



INTRODUCING

#BakeForPalestine

Host your own #BakeForPalestine event and support the people of Palestine. Bring your friends, family, workmates and community together to taste the flavours of Palestine and discuss Amnesty's latest [report](#) exposing Israel's apartheid against Palestinians.

- How you run a Bake for Palestine event is up to you. The objective is to make and eat some delicious Palestinian food, and learn more about how Palestinians living in Israel and the Occupied Palestinian Territories are treated, and the ways you can help.
- We suggest you host a discussion on our report *Israel's Apartheid Against Palestinians: A cruel system of domination and a crime against humanity*. See page 3 for discussion questions. You can also screen our 15-minute [video](#) about Israel's apartheid against Palestinians or a film about Palestine. See page 3 for some recommended films.

Organise your event

- Pick your venue and book it if you need to. This could be your home, a community centre, or where you regularly hold meetings. Check if you can bring in your own food and if it has facilities to show a film.
- Send out invitations – create a WhatsApp or Facebook group, or simply message friends. Give at least a week's notice – ideally two weeks.



Homes demolished in Umm al-Hiran, Negev, 2017
© Menahem Kahana/AFP via Getty Images

Baking

Once you have an idea of numbers, bake some delicious Palestinian food. We have two simple and easy-to-follow recipes to help you: Mana'eesh za'atar, a type of traditional and popular Palestinian flatbread, and sweet Anise date cookies. See the recipes on page 4.

Preparing for your event

If you're planning to discuss Amnesty's latest report, share it with people beforehand [Report link](#).

It is a comprehensive report, so if people don't have time to read it all, they can:

- Read the [press release](#), [Q&A](#), executive summary and recommendations
- Watch our video explainer [Israel's Apartheid Against Palestinians](#) (15 minutes)
- Take our free online education module, *Deconstructing Israel's Apartheid Against Palestinians* (90 minutes) academy.amnesty.org

On the day

- Display your baked goods and drinks, and ensure you have enough crockery for your guests.
- Introduce the Amnesty report. See our suggested questions to spark a conversation (below).
- Alternatively, screen our 15-minute explainer video or a film about Palestine (see our recommendations on page 3).

After the event

- Thank your guests and share your photos on social media – tag us and use our hashtags [#BakeForPalestine](#) [#EndIsraeliApartheid](#)
- Ask guests to sign our petition and [stay up to date with the latest developments](#) and progress of this campaign
- Encourage people to support Palestinian farmers by buying their foods from the Amnesty shop amnestystore.org.uk or make a donation at www.amnesty.org.uk/StopNow
- Tell us how it went and send us your photos along with any comments and ideas from your discussion – email us at activism@amnesty.org.uk

Good luck with your #BakeForPalestine event. By engaging people in our [report](#) and the issues, you are playing a vital role in our campaign to dismantle Israel's system of apartheid against Palestinians. We have the power to demolish this system.

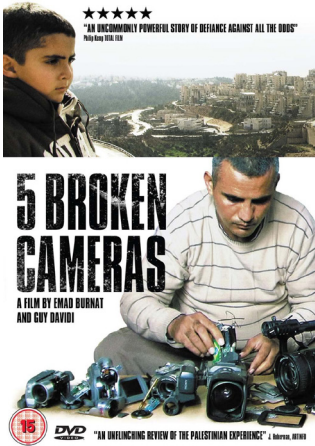
Discussion questions

Here are a few discussion questions you might find useful. We suggest your discussion lasts around 30 minutes but it is up to you.

- 1 How has Amnesty reached the conclusion that Israel is committing the crime of apartheid against Palestinians under international law?
- 2 What evidence did you find the most shocking and compelling?
- 3 What information and violations documented in the report was new to you?
- 4 What did you make of the distinction between the different systems of apartheid in South Africa, Myanmar and now Israel?
- 5 How can you and your group help in the campaign to dismantle apartheid in Israel and the Occupied Palestinian Territories? Consider ways to raise awareness, and any leverage you may have in your workplace, local authority or investment funds such as your pension.
- 6 What else should Amnesty and the international community be doing?

