collective penalties, explicitly prohibiting such practices as tantamount to inflicting collective punishment on the civilian population. Similarly, customary international law, as articulated by the International Committee of the Red Cross (ICRC) in Rules 53, 54, and 55, affirms the prohibition of starving civilians, obliges the protection of objects indispensable to survival, and mandates the facilitation of rapid and unimpeded humanitarian relief.

Furthermore, Article 8(2) (b)(xxv) of the Rome Statute expressly criminalises the intentional starvation of civilians as a method of warfare, including through the obstruction of humanitarian relief, in line with the provisions of the Geneva Conventions. This means that any policy or practice that seeks to deprive civilians of food or water — whether through the deliberate destruction of crops and essential infrastructure, or through the imposition of a suffocating blockade that prevents the entry of relief supplies — constitutes a war crime within the jurisdiction of the International Criminal Court.

This body of law collectively affirms that starvation is not only a humanitarian catastrophe, but a serious violation of the most fundamental rules of international law, triggering both the obligations of states and non-state actors and the mechanisms of individual criminal accountability under the most stringent legal standards.

Starvation as a Crime of Genocide and a Crime Against Humanity

Beyond its classification as a war crime, deliberate starvation may, under certain conditions, constitute a crime of genocide under the Convention on the Prevention and Punishment of the Crime of Genocide (1948), where it is employed with the specific intent to “destroy, in whole or in part, a national, ethnical, racial or religious group.” Systematic deprivation of food and water directed against a particular group on the basis of its identity falls squarely within acts capable of causing the group’s physical destruction. The jurisprudence of the International Criminal Tribunal for the former Yugoslavia (ICTY) affirms that the intentional destruction of sustenance — including food and water — can constitute part of the specific intent required for genocide, situating starvation at the core of the genocide concept.

Starvation, therefore, is not merely a method of coercion or collective punishment; it may evolve into one of the gravest forms of international crime when used as an instrument of extermination. According to the Genocide Convention (1948), subjecting a human group to living conditions designed to bring about its physical destruction, in whole or in part, constitutes an act of genocide. Accordingly, the systematic deprivation of food and water, the closure of humanitarian access routes, and the destruction of essential means of survival are not merely grave violations of

the laws of war but may amount to genocide when deliberately targeted at a specific group based on its identity.

This legal definition finds a striking application today in the context of the Gaza Strip, where a suffocating blockade affects over two million people, systematically depriving them of food, water, and medicine, and employing starvation as an explicit instrument of war. The deliberate targeting of bakeries, destruction of water desalination facilities, obstruction of humanitarian aid, and denial of civilians' access to the most basic necessities of life are not incidental acts; they constitute a deliberate policy striking at the very core of the human right to life.

International jurisprudence has established that the destruction of fundamental life-sustaining resources can constitute evidence of specific intent to destroy a group — the defining element of genocide. When Palestinians in Gaza are subjected to siege and left to confront hunger, thirst, and disease, such acts exceed the threshold of war crimes or crimes against humanity, and in law may constitute genocide directed against a national group on the basis of its identity.

Furthermore, under international criminal law, starvation constitutes a crime against humanity whenever committed as part of a widespread or systematic attack against a civilian population. This classification applies even outside the context of armed conflict. Systematic and intentional deprivation of food and water of a population constitutes persecution and an inhumane act causing severe suffering, thereby falling within the scope of crimes against humanity.

Protection of Humanitarian Relief Operations

The occupying power bears specific and heightened obligations toward the civilian population in occupied territories. Article 55 of the Fourth Geneva Convention obliges the occupying power to ensure the provision of food and medical supplies to the population. Furthermore, Article 59 provides that if the occupying power is unable to do so, it must allow and facilitate the passage of international relief consignments without hindrance. These obligations affirm that depriving a population of food is not merely a legal breach but a direct violation of the duties imposed by international humanitarian law. Moreover, Articles 59 to 61 of the Fourth Geneva Convention mandate the regulation of relief operations and require that they be facilitated and not obstructed when the population is inadequately supplied.

In the Palestinian context, the siege imposed on the Gaza Strip — initiated after the unilateral disengagement and further intensified since October 7 — constitutes a clear paradigm of the use of starvation as a systematic method of subjugating a civilian population. The closure of crossings, the prohibition of entry of food and medical supplies, the targeting of farms, bakeries, and wheat silos, as well as the disruption and destruction of water and electricity networks, all fall within the scope of policies of starvation prohibited under international humanitarian law. These measures cannot be justified as mere security precautions; they constitute collective punishment and a war crime, necessitating international accountability and legal redress against the Occupying Power.

Gender- and child-specific dimension

The use of starvation as a tool in armed conflict constitutes a dual violation. On one hand, it breaches the obligations of States under international human rights law, particularly Article 11 of the International Covenant on Economic, Social and Cultural Rights, which recognizes the right of everyone to adequate food. On the other hand, it constitutes a violation of peremptory norms of international humanitarian law that prohibit targeting civilians or their means of subsistence.

Starvation acquires an aggravated dimension when directed against women and children, especially pregnant and breastfeeding women and infants, as it significantly increases health risks and can result in slow, mass fatalities. Targeting these groups through deprivation of food may also constitute an additional element in establishing the specific intent required for crimes of genocide, given its direct impact on the survival and continuity of the group.

Depriving vulnerable groups — particularly pregnant and breastfeeding women and children — of food and water is a double violation of human rights and of peremptory norms of international humanitarian law. These groups are afforded special protection under international conventions due to their heightened vulnerability to immediate health damage and long-term consequences of malnutrition or lack of access to food. Article 23 of the Fourth Geneva Convention expressly obliges parties to the conflict to allow the passage of consignments of food and essential supplies to children under 15, pregnant women, and mothers.

Targeting women during pregnancy and breastfeeding deprives mothers of their essential nutritional needs while exposing fetuses and infants to grave risks to their

growth and survival. Likewise, depriving children of adequate food and water is not merely a violation of their right to life and health; it undermines their developmental and psychological futures and amplifies the trauma of armed conflict.

Accordingly, obstructing access to food for these groups, or employing starvation as a means of coercion or a military tactic, constitutes not only a grave violation but may, in certain circumstances, amount to a crime of genocide if the intent is to destroy, in whole or in part, a national, ethnic, racial, or religious group through deliberate starvation and deprivation.

UN Security Council Resolution 1325 on Women, Peace, and Security

Resolution 1325 focuses on four main pillars: participation, protection, prevention, and relief, recovery, and rehabilitation. When linked to the issue of starvation as a weapon of war, two essential dimensions emerge:

The first dimension is the protection of women and girls from starvation. The resolution demands that parties to conflict respect the rights of women and girls and protect them from the effects of war, including violations of international humanitarian law. The use of starvation as a weapon of war disproportionately affects women, particularly pregnant and breastfeeding women, who bear the responsibility of caring for children and the elderly. Under Resolution 1325, depriving women of food constitutes a dual violation: a violation of the right to life and human dignity, and a breach of the special protection obligations in armed conflict.

The second dimension emphasizes the importance of integrating the needs of women and girls into all humanitarian and relief strategies. When starvation is used as a tool of war, women and girls become among the most affected groups. Therefore, any humanitarian intervention must consider this dimension to ensure their access to food and aid without discrimination or exclusion. While the resolution underscores the importance of women's participation and representation in all economic, political, and societal aspects, the reality of starvation and deprivation undermines women's ability to engage in community and political life, forcing them to focus primarily on securing daily survival for themselves and their families.

In linking Resolution 1325 to international humanitarian law — specifically Article 54 of Additional Protocol I to the Geneva Conventions, which prohibits the use of

starvation as a method of warfare — starvation becomes a tool that deprives women and girls of the specific rights affirmed by the resolution, such as protection from the effects of conflict and equality in access to food and aid. Accordingly, it constitutes a dual violation: of international humanitarian law on one hand, and of the “Women, Peace, and Security” framework on the other.

Although Resolution 1325 does not explicitly mention starvation, it provides a clear framework for considering it a crime with a specific gender dimension. Starvation in armed conflicts — as witnessed in Gaza, for example — is not merely a war crime, but strikes at the very core of the resolution’s goals of protecting women and ensuring their participation and dignity. This imposes additional obligations on the international community to confront this practice and hold those responsible accountable.

Individual Criminal Responsibility

The principle of individual criminal responsibility constitutes one of the fundamental pillars of international criminal law. It establishes that crimes are attributable not only to states or institutions but primarily to natural persons who plan, order, or directly or indirectly participate in their commission. In the context of the crime of starvation, responsibility falls squarely upon political and military leaders who deliberately employ starvation as a method of warfare or as a tool to annihilate a particular group.

International criminal law assigns accountability to individuals — whether political or military leaders — who design, order, or implement policies of starvation. Accountability does not rest solely with states; it extends directly to those who decide to use starvation as a weapon.

The scope of responsibility encompasses: political leaders who issue decisions imposing a suffocating siege or policies of depriving populations of food and water, or who establish strategies intended to employ hunger to subjugate civilians; and military leaders who may be criminally liable if they order, execute, or acquiesce in the targeting of objects indispensable for civilian survival, or obstruct humanitarian relief efforts.

Article 28 of the Rome Statute expressly affirms the responsibility of commanders for acts committed by their subordinates, even if they do not directly participate in

the commission of the crime. It states that “a commander shall be criminally responsible if he knew or should have known that his subordinates were committing or planning to commit crimes of starvation and failed to take all necessary and reasonable measures to prevent them or to punish the perpetrators.”

