



Afghanistan Food Prices & Food Insecurity Report — July 2026

All food prices in Afghani (AFN) for July 2026. IPC Food Insecurity Projections (April–September 2026).

Key Insights

- The median Flour Purchasing Power (FPP) is **10.0 kg of low-quality wheat flour** for a day's unskilled wage. In total, 16 provinces fall below this median (midpoint), meaning workers there can afford fewer kg of flour per day than the national median.
- In total, **9 provinces** have $\geq 40\%$ of their food insecure population in IPC Phase 3+ (Crisis or worse): Badakhshan, Balkh, Bamyan, Daykundi, Faryab, Ghor, Jawzjan, Kunar, Sar-e-Pul.
- **Nuristan** has the lowest Flour Purchasing Power (7.6 kg/day).
- **Nimroz** has the highest Flour Purchasing Power (15.8 kg/day).

Source: WFP Food Price Database, Afghanistan. IPC Food Insecurity Projections (April–September 2026). Source: WFP, IPC.



Provincial Food Prices (AFN per kg) — July 2026

National Median Prices (AFN per kg)

Food commodity	Wheat flour (high quality)	Wheat flour (low quality)	Rice (high quality)	Rice (low quality)	Pulses	Sugar	Oil (cooking)	Salt
National median	AFN 32.0	AFN 29.4	AFN 127.4	AFN 70.0	AFN 83.3	AFN 60.0	AFN 115.7	AFN 25.0

Color coding: green = lower price, and orange = higher price relative to the national median for each food commodity item.