For a film screening

Here is a short list of films giving insight into Israel/Palestine and the people living there.



5 Broken Cameras

(2011) Free on [YouTube](#)

Over five years, Palestinian farmer Emad Burnat bravely chronicles his village's peaceful resistance against the Israeli army's attempt to encroach on their land. Winner of a 2012 Sundance Film Festival award.

The Wanted 18

(2014) [Amazon Prime](#)

An animated documentary shows the efforts of residents in Beit Sahour, West Bank, who start a local dairy during the first Intifada, and hide their herd of 18 cows from Israeli security forces when they are declared a security threat.

To Shoot an Elephant

(2010) Free on [YouTube](#)

About the harsh reality of bombardment of Gaza by Israeli forces during the 2008-2009 conflict.



200 Meters

(2020) [Netflix](#)

The dramatic story of a Palestinian father separated from his son by the Israeli wall in Tulkarm in the Occupied West Bank.

The Present

(2020) [Netflix](#)

This Oscar-nominated short film centres around a Palestinian man who, with his young daughter, tries to buy his wife an anniversary gift in the West Bank.

The Stones Cry Out

(2013) Free on [Vimeo](#) with a login

The story of Palestine's Christian community, their history and their struggle.

Gaza Surf Club

(2016) Rent on [YouTube](#)

Ruled by war, resilient young people take to the waves in defiance as Gaza City faces a constant state of emergency.



For your baking

RECIPE 1

Mana'eesh za'atar



Ingredients

- 400g plain flour
- 2 tablespoons instant yeast
- 1 teaspoon sugar
- 1 cup warm water
- ½ teaspoon salt
- ½ tablespoon olive oil

Za'atar mix

- 3 tablespoons za'atar
- 125ml olive oil

Method

1. Dissolve the yeast into half of the warm water. Add the sugar and leave for five minutes.
2. Make the dough. In a large mixing bowl, combine flour and salt. Pour in the yeast mix and the rest of the warm water.
3. Knead together until a dough forms. Rub olive oil over it, cover and leave to rise for an hour.
4. Preheat the oven to 220°C.
5. Once the dough has risen, sprinkle flour on a surface, knead again and divide into six equal ball shapes. Cover again for 10 minutes.
6. Flatten each ball into a disc shape with a rolling pin. Place on a greased baking tray and, with your fingers, tap the dough making indentations.
7. Mix the za'atar and olive oil together into a paste. Spread on top of the dough leaving a small border at the edges.
8. Bake for 10-15 minutes or until the base of each bread is slightly browned.
9. They can be kept for about two days in an airtight container.

RECIPE 2

Anise date cookies



Ingredients

- 500g plain flour
- 250ml extra virgin olive oil
- 2 teaspoons anise seeds
- 2 teaspoons anise powder
- 2 teaspoons baking powder
- 100g sugar
- 175ml warm water
- Around 330g of date paste

Method

1. Preheat the oven to 180°C.
2. Mix all the dry ingredients together: flour, anise seeds, anise powder, baking powder and sugar. Then add the oil and mix by hand until the texture of wet sand.
3. Add the warm water gradually and knead until the dough is smooth.
4. Divide your dough into equal portions – this recipe should make around 40 cookies. Roll each portion into a log and then flatten with your hand.
5. Add a layer of date paste on top then fold the dough around this filling.
6. Shape into a round shape like a bracelet, and where the two ends meet, seal by pinching the dough together. Repeat this.
8. Bake for about 25-30 minutes or until the bottoms turn golden brown.
9. They can be stored in an airtight container for around a week.

SHOP HERE

Buy Zaytoun dates,
za'atar and extra
virgin olive oil from
Palestine at
amnestystop.org.uk

www.amnesty.org.uk