Responsibility is not limited to commanders; it also includes: direct perpetrators — those who carry out demolition or bombardment of facilities essential to food and water, or forcibly obstruct access to aid; and civilian officials — such as those in charge of crossings or humanitarian distribution, if they intentionally obstruct or manipulate supplies in ways that result in the deprivation of civilians.

International criminal law unequivocally rejects the defense of “superior orders” in cases of crimes of starvation. Article 33 of the Rome Statute clearly stipulates that “orders to commit war crimes, genocide, or crimes against humanity are manifestly unlawful and therefore do not relieve the perpetrator of criminal responsibility.”

Field Documentation of Women’s Voices in the Context of the Crime of Starvation

As noted in the introduction to this report, MIFTAH documented 70 sworn statements from women and girls across various areas of the Gaza Strip, in addition to recording 56 testimonies concerning the widespread famine and its direct impact on women. These testimonies reveal the profound suffering of mothers in confronting food insecurity and the deterioration of public health, particularly when they are compelled to deprive themselves of food for the sake of their children or resort to nutritionally inadequate substitutes that pose long-term risks to reproductive and physical health. MIFTAH also documented 14 additional sworn statements regarding the direct targeting of civilians — particularly women and children — during their gatherings at humanitarian aid distribution points run by the Gaza Humanitarian Foundation (GHF). These scenes reveal a deliberate policy of criminalizing poverty and transforming humanitarian aid into a weapon of war, and they illustrate the severe dangers faced by women as they seek to secure the most basic means of survival.

The sworn testimonies documented by MIFTAH regarding manifestations of hunger and famine in Gaza reveal that women and girls are enduring exceptionally harsh humanitarian conditions as a result of the systematic deprivation of food and the destruction of the foundations of food security. Their statements repeatedly refer to the absence of basic necessities such as bread, milk, vegetables, and protein sources,

forcing many families to rely on poor-quality substitute foods or to subsist on a single meal per day, insufficient to meet minimum nutritional needs. The testimonies further show that women bear a disproportionate share of this burden, often depriving themselves of food in favor of their children or elderly relatives, in an effort to preserve their lives at the expense of their own health and well-being.

The testimonies also point to direct health repercussions of famine, including increased cases of acute malnutrition, anemia, and general weakness, especially among pregnant and lactating women. Such conditions directly threaten reproductive health and expose mothers to risks of premature birth or fetal loss. Some testimonies further provide evidence of diseases linked to malnutrition and weakened immunity — such as gastrointestinal and dermatological illnesses — caused by the consumption of contaminated or spoiled food resulting from inadequate storage conditions.

On a psychological and social level, the testimonies expose the immense pressures borne by women due to their inability to meet the nutritional needs of their families. Many described a constant sense of helplessness, guilt, and fear of death by starvation. Other statements highlighted how the search for food had become a mechanism of collective humiliation, forcing women to stand for hours in queues under direct threat of targeting or to face violence at aid distribution centers.

At a structural level, the testimonies confirm that the policy of starvation is neither incidental nor merely a natural consequence of war, but rather represents an organized approach based on a comprehensive siege, restrictions on the entry of foodstuffs, the destruction of agricultural lands and warehouses, and the targeting of aid trucks. This has transformed food into an instrument of collective warfare against civilians. Within this context, women's testimonies stand as compelling evidence that the imposed famine in Gaza carries clear gendered dimensions, compelling women to sacrifice their health and dignity in desperate attempts to preserve the lives of their families.

In an attempt to provide a statistical representation of the contents of the testimonies relating to famine and its effects on women in Gaza, the data reveal consistent patterns:

- All 56 sworn testimonies regarding manifestations of hunger and famine indicated the absence of essential food items (bread, milk, vegetables, proteins) and the necessity of consuming low-quality substitutes or subsisting on one meal per day or one meal every two to three days.

- Women systematically reported depriving themselves of food in favor of their children or other family members, reflecting the gendered dimension of the policy of starvation.
- All women reported deterioration in their reproductive and physical health due to malnutrition, including anemia, general weakness, and weight loss.
- All testimonies reported illnesses associated with malnutrition (weakened immunity, gastrointestinal diseases, skin conditions) resulting from consumption of contaminated or unfit food.
- All women described severe psychological and social pressures (feelings of helplessness, fear, humiliation), especially in the process of searching for food or standing in aid distribution queues.
- All testimonies confirmed that women were subject to direct or indirect targeting when attempting to obtain food from humanitarian distribution points run by GHF.
- All women affirmed that famine is not an exceptional circumstance, but the result of a deliberate policy of siege, starvation, and targeting of food sources — a policy consistent with the definition of crimes against humanity under international law.

The contents of these testimonies — across nutritional, health, psychological, and social dimensions — clearly demonstrate that the famine in Gaza is not merely a humanitarian crisis but constitutes a deliberate crime that falls within the definition of crimes against humanity under international law. This reality demands urgent action by the international community to protect civilians, particularly women and girls, and to put an end to the use of food as a weapon of war.

Policy of Starvation

The policy of starvation imposed by the Israeli occupation on the Gaza Strip constitutes one of the most prominent pillars of the systematic aggression against civilians. The deprivation of food is no longer a secondary consequence of the siege or military operations but has become a deliberate weapon and a means of slow genocide systematically targeting civilians. This policy manifests itself in several interconnected and complex forms:

Obstruction of Access to Food and Essential Supplies

Since the onset of the ongoing atrocity, Israel has deliberately prevented the entry of essential foodstuffs, including grains, flour, oil, legumes, infant formula, and meat. This deliberate deprivation has rendered the majority of families unable to secure the minimum level of balanced nutrition. Bakeries and soup kitchens have been systematically targeted through sustained bombardment and destruction, and fuel and flour supplies to them have been blocked, forcing many to reduce production or cease operations entirely. This has resulted in a persistent bread shortage affecting thousands of families.¹³

In addition, humanitarian aid—whether local or international—has been restricted and subjected to complex controls, rendering it irregular and insufficient to meet the basic needs of the population. As a consequence, many families receive no more than a single meal over consecutive days.

Testimonies collected illustrate the human toll of obstructing aid. (K.H.) recounted the implications: “When I went shopping, there was nothing to buy. It was Ramadan, the crossings began to close, and food supplies gradually diminished. Opportunities to obtain it became increasingly scarce, and within only a week of the closure, goods began to vanish; all shops were empty.” Similarly, (S.J.) affirmed: “The shops became empty. My husband started searching for stores, stalls, or relatives to obtain some rice and lentils, which he bought on credit.”

(S.A.) provided a testimony filled with poignant detail: “Aid became intermittent—there was no regularity, no guarantee. Even canned goods began to run out. That period was one of the hardest I have endured as a mother. It was not only because we were hungry, but because I watched my children change. Their laughter disappeared. They no longer asked for food; they only looked at me with eyes filled with fear. My 10-year-old daughter once said to me: ‘Mama, if we die, will we find bread in heaven?’ I found no answer, only held her and wept. By the end of January 2024, we began hearing about airdropped aid. We heard of flour being dropped in the south and aid being airlifted, but nothing reached us. Rumors said that the Israeli army allowed trucks carrying flour to pass, but that the aid was stopped in the Nablus area west of Gaza City. Access was almost impossible. Leaving the tent was dangerous, and walking in the streets amid bombardment and sniper fire was an act of suicide. From February 2024 onward, the situation became hopeless. We no

¹³- United Nations. "Gaza: Families Eat One Meal Every Two or Three Days Amid Shortages of Basic Needs and Access Restrictions." Published on 20 June 2024. Available at: <https://tinyurl.com/4k7zz6cx>

longer planned for tomorrow; we lived hour by hour. Every time we heard the sound of a plane, we feared it might drop a bomb or perhaps a box of flour or canned water.”

(N.J.) confirmed: “Between November 2023 and January 2024, Gaza experienced a complete cut-off of flour and essential goods, forcing us to resort to alternatives such as grinding lentils, beans, and pasta to make bread. We resorted to wild plants as substitute food, found in front of an old soup kitchen, which I dried and shaped into bread, but this caused my son to suffer from abdominal pain and diarrhea.”

Targeting Local Means of Food Production

This policy is manifested through a range of deliberate practices, including the destruction of agricultural land and farms, the levelling of vast agricultural areas—either through direct military operations or through the construction of the apartheid wall that denies farmers access to their lands—and the targeting of livestock by attacking poultry farms and animal husbandry operations. In addition, the occupying power has prohibited the entry of animal feed, resulting in mass livestock deaths and the loss of a vital source of food for many families. Restrictions have also been imposed on maritime fishing, with fishermen denied access to extensive maritime zones, thereby depriving the population of an important source of nutrition such as fish.

The sustained blockade and the targeting of production capacities have contributed to the collapse of the local food production sector, forcing households to depend almost entirely on imported food and humanitarian aid, making them extremely vulnerable to shortages or delays.¹⁴

According to assessments by the Food and Agriculture Organization (FAO) and the UN Operational Satellite Applications Programme (UNOSAT) up to April 2025, more than 82% of agricultural wells in Gaza were damaged, significantly disrupting agricultural irrigation. In northern Gaza, 70% of wells were destroyed, exacerbating the water crisis in the region, particularly in Beit Lahia, historically known as the “breadbasket” of Gaza. Data further indicate that 86% of agricultural lands in Gaza

¹⁴- Abu Saif, Fouad. "The Destruction of the Agricultural Sector in Gaza: Effects of the Israeli War and Pathways for Recovery and Food Sovereignty." Institute for Palestine Studies, published on 19 February 2024. Available at: <https://shorturl.at/2lCVz>

were damaged, resulting in the destruction of 12,537 hectares out of a total of 15,053 hectares. The arable land available for cultivation has thus been reduced to only 1.5% of the total area, approximately 232 hectares, posing a grave threat to food security.