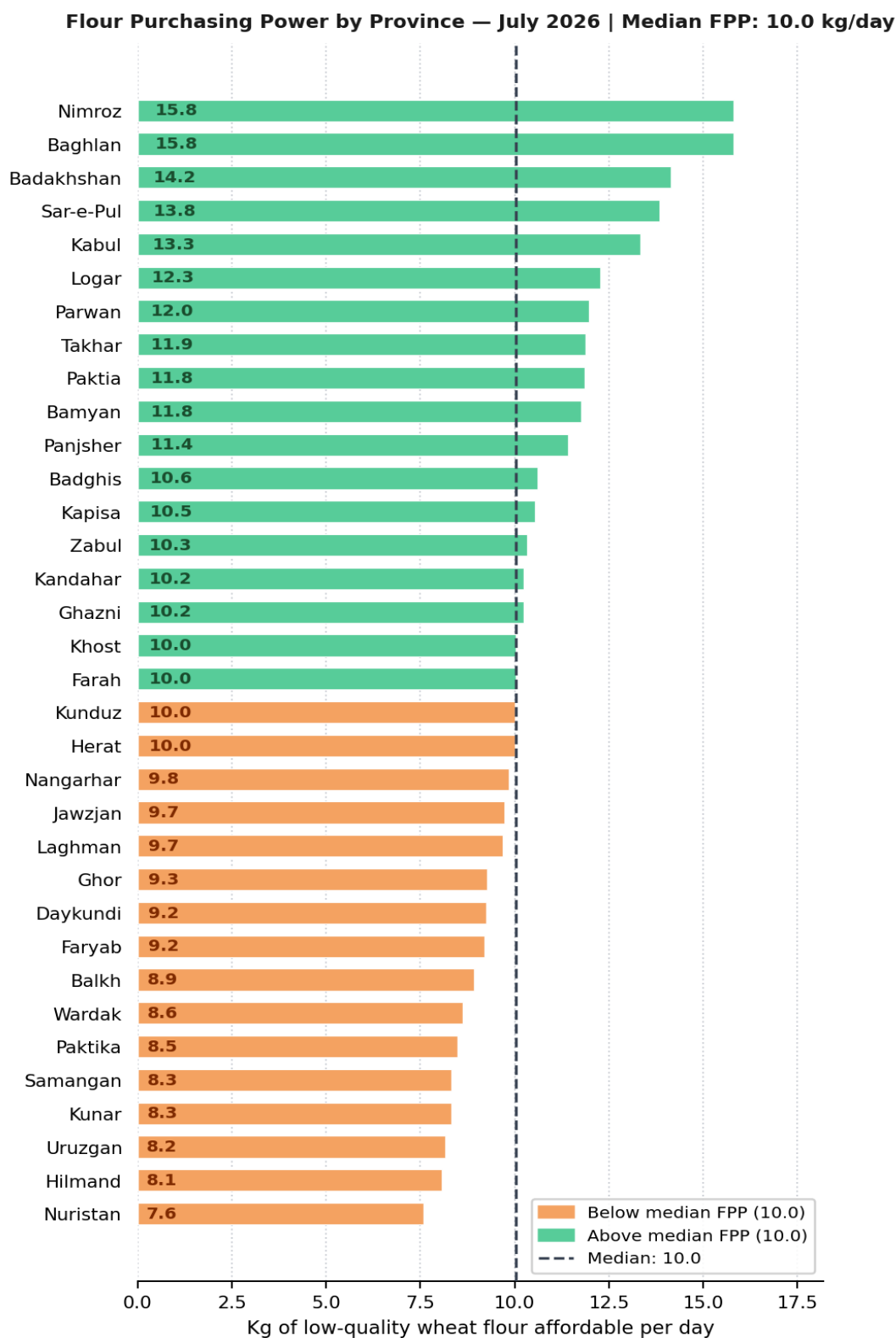
Province	Wheat flour (high quality)	Wheat flour (low quality)	Rice (high quality)	Rice (low quality)	Pulses	Sugar	Oil (cooking)	Salt
Badakhshan	32	28	120	69	72	69	116	25
Badghis	32	28	127	79	72	57	119	10
Baghlan	32	27	160	68	68	66	116	25
Balkh	31	28	140	80	85	60	115	25
Bamyan	33	30	150	112	77	58	119	20
Daykundi	33	32	142	116	120	62	122	25
Farah	31	28	91	76	99	60	104	20
Faryab	29	27	123	73	83	66	118	25
Ghazni	34	29	126	75	76	58	109	21
Ghor	34	29	158	85	97	64	115	20
Herat	34	30	117	65	85	57	125	25
Hilmand	31	31	115	73	100	57	115	26
Jawzjan	32	31	140	60	87	73	125	15
Kabul	32	30	135	100	80	59	115	25
Kandahar	31	29	109	52	98	56	114	15
Kapisa	30	28	126	67	78	58	115	30
Khost	32	30	111	51	84	59	124	14
Kunar	32	30	146	70	100	60	114	20
Kunduz	31	30	150	70	70	60	117	25
Laghman	33	31	120	56	95	62	115	18
Logar	31	29	124	84	83	57	107	20
Nangarhar	32	30	143	56	97	64	112	20
Nimroz	34	28	135	70	109	67	137	35
Nuristan	36	33	169	70	128	77	118	25
Paktia	31	30	124	87	82	58	105	20
Paktika	34	29	98	65	88	64	118	30
Panjsher	31	29	130	71	78	63	118	30
Parwan	31	29	127	70	75	61	116	30
Samangan	32	30	130	75	80	60	125	25
Sar-e-Pul	30	25	130	70	70	61	116	25
Takhar	30	25	140	55	58	63	115	25
Uruzgan	34	31	112	72	106	55	108	15
Wardak	33	29	126	75	76	59	108	21
Zabul	33	29	118	58	109	57	107	19

Source: WFP Food Price Database, Afghanistan. Prices are average across available markets per province.



Flour Purchasing Power by Province

Flour Purchasing Power (FPP) = daily wage ÷ price of low-quality wheat flour (AFN/kg). Median FPP = **10.0 kg/day**. Provinces below median are in orange; above median in green.



Source: WFP Food Price Database, Afghanistan. Wage = daily wage of non-qualified, non-agricultural labour.



Food Insecurity — IPC Phase 3+ Projections (April–September 2026)

Total food insecure population projected in IPC Phase 3+ (Crisis or worse): **11,026,316** across all 34 provinces. **9** provinces have $\geq 40\%$ of their food insecure population in Phase 3+.