Assessments also show that 80% of the Gaza fishing fleet has been destroyed, including all boats in Gaza's main port. Between October 2023 and April 2024, the average daily fish yield dropped to only 7.3% of the 2022 levels, resulting in a loss of productivity valued at approximately USD \$17.5 million.¹⁵

Steep escalation in prices

The Palestinian Central Bureau of Statistics (PCBS) announced in its statement issued in May 2025, a sharp increase in consumer prices in the Gaza Strip by 75.59% compared to March 2025. This rise is a direct result of the resumption of the Israeli occupation's aggression and the continued closure of commercial crossings for the second consecutive month. The sustained prohibition on the entry of consumer goods into local markets has caused a severe shortage in supply, thereby driving prices to unprecedented levels.

The PCBS affirmed that the complete cessation of humanitarian aid deliveries to the Strip has caused a significant increase in the price of goods due to their scarcity, with some prices rising exponentially, while other essential items disappeared from the markets within three days of crossing closures.¹⁶ This surge in prices occurred within the context of a dire economic crisis, with widespread liquidity shortages as most residents lost their jobs after over more than 15 months of the Israeli aggression that began on 7 October 2023, an operation described as a campaign of genocidal warfare.¹⁷

According to the Gaza Chamber of Commerce, the average price increase exceeded 1400% compared to pre-7 October 2023 prices. The Chamber stated that the continued closure of crossings resulted in a "crazy surge in food prices, exceeding

¹⁵- FAO. "Reviving Gaza's fishing sector hinges on restoring peace and safe access to the sea". Published in 24 December 2024. Check the following link: <https://shorturl.at/cBx9d>

¹⁶- Palestine News & Information Agency – WAFA. "PCBS: Sharp Rise in Consumer Prices in the Gaza Strip Last Month." Published on 14 May 2025. Available at: <https://shorturl.at/NVkvG>

¹⁷- Palestinian Central Bureau of Statistics (PCBS). "Sharp Rise in Consumer Prices in the Gaza Strip Amid the Resumption of Israeli Aggression and the Limited Number of Commercial Trucks Allowed to Enter through Crossings." Published on 14 August 2025. Available at: <https://shorturl.at/2PppN>

500%, exacerbating the suffering of a population under a severe siege and catastrophic humanitarian conditions.” The shortage of essential supplies has forced many residents to resort to unsafe water sources due to the inability to access potable water, as a result of the continued closure of crossings and the prevention of entry of water purification supplies. The Chamber underscored that such a policy constitutes “deliberate starvation,” a form of warfare aimed at economically and socially subjugating the Palestinian population in Gaza.

The impact of this price surge has reached unprecedented levels, with the price of flour increasing by more than 3000%.¹⁸ Accordingly, (H.F.) testified that she and her family have been entirely dependent on charitable aid since 1 April 2025, stating: “With the tightening of the siege by the occupation and the closure of crossings, and our inability to purchase food due to high prices, we have become entirely reliant on soup kitchens. Vegetable prices range between ILS30–80 per kilogram, canned goods between ILS15–30, and flour between ILS50–80 per kilogram.”

Similarly, (K.H.) confirmed that the price hikes directly affected her ability to purchase food for her grandchildren, noting: “Those who have money buy and hoard; those without are unable to purchase and must seek alternatives in soup kitchens.”

Engineering Fiscal Policies as a Tool of Starvation

The occupying power seeks to dismantle the essential means of survival for the civilian population, foremost among them the banking infrastructure, through deliberate destruction and a comprehensive siege. Since the genocide began, Israel has prohibited banks and financial institutions from introducing any quantity or type of cash liquidity into the Gaza Strip, concomitant with the direct targeting of bank premises and automated teller machines (ATMs) and their systematic destruction. This policy has compelled the overwhelming majority of banks to close entirely to the population, generating a suffocating humanitarian and economic crisis that intensifies daily, within a systematic framework aimed at eradicating any capacity for survival in the Gaza Strip.

¹⁸- Gaza Chamber of Commerce and Industry. "The Chambers of Commerce in the Gaza Strip Demand the Immediate Opening of Crossings to the Private Sector to Save the Economic and Humanitarian Situation." Published on 27 July 2025. Available at: <https://tinyurl.com/32kv37vy>

The consequences of acute cash shortages have surpassed the bounds of endurance. In the context of near-total paralysis of banking services, including withdrawal and deposit functions, the population has been compelled to resort to the black market to obtain cash, at exorbitant commissions that deplete what remains of their livelihoods.

The withdrawal of cash liquidity from society reflects the occupying power's conviction that bombardment alone is insufficient to dismantle a cohesive community. It perceives the financial siege as a deliberate instrument to fragment the social, economic, and political fabric. The direct targeting of the financial sector — including the imposition of a comprehensive financial blockade, prohibition of cash inflows, and destruction of the banking infrastructure — constitutes not only a material assault on the economic structure but a central instrument within a policy of deliberate starvation and collective attrition of the population.

The cash shortage, total closure of banks as a result of the ongoing genocide, Israel's prohibition of the introduction of funds, and the conduct of certain merchants who deliberately withhold liquidity for the sake of additional profit, have forced many to pay exorbitant commissions, sometimes exceeding 30% on the amount to be withdrawn, thereby exhausting citizens' limited incomes. Presently, the commission rate has reached 50%, meaning that a person receiving a salary or remittance of ILS3,000 actually receives only ILS1,500 in cash. Under this standard, the purchasing power of these ILS1,500 is effectively no more than ILS50.¹⁹

R.M., a mother and head of a household of nine children, relying on her late husband's salary before his martyrdom in 2024, reports: "Given the unavailability of liquidity, I am compelled to withdraw funds with a commission of up to 40%. Amid rising prices, I constantly seek assistance and appeal to neighbors for help." Similarly, N.A., who sustains her household of five on the remainder of her husband's salary of ILS1,500, reports that after deduction of a 40% commission, their resources are insufficient to meet basic needs.

These practices constitute the first stage in a systematic process of "engineered starvation," completed in a second stage by certain merchants, in collusion with the occupying power, introducing non-essential and marginal goods into the Strip for

¹⁹- Al-Mezan Center for Human Rights. "Cash Liquidity in the Context of Genocide." Published on 11 August 2024. Available at: <https://www.mezan.org/ar/post/46500>

the purpose of withdrawing liquidity and extracting it entirely from the hands of the populace, thereby reducing their cash reserves to zero.

These policies aim to render the population prisoners, awaiting gratuitous aid, in an effort to create an initial economic dependency that evolves into a coerced political dependency. This has been described as “the largest engineered process of social and political starvation in Gaza’s modern history.” Israel seeks to transform Gaza into a class-fractured society with few who possess and many who are dependent, creating a psychologically exhausted population, bereft of any capacity for resistance, economically dependent on the occupier, and deprived of autonomy in decision-making and livelihood.

The deliberate deprivation of the population’s access to their essential financial resources, and of their ability to meet vital needs, constitutes coercion into inhumane living conditions that violate their dignity and strip them of the minimum guarantees of livelihood security. S.A. recounts: " In mid-March, 2025 the truce collapsed. This attack was fiercer than any before. Bombing targeted areas densely populated with displaced persons: Shifa, Al-Daraj, Al-Zeitoun, and Al-Nasr. People died by the dozens in bread queues. We stopped counting the martyrs; we just tried to know who remained alive. In April 2025, aid completely ceased. No air drops, no trucks. People began eating leaves. I witnessed families boiling old hides with salt and consuming them as food. Today, in mid-June 2025, I write this testimony not because I have any strength left, but because I do not want anyone to forget."

This conduct constitutes a direct violation of the legal obligations incumbent upon Israel as a party to relevant human rights mechanisms, including the International Covenant on Economic, Social and Cultural Rights, which require the respect, protection, and fulfilment of these rights without discrimination.

Deprivation of Access to Clean Water

The Gaza Strip is enduring a severe and ongoing water crisis, resulting from a protracted siege, the systematic destruction of infrastructure, and a chronic lack of investment in water supply and sanitation networks. This crisis transcends a mere environmental or public health issue; it constitutes a direct violation of fundamental human rights, particularly in the context of acts of genocide where water scarcity is employed as a weapon of war.

The deprivation of civilians' access to water constitutes a deliberate tactic of siege and militarization, in violation of international humanitarian law, which expressly prohibits the targeting of essential civilian infrastructure. It also constitutes a dual violation — both a health violation and a rights violation — severely impairing the capacity of women to fulfil their roles in safeguarding the wellbeing of their families and communities.

The shortage of clean water fosters the spread of communicable diseases, including diarrhea, cholera, and urinary tract infections, with disproportionate impacts on women and girls who bear primary responsibility for family care.

Assessments indicate that over 96% of households in the Gaza Strip suffer from water insecurity. This catastrophic situation is attributed to the near-total destruction of water and sanitation infrastructure, with 89% of public water and sanitation facilities — including wells, desalination plants, and water distribution networks — damaged or destroyed, particularly following their direct targeting in the most recent Israeli military assault.²⁰

Chemical and bacterial contamination of water significantly increases health risks for pregnant and breastfeeding women and adversely affects the health of infants, thereby constituting a direct threat to their rights to life and health. The substitution of safe drinking water with unsafe sources amounts to a violation of the right to health and human dignity and imposes an additional physical and psychological burden on women.

Testimonies from 56 women documented by field research consistently report a severe depletion of potable water, forcing them and their families to consume contaminated water unfit for domestic use. This deprivation follows the exhaustion of all safe water resources due to the destruction of water infrastructure, including wells, and the complete depletion of financial means to purchase safe water. Consequently, women have resorted to using contaminated water delivered via tanker trucks and through informal distribution networks such as “Mekarot.”*

²⁰- Wafa – Palestinian News & Information Agency. "OCHA: 96% of households in Gaza face water insecurity." Published on 3 August 2025. Available at: <https://www.wafa.ps/Pages/Details/127152>

* Mekarot is considered the primary water-supplying company in Israel and the main governmental body responsible for managing water resources. It controls the distribution of water and restricts access to it, thereby exacerbating the water crisis in these areas

For instance, the majority of women suffered from diarrhea and gastrointestinal infections, alongside numerous other pathological symptoms, with family members similarly afflicted. G.A. reported: “I admitted my son Issam to the hospital to receive treatment due to a severe gastrointestinal infection resulting from drinking contaminated water.” Likewise, a young girl, Sh.A.’s daughter, developed a skin rash and redness all over her body due to exposure to polluted water. S.N. and M.A. reported that their children suffered from abdominal pain and nausea, while F.A.’s children were infected with intestinal worms. Sh.A. confirmed that both she and her family contracted gastrointestinal illnesses and diarrhea as a direct result of consuming unsafe water.

The limited quantities of water that residents manage to obtain with great difficulty are utilized for all essential household needs, rendering them insufficient both for drinking and for maintaining personal hygiene. H.Sh. affirmed: “My children and I spend our days searching for water we can buy or receive from donors.” Similarly, A.A. stated: “My daughter developed a high fever, and two of my children contracted intestinal infections due to malnutrition and drinking contaminated water.” R.A. attested: “One of the hardest challenges we face is obtaining clean water. Our only source was water trucks distributed by some organizations and charities, yet the amount was insufficient. We were forced to search for other water sources, such as agricultural wells, to secure drinking water, even though such water was highly saline.”

Starvation as a Method of Warfare: Social and Gendered Implications under International Law

The impact of the policy of starvation, and the transformation of humanitarian aid into a tool of extortion and siege, extends far beyond the general harm to civilians, carrying a distinct gendered dimension. Women and girls are placed within a direct and indirect sphere of targeting, amplifying their suffering and exposing a pattern of systematic violations that reach the threshold of crimes against humanity. Such practices strike at the core of women’s roles as caregivers for families, exposing them and their children to compounded violations, including killing, humiliation, deprivation of food and care, leaving them to face a slow death.

The intensification of famine in the Gaza Strip affects not only food insecurity and deteriorating physical health, but also constitutes a flagrant violation of the human dignity of women and girls, by depriving them of essential reproductive health and hygiene necessities. In the humanitarian context created by systematic starvation and

siege, menstruation — a natural biological process — becomes an additional source of suffering, exacerbating the physical, psychological, and social burdens borne by women.

Famine and malnutrition weaken the immune system, increasing women's vulnerability to infection and disease. This condition is aggravated by the absence of sanitary pads and hygiene products, forcing women to resort to unsafe alternatives, which increases the risk of infections and dangerous illnesses. In the context of mass displacement and the absence of privacy, the deprivation of these necessities constitutes an element of starvation as a method of deliberate humiliation, compelling women to live in conditions that strip away their basic dignity.

Hunger is intertwined with the loss of personal dignity for women who face menstruation without access to minimal hygienic means, intensifying feelings of humiliation and helplessness. This deprivation clearly reflects gender-based discrimination in the distribution of scarce humanitarian resources, as women's specific needs are relegated to the bottom of the priority list.

Starvation combined with deprivation of reproductive health and dignity constitutes a compounded violation of the right to health and sexual and reproductive health under several international treaties, most notably: the International Covenant on Economic, Social and Cultural Rights (ICESCR), the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW), the Convention on the Rights of the Child (CRC) — including adolescent girls — and Article 27 of the Fourth Geneva Convention, which guarantees human dignity and the protection of women in situations of armed conflict. The use of starvation and deprivation of basic reproductive health necessities amounts to degrading and inhuman treatment, in breach of international humanitarian law, which explicitly prohibits starvation as a method of warfare.

In contexts of hunger, displacement, and lack of privacy, rates of domestic violence and exploitation linked to humanitarian aid increase. This constitutes a breach of the international community's obligations to ensure protection and non-discrimination, and contravenes Security Council Resolution 1325, which affirms the need to protect women and girls in armed conflicts and ensure their meaningful participation in all humanitarian and political interventions. The use of starvation as a weapon of war against civilian populations, and particularly women and girls, constitutes a war crime under Article 54 of Additional Protocol I to the Geneva Conventions, and is contrary to the international obligations to protect the most vulnerable groups. This reality reflects a slow genocide with a gendered dimension that targets the very fabric

of Palestinian society and reproduces inequality in its most egregious form. Accordingly, the protection of women and girls in Gaza demands urgent humanitarian and legal intervention.

M.H., living with her children in Al-Yarmouk Camp in Gaza after the martyrdom of her husband, resides in a tent without any sanitary facilities, in the midst of rampant vermin, insects, and polluted sewage waters. Regarding the impact of famine on her and her children, she states: “The famine had a significant and direct impact on all members of my family. My children suffered from malnutrition, and I myself suffer from severe weight loss. Famine and lack of water have caused us to suffer many illnesses such as gastrointestinal infections, diarrhea, vomiting, and fever, without any food or medicines to treat and heal us.”

R.S. reported: “My husband was killed at the beginning of 2024, and months later my daughter Aseel was martyred after a shelter center was shelled, her head severed before my eyes. We were displaced again to Gaza and lived in a tent in Al-Nasr. We have no facilities or toilets and suffer from extreme heat, vermin, and rodents, as well as sewage water leaking into our tent.”

These policies constitute not only grave violations of international humanitarian law, but may amount to gender-based crimes against humanity, thereby triggering urgent international accountability.

Reproductive Health and Motherhood

UN data indicate that 90% of pregnant and breastfeeding women in the Gaza Strip suffer from severe malnutrition, and that the lack of essential medical equipment obstructs their access to necessary care, thereby increasing the risk of maternal mortality during pregnancy and childbirth. Such conditions constitute a direct violation of women’s right to health as enshrined in Article 12 of the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW), as well as the right to life and health under the International Covenant on Economic, Social and Cultural Rights (ICESCR).²¹

Displaced woman (K.F.) residing in Deir al-Balah reports: *“I discovered I was pregnant while unable to secure sufficient food and clean water. Under these*

²¹- Palestine News and Information Agency – WAFA. "World Health Organization: 90% of Pregnant and Lactating Women in Gaza Suffer from Malnutrition." Published on April 7, 2025. See the following link: <https://tinyurl.com/3ezw6xpy>

circumstances, I was compelled more than once to request food from relatives and neighbors, simply to obtain a plate of lentils or beans. My husband goes daily to the charity kitchen from 7 a.m. until 3 p.m. to obtain a meal of lentils, rice, or pasta. If he fails, we subsist on water alone. I have attempted to visit UNRWA clinics to obtain nutritional supplements and food assistance for my pregnancy, registering online, but the overwhelming demand prevents access. Days pass without any food entering my stomach. My husband fears for my health. I suffer from dizziness, exhaustion, and weakness due to lack of food, and cannot afford the prenatal supplements provided by UNICEF or the World Food Programme. My hemoglobin level is 9, which poses severe risks to my health and the fetus."

Pregnant and breastfeeding women face acute nutritional deprivation that threatens both maternal and fetal health, increasing the likelihood of premature birth and severe obstetric complications. Displaced pregnant woman (S.M.) in Deir al-Balah recounts: *"When returning to the north, we found our home destroyed. My husband erected a makeshift wooden tent and a latrine beside it for four people. Due to the stench of sewage, dust, infestation by rodents, and the presence of decomposing bodies under destroyed homes, I experienced severe fatigue and loss of mobility. My husband carried me to Al-Sahaba Hospital, where I suffered a miscarriage and underwent D&C procedure and removal of a dermoid cyst."*

Similarly, (N.M.) from Deir al-Balah stated: *"On 1 April 2025, famine began to batter my intestines, particularly since I am pregnant. My sister-wife and I are pregnant, with no access to food. We crave bread, but cannot go to the medical center for supplements because of overcrowding and the inability to stand in long lines. We have forgotten the taste of fruit, poultry, vegetables, and dairy. Both of us suffer from malnutrition and anemia — my hemoglobin is 9, and my sister wife's is 7.5. I suffer constant dizziness."*

Deprivation of infant formula threatens the survival of newborns, exposing them to dehydration and acute malnutrition, and increasing their susceptibility to disease. Displaced woman (A.Z.) in Gaza explains: *"The famine has severely affected my children. They have been classified at the medical point as suffering from malnutrition. As a breastfeeding mother, I too suffer from severe malnutrition and weight loss."*

(N.A.) affirms: *"My infant daughter requires formula, but I cannot afford it. She spends nights crying from hunger and lack of milk. She also needs diapers, but their prices are unaffordable. We do not have the means to purchase them; occasionally, kind donors provide a few. My disabled son constantly needs diapers, but I cannot*

provide them. I carry him everywhere, as my husband cannot. During displacement, I carried him at all times, which has caused me spinal injury and pain. I now suffer from disc herniations in three vertebrae, cannot walk long distances, stand for prolonged periods, or carry heavy loads. We sleep eight people on three mattresses in a cramped place lacking basic living conditions, enduring extremely harsh circumstances and in urgent need of all forms of humanitarian, health, and livelihood support."