#	Province	% food insecure population in Phase 3+	Projected food insecure population in Phase 3+
1	Jawzjan	50%	286,940
2	Ghor	45%	483,858
3	Faryab	45%	738,712
4	Daykundi	45%	369,410
5	Bamyan	40%	206,364
6	Balkh	40%	570,964
7	Sar-e-Pul	40%	347,229
8	Kunar	40%	543,449
9	Badakhshan	40%	671,810
10	Nangarhar	35%	958,611
11	Nuristan	35%	107,763
12	Baghlan	35%	601,580
13	Takhar	35%	548,717
14	Samangan	35%	231,882
15	Herat	30%	674,968
16	Laghman	30%	310,418
17	Badghis	30%	250,379
18	Paktika	28%	156,943
19	Ghazni	25%	334,529
20	Kunduz	25%	307,030
21	Farah	25%	219,720
22	Zabul	25%	134,811
23	Panjsher	25%	62,575
24	Hilmand	20%	510,261
25	Nimroz	20%	86,635
26	Uruzgan	20%	128,961
27	Kapisa	20%	127,992
28	Logar	20%	147,942
29	Parwan	20%	193,681
30	Kandahar	15%	209,365
31	Wardak	15%	130,802
32	Paktia	15%	174,675
33	Kabul	10%	84,717
34	Khost	10%	112,623

Highlighted rows ($\geq 40\%$) indicate provinces with a high share of food insecure people in crisis, emergency, or catastrophe. Source: IPC — Integrated Food Security Phase Classification.



Quadrant Analysis: Flour Purchasing Power vs. Food Insecurity

Low Affordability = less than median flour purchasing power (FPP) (median 10.0 kg/day);

Higher Affordability = at least median FPP or higher;

Lower Food Insecurity = less than 40% food insecure people in IPC Phase 3+;

Higher Food Insecurity = at least 40% or greater food insecure people in IPC Phase 3+.

← Low Affordability (FPP)

Higher Affordability (FPP) →

Higher Food Insecurity + Low Affordability (6 provinces) • Balkh • Daykundi • Faryab • Ghor • Jawzjan • Kunar	Higher Food Insecurity + Higher Affordability (3 provinces) • Badakhshan • Bamyan • Sar-e-Pul
Lower Food Insecurity + Low Affordability (10 provinces) • Herat • Hilmand • Kunduz • Laghman • Nangarhar • Nuristan • Paktika • Samangan • Uruzgan • Wardak	Lower Food Insecurity + Higher Affordability (15 provinces) • Badghis • Baghlan • Farah • Ghazni • Kabul • Kandahar • Kapisa • Khost • Logar • Nimroz • Paktia • Panjsher • Parwan • Takhar • Zabul

Quadrant thresholds: FPP median = 10.0 kg/day; food insecurity threshold = 40% food insecure people in IPC Phase 3+. Sources: WFP Food Price Database July 2026; IPC (April–September 2026).



Quadrant Map: Flour Purchasing Power vs. Food Insecurity, July 2026

Afghanistan — Flour Purchasing Power vs. Food Insecurity by Province, July 2026
FPP median = 10.0 kg/day | Food insecurity threshold = 40% in IPC Phase 3+



Sources: WFP Food Price Database July 2026; IPC Food Insecurity Projections (April–September 2026). Province boundaries: geoBoundaries (CC BY 4.0).



Methodology

Food price data

Provincial food price data are sourced from the WFP Food Price Database, Afghanistan. Prices represent averages across available markets per province for the reference month. Only provinces with at least one market observation are included. Commodity coverage includes staple foods (wheat flour, rice, pulses, sugar, cooking oil, salt), fuel (diesel), and daily wages for non-qualified non-agricultural and qualified labor.

Flour Purchasing Power (FPP)

The Flour Purchasing Power index measures how many kilograms of low-quality wheat flour a daily wage (non-qualified, non-agricultural labor) can purchase. $FPP = \text{daily wage} \div \text{price of low-quality wheat flour (AFN/kg)}$. A higher FPP indicates greater purchasing power relative to this staple food. The national median FPP is used as the threshold for the quadrant analysis.

IPC food insecurity data

Food insecurity projections are sourced from the Integrated Food Security Phase Classification (IPC). Data reflect projected population in IPC Phase 3+ (Crisis, Emergency, or Catastrophe) for the period April–September 2026. The 40% threshold for 'high food insecurity burden' indicates provinces where at least 40% of the food insecure population is in Phase 3 or worse.

Quadrant analysis

Provinces are assigned to one of four quadrants based on two dimensions: (1) Flour Purchasing Power relative to the national median, and (2) share of food insecure population in IPC Phase 3+, using 40% as the threshold. This analysis helps identify provinces that face both high food insecurity and low purchasing power (most vulnerable) versus those with better resilience.

Data sources

WFP Food Price Database, Afghanistan (monthly). IPC — Integrated Food Security Phase Classification, Afghanistan (April–September 2026).

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