The shortage of nutritious food and clean water severely affects women's health. (S.A.) testifies: *"With the lack of healthy food, absence of hygiene supplies, and skyrocketing prices, I have developed skin diseases such as scabies, rashes, and hair loss. We cannot afford medicine or soap, which worsens my health condition."*

Persons with chronic diseases, such as cancer, renal failure, or diabetes, face grave difficulty meeting their nutritional requirements, thereby worsening their health. In this regard, the UN High Commissioner for Human Rights, Volker Türk, declared that famine in Gaza is a direct result of Israeli government measures, and stressed that deaths from starvation in Gaza may constitute war crimes amounting to deliberate killing.²²

Husband of (N.A.), who suffers from viral hepatitis and hearing disability, reports deterioration in his health due to prolonged malnutrition and lack of appropriate treatment.

(F.A.) recounts: *"We have been displaced multiple times after our home in Beit Hanoun was bombed. We now reside in a shelter for displaced persons in Gaza City, lacking all basic services. My husband is physically disabled and my son has cancer. Famine has greatly impacted our family, especially my sick husband and my son, who desperately need adequate food for recovery. There are no alternatives for essential nutrition."*

Maternal malnutrition directly affects newborn health. One in every five births in Gaza results in low birth weight, directly linked to maternal hunger and malnutrition. Thousands of children suffer from acute malnutrition. At any moment, hospitals treat cases of severe hunger and malnutrition — with 900,000 children in Gaza facing food insecurity, 70,000 of whom are acutely malnourished. Sources report that 17,000 children suffer severe acute malnutrition, with cases of starvation-induced exhaustion and memory loss. Hospitals lack sufficient beds and medicines to address

²²- Abdelrahman Abu Al-Gheit & Diana Jarrar. "What After the UN Declares Famine in Gaza?" Published on Al Jazeera Net on August 24, 2025. See the following link: <https://shorturl.at/266c0>

this crisis. UNRWA has warned that malnutrition among children under five has doubled between March and June 2025 due to the Israeli siege, conducting approximately 74,000 assessments and identifying 5,500 cases of severe acute malnutrition, including over 800 cases of extreme acute malnutrition.²³

These conditions constitute flagrant violations of Israel's obligations under the Convention on the Rights of the Child, particularly the rights to survival and development (Article 6) and to the highest attainable standard of health (Article 24).²⁴

Impact on Mental Health

Field testimonies documented by MIFTAH reveal profound psychological repercussions of famine on Palestinian women, extending beyond the physical effects of malnutrition to levels of social isolation, guilt, and heightened emotional distress caused by their inability to meet the basic needs of their families.

Displaced woman (F.A.) from Gaza City, mother of four, reports: *"I can no longer visit my relatives, as I recognize their own suffering and fear burdening them. Psychologically, I am no longer as I was before — everything angers me. We lash out at our children, especially when they ask for food or request something to quell their hunger."* This testimony clearly illustrates how the food crisis transforms into a permanent source of psychological pressure and family tension, with children increasingly exposed to domestic violence as a direct consequence of hunger and collective frustration.

Similarly, (Z.A.) affirms: *"I can no longer live a social life, visit my family, or leave the displacement site. I do not want to be a burden on anyone, and my poor mental state prevents me from doing so. I also avoid confrontation, as I fear arguments."* This reflects a forced social withdrawal resulting from deteriorating mental health and constant psychological pressure, increasing women's sense of isolation and moral exhaustion.

²³- United Nations. "UNRWA: Children Are Dying Before Our Eyes, and We Lack the Means to Treat Them." Published on July 16, 2025. See the following link: <https://tinyurl.com/2s3e35h2>

²⁴- United Nations. "Gaza – Reports of More Than 50 Children Dying from Malnutrition, and Warning of Long-Term Impact on an Entire Generation." Published on May 13, 2025. See the following link: <https://tinyurl.com/2b6x69pp>

(A.A.) states: *"I am a woman like all women, with dignity. I feel my children's hunger more than my own. The hardest feeling is when my son or daughter asks for food, and I have nothing to give them. I stand helpless, and my heart breaks, because my role as a mother is to feed and protect my children, but I have no choices or solutions. My husband is deaf and cannot work or provide for us. I bear the full burden, and each day is harder than the last. My children's condition pains me deeply — their weight has visibly dropped, their faces are pale, they constantly feel dizzy and weak, and their energy is gone. Their laughter has disappeared. Food deprivation not only weakens their bodies but breaks their spirit. I, as a mother, feel broken every moment. The war has destroyed me psychologically and economically. My children have lost their passion for life. We live without safety, without enough food, without treatment, without rest."*

These and dozens of other testimonies reveal that famine does not merely impoverish bodies; it exhausts minds and spirits. Women experience dual deprivation — material and psychological — often finding themselves trapped in cycles of isolation, loss of social bonds, and a pervasive sense of burden. Consequently, the psychological impact of famine in Gaza constitutes a clear violation of the right to mental health as set out in Article 12 of the International Covenant on Economic, Social and Cultural Rights (ICESCR). This confirms that Israel's policy of starvation constitutes a compounded crime targeting human dignity, both physical and psychological.

Displaced woman (D.A.) recounts: *"Our lives have been deeply affected by the harsh conditions since the onset of the war on Gaza. Continuous displacement and relocation have had clear impacts on all family members socially and psychologically. As a mother, my suffering doubled due to constant stress and fear for my children's lives. I felt unsafe under these harsh conditions. Living in a tent or in schools under bombardment put me in a state of continuous anxiety for my children's safety and needs. My children suffered severe psychological distress due to displacement and witnessing tragic scenes, experiencing sleep disorders and heightened anxiety. My husband's psychological and social condition deteriorated due to worsening economic conditions and inability to provide our basic needs, leaving him feeling powerless and unable to offer safety and comfort. Socially, this has isolated us further."*

The impact of starvation affects the entire family's physical and mental health. (S.M.) from Rafah states: *"We eat three times a week, and during those days we try to fill jerry cans to last the rest of the days. Laundry water is available only twice a week, when we wash clothes and bathe, despite unsanitary conditions. Due to lack*

of gas and flour, we grind lentils instead of flour to bake bread. Cooking is done over fires made by my children gathering wood, plastic, and paper from streets and rubble to prepare simple meals of lentils or reheat canned food. This has affected my health significantly: I suffer from Bell's palsy, cramps, and pain, and I am allergic to smoke. Whenever we light a fire, my eyes water, and I cough with chest pain. I have no medication for relief. I suffer from diabetes, and malnutrition has disrupted my blood sugar levels, leaving me constantly fatigued and dizzy. I cannot eat regular meals or afford vegetables or fruits to maintain my health. Every day increases our suffering. We live on the brink of collapse — no sufficient food, no treatment, no shelter, no income. Our demand is simple: a dignified life in our homeland, among our people. This situation affects not only food and shelter but all aspects of life: health, mental wellbeing, and social life. My children, despite their age, have lost much weight, some losing about 10 kilograms, others up to 15 kilograms. Their faces are pale, their strength gone, even to move. Psychologically, they are in decline, living under constant pressure and fear, silent and depressed, without hope or peace. Socially, they have become disconnected, without communication or life as it once was. Everything has changed; they feel surrounded and besieged. As parents, we try to stay strong for them, but we are truly broken inside, left only with patience and prayer."

Militarization of Humanitarian Aid

The comprehensive siege imposed on the Gaza Strip since October 7, 2023, coupled with the prohibition of aid deliveries, has exacerbated the crisis of shortages in food, medicine, and basic life necessities, in light of UNRWA's inability to conduct humanitarian relief operations.

In May 2025, the *Gaza Humanitarian Foundation* (GHF) was established as a response to unsubstantiated Israeli claims that Hamas had been diverting and misappropriating aid destined for civilians. Presented as an alternative to coordinated work through the United Nations and established relief agencies, GHF was favored by Israel and the United States over local and international expertise. GHF is a new mechanism supported by Israel and the United States, tasked with

delivering aid in Gaza under the direct supervision of the Israeli government, lacking transparency, independence, and accountability.²⁵

Founded in February 2025 in the state of Delaware, USA, GHF was registered as a non-profit organization sponsored by American and Israeli entities, claiming the objective of “ensuring food security” for the people of Gaza. It is one of several U.S.-based institutions active in humanitarian and health aid, focusing on emergency response. GHF operates through secured distribution centers known as “Protected Distribution Sites” and enjoys support from the Trump administration and the Israeli government. However, it has been criticized by the UN and humanitarian organizations for politicizing aid distribution. Leading humanitarian groups have argued that GHF provides Israel with cover to advance its objectives of forcibly displacing Gaza’s population. The former head of the Foundation himself has questioned its neutrality.²⁶

The UN, through the Inter-Agency Standing Committee (IASC) in March 2003, defined humanitarian aid as: *“assistance provided to affected populations with the primary aim of saving lives and alleviating suffering, which must be provided in accordance with humanitarian principles, including neutrality and impartiality”*.²⁷

Based on this definition, the UN and other humanitarian groups have refused to cooperate with GHF, accusing it of politicizing and “militarizing” aid, and delivering it in an unsafe manner to Palestinians. More than 170 charities and NGOs, including Save the Children and Oxfam, have accused GHF of failing to adhere to the principles of humanitarian work and violating humanitarian norms by forcing two million Palestinians into overcrowded and militarized areas, subjecting aid seekers to near-daily attacks. These organizations demand the immediate closure of GHF.

On May 4, 2025, the UN Secretary-General and the Emergency Relief Coordinator reaffirmed the commitment to not participate in any scheme that does not respect global humanitarian principles — humanity, neutrality, independence, and impartiality.²⁸ In the occupied Palestinian territory, all UN agency heads and NGOs

²⁵- Farhan, Mohammed. "Gaza Humanity Begins Its Work Amid Stalled Truce Negotiations." Published on May 27, 2025. See the following link: <https://tinyurl.com/uvjw5xyz>

²⁶- Mordechai, Li. "Gaza Humanitarian Foundation and the Management of Famine to Profit from the Blood of Gazans." Published on Noon Post platform on September 19, 2025. See the following link: <https://tinyurl.com/3c9xd8y6>

²⁷- Guidelines on the Use of Military and Civil Defence Assets to Support United Nations Humanitarian Operations in Complex Emergencies (Inter-Agency Standing Committee), March 2003.

²⁸- OCHA. “Statement by the Humanitarian Country Team of the Occupied Palestinian Territory – on principled aid delivery in Gaza”. 04 May 2025. Check the link: <https://tinyurl.com/mr466a9y>

under the Humanitarian Country Team expressed unanimous opposition to cooperation with GHF. They stressed that humanitarian work must respond to needs wherever people are located and that cooperation with GHF violates the neutrality of humanitarian action and disregards local expertise.²⁹

International humanitarian law strictly prohibits the use of starvation as a weapon of war, as set forth in Article 54 of the First Additional Protocol to the Geneva Conventions.³⁰ Article 14 of the Second Additional Protocol likewise prohibits attacking, destroying, removing, or rendering indispensable objects for the survival of the civilian population (such as food, agricultural areas, and water sources) unfit for use. Employing or channelling humanitarian aid through military tools or actors in a manner that undermines core humanitarian principles — neutrality, independence, humanity, and impartiality — constitutes a grave violation of international humanitarian law. This includes using aid for political or military purposes, integrating it into combat operations, making it conditional on submission to a military or occupying authority, or imposing it through non-neutral actors.

On April 17, a coalition of civil society organizations issued a stark warning regarding GHF, emphasizing that it is dominated by Israeli control over access and logistics, contradicting the principles of neutrality, independence, and humanity. This underscores that the militarization of aid is not merely a breach of humanitarian norms but a direct violation of the rights of the Palestinian people under international law.³¹

Access to Distribution Centers: A Path of Peril

Documented testimonies indicate that access to humanitarian aid distribution centers in the Gaza Strip has become a journey fraught with life-threatening danger. The Israeli siege has forced thousands of civilians — including women, children, the elderly, and persons with disabilities — to walk long distances through hazardous

²⁹- United Nations. "Guterres Affirms Non-Participation in Any Plan That Does Not Comply with Humanitarian Principles in Gaza: We Have a Detailed Relief Plan." Published on 23 May 2025. See the following link: <https://tinyurl.com/bdmx3msm>

³⁰- ICRC. "Article 54 - Protection of objects indispensable to the survival of the civilian population". <https://tinyurl.com/bd3kxav8>

³¹- Palestinian NGO Network. "The Palestinian NGO Network Warns of an Unprecedented Humanitarian Disaster in Gaza and Rejects the Occupation's Attempts to Control Aid and Impose Distribution Mechanisms." Published on 17 April 2025. See the following link: <https://tinyurl.com/2s39ndb6>

routes under the constant threat of gunfire and shelling. According to humanitarian reports, over 1,775 civilians have been killed and approximately 12,894 injured while attempting to reach food distribution points.³²

Aid distribution is currently concentrated at only four centers in southern Gaza, far from the majority of the population residing in the north. This forced centralization compels thousands of hungry Palestinians to travel long and perilous distances, competing for scarce food supplies. Access to these sites is especially difficult for women, children, the elderly, and persons with disabilities.

Under international humanitarian law, targeting civilians at all times is prohibited (Article 51, Additional Protocol I, 1977). Moreover, using starvation as a method of warfare is expressly forbidden (Article 54, Additional Protocol I; Common Article 3 of the Geneva Conventions), constituting a war crime. Deliberately attacking civilians in pursuit of humanitarian aid represents a grave breach of these binding rules.

Testimonies collected by MIFTAH confirm that Israeli forces deliberately obstruct aid access by targeting civilians along Salah al-Din Street, forcing them to use alternative hazardous routes. This practice contravenes the obligations of an occupying power under the Fourth Geneva Convention (1949), which requires ensuring the provision of food and medicine to civilians and not impeding humanitarian work. Aid seekers are exposed to gunfire, shelling, and other risks during both their journey to and return from distribution centers.

One testimony by a resident, *K.Z.*, described:

"Israeli forces open fire on anyone attempting to reach Salah al-Din Street, forcing people to take dangerous detours. I walked with others from Ramzon and Al-Bureij, through orchards and debris, under constant gunfire. Crossing a sand hill near the Abu Awda factory, I reached the distribution site only after hours of exposure to danger, witnessing injured and killed civilians along the way. Some people lay flat on the ground for hours to avoid being shot, while drones dropped explosives nearby."

Another testimony from *A.Q.* recounts:

³²- United Nations Relief and Works Agency for Palestine Refugees (UNRWA) – UNRWA Report No. 171 on the Humanitarian Crisis in the Gaza Strip and the West Bank, including East Jerusalem

"We left at dawn, walking more than two hours for over seven kilometers from Deir al-Balah to Nitsarim distribution site. Overhead reconnaissance drones and burned vehicles marked the route. Injured civilians lay unattended, while medical teams were prevented from reaching them."

Women and children bear the heaviest burden in this ordeal. Article 77 of Additional Protocol I mandates special protection for children against all forms of attack. The Convention on the Rights of the Child (1989) affirms their right to adequate food and healthcare, while CEDAW (1979) obliges States to ensure non-discriminatory access to food and aid, particularly for pregnant and breastfeeding women. In Gaza, however, reality contradicts these principles. Women are compelled to undertake life-threatening journeys to feed their families, thereby violating both international humanitarian law and human rights law.

One mother, *A.A.*, stated:

"The most painful feeling is when my child asks for food and I have nothing to give them. My heart breaks as a mother. We live without safety, without sufficient food, without treatment, without rest. War has destroyed us physically, economically, and mentally. My children have lost their appetite for life."

Similarly, *A.K.* recounted:

"About a month ago, a distribution center was opened in Rafah, managed by an American company. It is about 10 kilometers from our shelter. I left with my husband and brother, leaving the children with a neighbor. The road was full of debris and holes, with constant shelling and drones overhead. We walked in fear for hours."

These testimonies highlight that the siege and the deliberate obstruction of humanitarian aid transform what should be a relief operation into a journey of survival, fraught with violence and injustice. The systematic denial of safe access to food and medical aid constitutes a double violation of international humanitarian and human rights law — targeting civilians while denying them the means of sustenance.

Distribution Points: Death Traps

The American company operating under the banner of *Gaza Humanitarian Foundation (GHF)* provides protection for distribution points through armed

contractors and Israeli military guards. This arrangement has transformed these sites from humanitarian spaces into magnets for violence, raising significant concerns about the number of casualties among aid recipients. Tens of thousands have been injured in attempts to access food near these sites, according to OCHA statistics and Gaza hospital data.

According to reports by OCHA and MSF, the distribution method forces civilians to enter densely militarized zones under repeated fire, resulting in casualties during their attempts to reach aid, as well as undeclared forced displacement towards fortified distribution centers — a phenomenon that alters the demographics in Gaza.³³

Distribution points managed by GHF under Israeli military oversight and armed contractors have effectively become death traps rather than safe corridors. The presence of tanks, armed soldiers, and security guards converts aid sites into combat zones, in clear violation of the four fundamental humanitarian principles — humanity, neutrality, independence, and impartiality — as affirmed by UN agencies rejecting cooperation with this model.

Documented testimonies describe distribution points as “killing grounds”: barbed wire, armored tanks on hills, snipers targeting civilians, and food parcels thrown behind gates as bait. *M.A.* testified:

"When we arrived, we saw fenced areas with barbed wire and closed iron gates, with food parcels stacked chaotically behind them. Armed security men wearing GHF uniforms addressed people in broken Arabic and English through loudspeakers, warning them to stay away. They occasionally fired shots while tanks moved nearby, covering the area with dust. Around 10 a.m., heavy fire broke out, a shell exploded near the crowd, and people began falling. My cousin, a child, was killed."

The most vulnerable suffer most. They face injury or death during shooting incidents or crowd crushes at distribution centers, despite Article 77 of Additional Protocol I mandating special protection for civilians, particularly children. Numerous testimonies confirm that women often risk their lives to fetch aid on behalf of sick or incapacitated family members, exposing themselves directly to violence. Article 76 of the Protocol requires all parties to protect women, especially pregnant ones. Elderly, sick, and disabled people often cannot undertake these journeys, condemning them to slow death from hunger and deprivation — a violation of

³³- OCHA. “Humanitarian Situation Update #292 | Gaza Strip”. Check the link: <https://tinyurl.com/2dvepras>

Article 16 of the Fourth Geneva Convention, which obliges special protection for vulnerable individuals.

A.A. recounted:

"Upon arrival, thousands had already gathered. There was chaos, no organized queue, only an open field surrounded by fences and barbed wire, with armed guards atop sandy hills. They fired sporadically at anyone approaching the gates. We stayed on the ground for hours, afraid of bullets. Several shells exploded, injuring my husband and brother. I was left helpless beside them."

On 4 April 2025, the UN Secretary-General and the Emergency Relief Coordinator emphasized:

"We will not participate in any scheme that fails to adhere to the core humanitarian principles of humanity, neutrality, independence, and impartiality." In occupied Palestine, distribution points fortified with armed contractors and coordinated with the Israeli military are considered "actual conflict zones," not safe humanitarian spaces, according to MSF reports. This militarization turns aid into a tool of coercion and political leverage.³⁴

M.N. testified:

"We stood for hours in mud under sporadic fire to deter people from approaching. No one helped; guards shouted and forced us back. After more than five hours, the gates opened suddenly, triggering a violent rush. Many fell or were shot. My cousin was killed."

Since its establishment, the GHF model reveals a deliberate politicization of aid, transforming protection into coercion. International reports confirm that GHF operates outside humanitarian principles, trading food for displacement under military supervision — violating the spirit of humanitarian action. *Abeer* testified:

"They treated people like herds; soldiers kept pointing rifles at us constantly."

Violence at distribution points spares no one, regardless of age or gender. *A.M.* reported:

³⁴- MSF. "THIS IS NOT AID. THIS IS ORCHESTRATED KILLING". Published in August 2025. Check the link: <https://tinyurl.com/25wa36s9>

"Chaos erupted; people pushed and ran. I was struck in the neck, fell, and saw many wounded, lying unattended under fire. No one could help."

He added:

"We were surrounded, arrested, humiliated, stripped, and held at gunpoint for hours. Two were executed in front of us, their bodies left as a warning."

The militarization of aid and the denial of safe access to food constitute a direct breach of the Fourth Geneva Convention (Articles 55–59), obliging occupying powers to provide civilians with essential supplies and allow unhindered humanitarian access.

The documented violations meet the threshold of grave breaches under the Geneva Conventions and constitute war crimes under the Rome Statute, including:

- Using starvation as a method of warfare (Article 8/2/b/25).
- Direct attacks on civilians receiving aid (Article 8/2/b/1).
- Obstructing humanitarian aid (Article 8/2/b/27).
- Attacks on human dignity, including torture and degrading treatment during arrests at distribution points (Article 8/2/b/21).

There is also a gendered dimension to these violations, as starvation disproportionately impacts women, exposing them and their children to compounded risks — potentially amounting to crimes against humanity (Article 7 of the Rome Statute) when practiced as part of a widespread or systematic attack against a civilian population.

Women's Responsibilities in Confronting Starvation and Famine

In the context of humanitarian crises engendered by famine, women bear multifaceted responsibilities that transcend traditional roles. Palestinian women in the Gaza Strip stand at the forefront of the sustained impacts of famine, carrying compounded burdens within a broader humanitarian crisis. Their roles extend beyond conventional domestic care to encompass social, economic, and health

dimensions, placing them in direct confrontation with escalating challenges that necessitate a comprehensive rights-based response.

A review of testimonies reveals a common denominator in the roles assumed by Gazan women in confronting famine and the crime of starvation and deprivation. These roles can be categorized into economic, social, and health dimensions. Amid the humanitarian crisis imposed by siege and deliberate starvation, Palestinian women in Gaza undertake complex social responsibilities that extend beyond the household to the wider community. They manage scarce household resources, make decisions on the distribution of food and water among family members, and often sacrifice their own needs for the sake of their children, with tangible impacts on their own health and that of their children.

(K.H.), aged 60, assumed the responsibility of caring for her deceased daughter's four children after their father abandoned them. Having been displaced more than four times from northern Gaza, she testifies:

“I divide the small food rations into three meals—breakfast, lunch, and dinner—to alleviate hunger throughout the day and support them. Every day I send them from 9 a.m. to 1 p.m. to obtain food. On 17 April 2025, the siege intensified, and I began sending the children, but the number of beneficiaries grew, so we struggled greatly. If the children could not obtain food, I myself would go to the soup kitchens—such as the Sheikh and School kitchens—carrying my pot, waiting for hours... to receive a single meal after hardship and pleading.” She adds: “I suffer from severe asthma, yet I work at a clay oven—a dangerous task due to smoke pollution—and I leave the meal to my grandchildren, drinking only water to relieve my hunger.”

Famine, together with the accompanying economic collapse, has compelled women to seek alternative means to support their families. Many have engaged in small-scale economic activities such as bread-making, exchanging basic goods, or participating in local markets under hazardous conditions. Although limited, such activities constitute essential resources for family survival, demonstrating women's capacity for innovation and adaptation in dire circumstances. Conversely, the unpaid burdens of domestic caregiving—ranging from water collection to cooking and caring for the elderly and infirm—have multiplied, further exhausting their capacities.

(A.M.), from Beit Hanoun, displaced to Deir al-Balah and married with six children, assumed responsibility for collecting food after aid was interrupted. She organized

the process with her children—through aid distribution points, soup kitchens, and collecting leftover food from restaurant doors. She recounts:

“I send my six children with my husband, who divides them into two groups, each going to a different soup kitchens—the available ones being Sheikh Takaya and Al-Banna Takaya. I began borrowing flour from my mother and my mother-in-law. I strain cooked pasta from the soup kitchen and knead it with flour—one kilo of pasta with half a kilo of flour—and prepare saj bread over fire because it requires no yeast. My son Yusuf and I fill and transport six gallons daily.”

Women constitute the backbone of health care within the family, particularly amid the collapse of the medical system. They bear responsibility for monitoring the health of children and the elderly. (S.A.), from northern Gaza, displaced six times with her family of five, including two hearing-impaired children, testifies that she takes responsibility for water collection alongside her children, participates with her husband in seeking food—whether through soup kitchens or collecting leftovers from vegetable markets—and requests assistance from affluent neighbors.

These challenges are compounded for pregnant and breastfeeding women, who suffer from malnutrition and lack access to essential health services. Such conditions adversely affect both the physical and psychological health of women, rendering their caregiving role an additional cost borne in the era of famine.

Survival Strategies: Diseases as Alternative to Death

In the context of prolonged famine and siege in the Gaza Strip, the depletion of essential foodstuffs has compelled households—particularly women and girls—to resort to low-quality or unsafe dietary substitutes. This strategy, while functioning as an adaptive response to resource scarcity, carries serious health consequences and exacerbates the vulnerability of women and marginalized groups.

Testimonies documented by MIFTAH reveal that women were compelled to employ food substitutes that resulted in illness for themselves and other family members. Upon the exhaustion of flour, all interviewed women resorted to grinding lentils, pasta, or available legumes to substitute for flour in bread preparation. This practice precipitated numerous cases of gastrointestinal diseases, including diarrhea, constipation, indigestion, weight loss, and loss of bodily equilibrium among all family members.

Many mothers resorted to using substitutes unfit for human consumption, driven by the inability to purchase food amidst soaring prices and scarcity of supplies. (S.A.) testified to preparing food for herself and her family from animal feed such as barley, wheat, and soy, which had been collected from destroyed and abandoned homes.

(Z.A.), a displaced woman in Gaza City and mother of five, stated:

“I used to feed my children semolina with water as a substitute for milk, and bring painkillers and allergy medicines, mixing them into food to make them drowsy, so they would sleep and stop asking for food constantly.”

Several women resorted to administering sedatives or medications with sleep-inducing side effects to their children in order to lessen their feelings of hunger, and due to an inability to bear witnessing their children suffer. Some testified that they had lost the capacity to listen to their children’s pleas for food.

(R.Sh.), displaced with her family to the Gaza area, said:

“We resorted to eating wild herbs and plants that proliferate in cemeteries such as purslane and mallow, as well as converting animal feed for birds, cats, and livestock into flour, despite its grave health, bodily, and social hazards.”

From a human rights perspective, the situation of women in Gaza underscores grave and systematic violations. The use of starvation and deprivation as a weapon of war constitutes a crime under International Humanitarian Law, particularly Article 54 of the First Additional Protocol to the Geneva Conventions. Moreover, depriving women of adequate food and healthcare constitutes a breach of the *International Covenant on Economic, Social and Cultural Rights*.

Furthermore, women face compounded discrimination, arising from the intersection of gender-based burdens and the conditions of armed conflict. This has been affirmed by the Committee on the Elimination of Discrimination against Women (CEDAW) in its General Recommendation No. 30 on women in conflict situations.

Executive Recommendations for International Institutions and the United Nations

The following recommendations and scenarios are presented within the framework of documenting and analyzing the grave violations committed by Israel, as the occupying power in the Gaza Strip. These violations encompass the use of starvation and siege as systematic methods of warfare directed against Palestinians, particularly women and other vulnerable groups. The recommendations aim to provide practical and actionable steps at the international level to strengthen accountability mechanisms for these violations and to ensure the protection of civilians from their direct impacts on the rights to food, health, and a dignified life.

The recommendations further emphasize the urgent need to halt ongoing acts of genocide and other grave breaches, including the deliberate starvation of civilians and the targeting of individuals attempting to access humanitarian aid. The recommendations call for strict adherence to international humanitarian law, international human rights law, and international criminal law. Additionally, the recommendations seek to ensure the provision of special protection for women and girls, who remain disproportionately affected by these systematic policies, and to guarantee that humanitarian assistance reaches all those in need without discrimination or obstruction.

Scenarios for Holding Israel Accountable at the International Level

Submitting starvation-related cases as war crimes and crimes against humanity:

- Systematically documenting individual and family cases (such as those reported in Beit Hanoun and Gaza) through comprehensive evidence, including testimonies, medical reports, and nutritional assessments of children and women.
- Submitting collective complaints addressing ongoing violations, with a focus on acts that amount to war crimes and crimes against humanity under the Rome Statute of the International Criminal Court.
- Collaborating with international human rights organizations (e.g., Amnesty International) to strengthen legal case files with verified evidence and witness statements.

Activating United Nations treaty-based and non-treaty mechanisms addressing violations:

- Referring documented violations to the UN Human Rights Council, with particular emphasis on periodic reports concerning the rights of women and children.
- Requesting the establishment of an independent international commission of inquiry to monitor starvation and attacks on civilians in Gaza, and to provide urgent recommendations to both the Security Council and the General Assembly.
- Urging the UN Secretary-General to activate emergency protection mechanisms, including securing the delivery of food and medical aid, and deploying independent international observers inside the Gaza Strip.

Pursuing accountability through third-party legal actions:

- Pressuring Western states and humanitarian donor countries to compel Israel to end its starvation policies, based on their international responsibility for complicity or contribution to such violations.
- Utilizing national legal mechanisms in certain jurisdictions to prosecute companies or individuals involved in providing military or economic support to the occupation that sustains the starvation policy.

Enhancing Protection for Women and Children in Gaza

- Expanding direct humanitarian aid through increased funding and assistance to ensure the delivery of food, water, and health care to civilians without discrimination.
- Including specialised nutritional programmes for pregnant and breastfeeding women to mitigate the effects of malnutrition on newborns (including low birth weight), and reduce rates of mortality and morbidity.
- Providing psychological support for women affected by hunger and loss of family members, including treatment for acute stress and trauma.
- Establishing international teams to monitor violations against women and the most vulnerable groups, and issuing periodic reports to the UN Security Council and General Assembly.
- Conducting regular nutritional assessments for all women, with critical cases included in official UN reports.
- Providing essential medicines and hospital beds to ensure treatment of severe malnutrition cases.
- Designating women-led teams to secure distribution points and monitor issues affecting women and girls.

Recommendations for Palestinian Civil Society

Developing Comprehensive International Human Rights Dossiers

- Collecting and documenting accurate field data for each case, including photographs, videos, and medical testimonies.
- Preparing periodic reports for publication on international platforms to highlight ongoing starvation and its impact on women.

Enhancing International Advocacy and Networking

- Engaging with international human rights coalitions to ensure evidence reaches decision-makers and to exert political and legal pressure on international bodies for tangible action.
- Organising global campaigns to shed light on violations and the impact of siege and starvation on women's public health, thereby strengthening support for legal accountability measures.
- Establishing timelines for submitting legal dossiers to international bodies (e.g., the International Criminal Court, Human Rights Council, special committees).
- Monitoring the outcomes of advocacy campaigns and adjusting strategies based on progress made or obstacles encountered by civil society actors.

Sources and References

- Abu Saif, Fouad. *"Destruction of the Agricultural Sector in Gaza: Impacts of the Israeli War and Pathways for Recovery and Food Sovereignty"*. Institute for Palestine Studies, published on 19 February 2024. Available at: <https://shorturl.at/2lCVz>
- United Nations. *"New International Report: All Gaza Residents Face Risk of Famine"*. Published on 12 May 2025. Available at: <https://shorturl.at/m8ijz>
- United Nations. *"International Committee Issues Warning that Famine is Occurring or Imminent in Northern Gaza"*. Published on 8 November 2024. Available at: <https://shorturl.at/UirF5>
- United Nations. *"UNRWA: Children Are Dying Before Our Eyes, and We Lack Means to Treat Them"*. Published on 16 July 2025. Available at: <https://tinyurl.com/2s3e35h2>
- United Nations. *"Guterres Affirms Non-Participation in Any Plan that Fails to Uphold Humanitarian Principles in Gaza: We Have a Detailed Relief Plan"*. Published on 23 May 2025. Available at: <https://tinyurl.com/bdmx3msm>
- United Nations. *"Gaza – Reports of More than 50 Child Deaths Due to Malnutrition, Warning of Long-Term Impact on a Whole Generation"*. Published on 13 May 2025. Available at: <https://tinyurl.com/2b6x69pp>
- UNICEF Website. *"New Report States That the Risk of Famine Threatens Children Across Gaza"*. Published on 13 May 2025. Available at: <https://shorturl.at/XmCDe>
- United Nations. *"Gaza: Families Eating One Meal Every Two or Three Days Amid Essential Needs Shortages and Access Restrictions"*. Published on 20 June 2024. Available at: <https://tinyurl.com/4k7zz6cx>
- Palestinian Central Bureau of Statistics. *"Sharp Rise in Consumer Prices in Gaza Amid Renewed Israeli Aggression and Limited Commercial Truck Access through Crossings"*. Published on 14 August 2025. Available at: <https://shorturl.at/2PppN>
- *Guidelines on the Use of Military and Civil Defence Assets to Support United Nations Humanitarian Operations in Complex Emergencies* (Inter-Agency Standing Committee), March 2003.
- Palestinian NGOs Network. *"Palestinian NGOs Network Warns of an Unprecedented Humanitarian Catastrophe in Gaza and Rejects Israeli Attempts to Control Aid and Impose Distribution Mechanisms"*. Published on 17 April 2025. Available at: <https://tinyurl.com/2s39ndb6>

- Farhan, Muhammad. *"Gaza Humanitarian Organization Resumes Work Amid Stalled Truce Negotiations"*. Published on 27 May 2025. Available at: <https://tinyurl.com/uvjw5xyz>
- Quds Press Agency. *"Gaza Health: Death Toll from Famine Rises to 411, Including 142 Children"*. Statistics as of 11 September 2025. Available at: <https://qudspress.com/217277/>
- WAFA – Palestinian News & Information Agency. *"OCHA: 96% of Households in Gaza Face Water Insecurity"*. Published on 3 August 2025. Available at: <https://www.wafa.ps/Pages/Details/127152>
- WAFA – Palestinian News & Information Agency. *"WHO: 90% of Pregnant and Breastfeeding Women in Gaza Suffer from Malnutrition"*. Published on 7 April 2025. Available at: <https://tinyurl.com/3ezw6xpy>
- WAFA – Palestinian News & Information Agency. *"PCBS: Sharp Rise in Consumer Prices in Gaza Last Month"*. Published on 14 May 2025. Available at: <https://shorturl.at/NVkvG>
- United Nations Relief and Works Agency for Palestine Refugees (UNRWA). *UNRWA Report No. 171 on the Humanitarian Crisis in Gaza and the West Bank, Including East Jerusalem*.
- Al-Mezan Center for Human Rights. *"Cash Liquidity in the Context of Genocide"*. Published on 11 August 2024. Available at: <https://www.mezan.org/ar/post/46500>
- Gaza Chamber of Commerce and Industry Website. *"Gaza Chambers of Commerce Call for Immediate Opening of Crossings to the Private Sector to Save the Economic and Humanitarian Situation"*. Published on 27 July 2025. Available at: <https://tinyurl.com/32kv37vy>
- Mordechai, Li. *"Gaza Humanitarian Foundation and Managing Famine for Profit from the Blood of Gazans"*. Published on Noon Post Platform, 19 September 2025. Available at: <https://tinyurl.com/3c9xd8y6>
- FAO. *"Reviving Gaza's Fishing Sector Hinges on Restoring Peace and Safe Access to the Sea"*. Published on 24 December 2024. Available at: <https://shorturl.at/cBx9d>
- United Nations. *"Famine Confirmed in Gaza, EI Settlement Push in West Bank, 11 Journalists Killed, Israeli Move to Take Control of Gaza City, and Latest Humanitarian Updates – Action by UN System Relevant to the Question of Palestine"*. August 2025 Monthly Bulletin. Available at: <https://shorturl.at/ztq7B>
- ICRC. *"Article 54 – Protection of Objects Indispensable to the Survival of the Civilian Population"*. Available at: <https://tinyurl.com/bd3kxav8>
- IPC. (22 August 2025). *"Famine Confirmed in Gaza Governorate, Projected to Spread"*. Integrated Food Security Phase Classification, Issue 134. Available at: <https://shorturl.at/EKzEB>

- MSF. *"This is Not Aid. This is Orchestrated Killing"*. Published in August 2025. Available at: <https://tinyurl.com/25wa36s9>
- OCHA. *"Statement by the Humanitarian Country Team of the Occupied Palestinian Territory – on Principled Aid Delivery in Gaza"*. 4 May 2025. Available at: <https://tinyurl.com/mr466a9y>
- OCHA. *"Humanitarian Situation Update #292 | Gaza Strip"*. Available at: <https://tinyurl.com/2dvepras>