Data for Afghanistan

Afghanistan Food Prices & Food Insecurity Report — September 2026

All food prices in Afghani (AFN) for September 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.

- The national median prices across eight food commodities are as following: **High-quality wheat flour**: 32.0 AFN/kg; **Low-quality wheat flour**: 29.5 AFN/kg; **High-quality rice**: 122.4 AFN/kg; **Low-quality rice**: 69.1 AFN/kg; **Pulses**: 82.7 AFN/kg; **Sugar**: 59.3 AFN/kg; **Cooking oil**: 120.9 AFN/kg; **Salt**: 25.0 AFN/kg.

- In total, **9 provinces** have ≥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 (7.1 kg/day).

- **Nimroz** has the highest Flour Purchasing Power (16.2 kg/day).

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

Data for Afghanistan

Provincial Food Prices (AFN per kg) — September 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 29.5	AFN 122.4	AFN 69.1	AFN 82.7	AFN 59.3	AFN 120.9	AFN 25.0

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

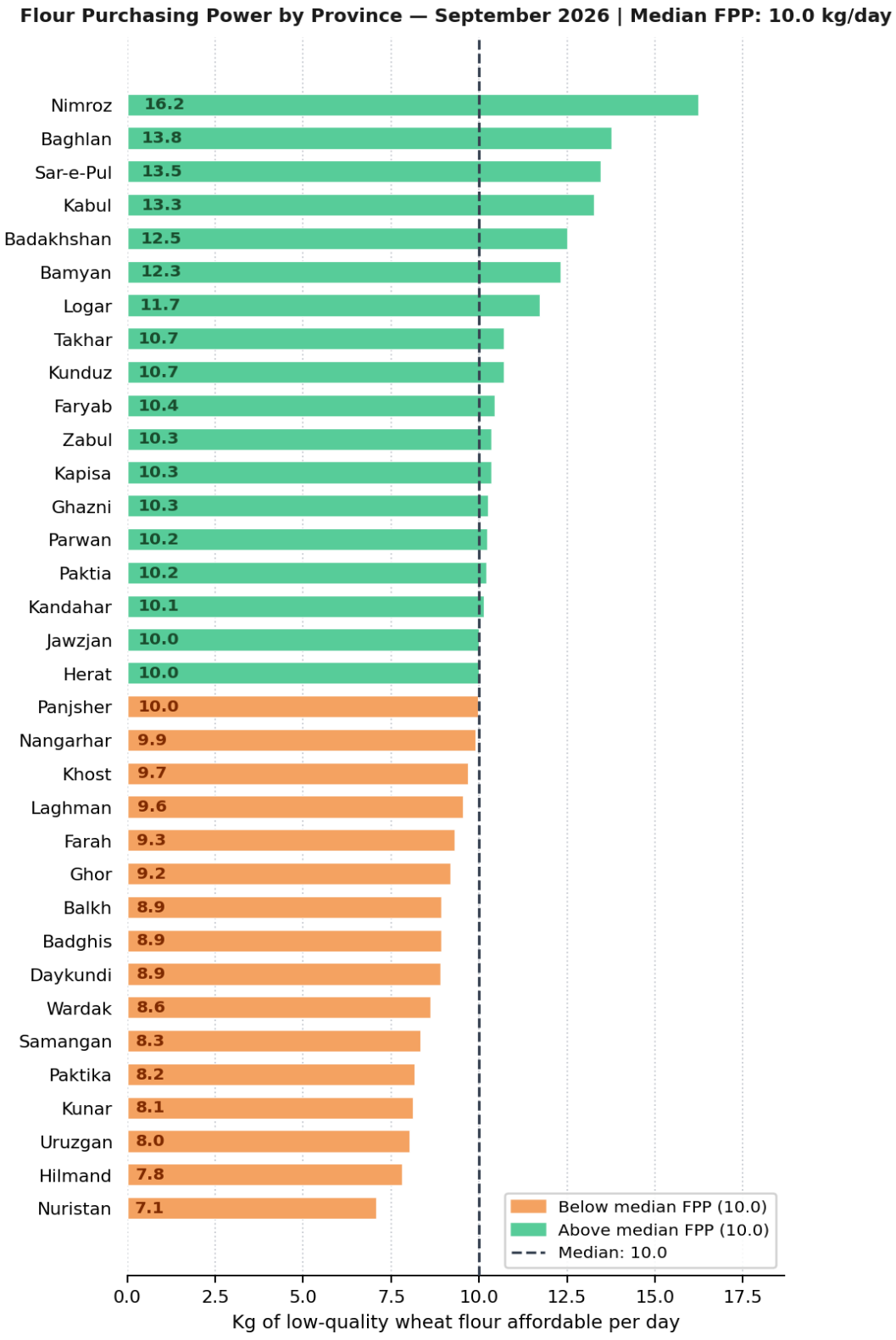
Province	Wheat flour (high quality)	Wheat flour (low quality)	Rice (high quality)	Rice (low quality)	Pulses	Sugar	Oil (cooking)	Salt
Badakhshan	32	28	130	74	62	70	120	25
Badghis	33	28	114	65	70	55	123	10
Baghlan	30	28	150	68	65	60	121	25
Balkh	30	28	133	80	80	60	120	25
Bamyan	31	28	141	115	77	59	120	20
Daykundi	35	34	150	120	120	63	133	27
Farah	33	29	103	71	98	55	110	20
Faryab	32	29	129	80	80	60	120	25
Ghazni	33	30	113	80	88	59	128	22
Ghor	32	29	145	85	90	60	112	20
Herat	34	30	116	65	85	55	128	25
Hilmand	32	32	110	63	104	55	121	26
Jawzjan	31	30	130	62	88	60	130	15
Kabul	32	30	135	100	77	58	121	25
Kandahar	32	30	104	51	102	51	118	15
Kapisa	31	29	111	60	76	56	120	30
Khost	34	31	106	50	83	57	133	15
Kunar	32	31	135	65	103	59	117	20
Kunduz	31	28	150	70	63	61	121	25
Laghman	35	31	119	55	93	57	118	17
Logar	31	30	125	94	83	59	112	20
Nangarhar	32	30	126	58	98	56	115	19
Nimroz	33	28	129	68	109	61	134	34
Nuristan	38	35	150	70	128	74	122	25
Paktia	31	29	115	83	78	59	116	20
Paktika	34	31	114	65	82	58	121	30
Panjsher	32	30	114	65	77	60	127	30
Parwan	32	29	111	63	75	56	121	30
Samangan	33	30	120	80	83	60	124	25
Sar-e-Pul	30	26	132	80	79	66	124	25
Takhar	32	28	136	61	58	60	120	25
Uruzgan	34	31	110	71	101	55	111	14
Wardak	31	29	116	87	82	60	130	20
Zabul	31	29	114	58	109	59	111	18

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

Data for Afghanistan

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.

Data for Afghanistan

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 ≥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	Faryab	45%	738,712
3	Daykundi	45%	369,410
4	Ghor	45%	483,858
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	Samangan	35%	231,882
11	Nangarhar	35%	958,611
12	Nuristan	35%	107,763
13	Baghlan	35%	601,580
14	Takhar	35%	548,717
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 (≥40%) indicate provinces with a high share of food insecure people in crisis, emergency, or catastrophe. Source: IPC — Integrated Food Security Phase Classification.

Data for Afghanistan

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+;

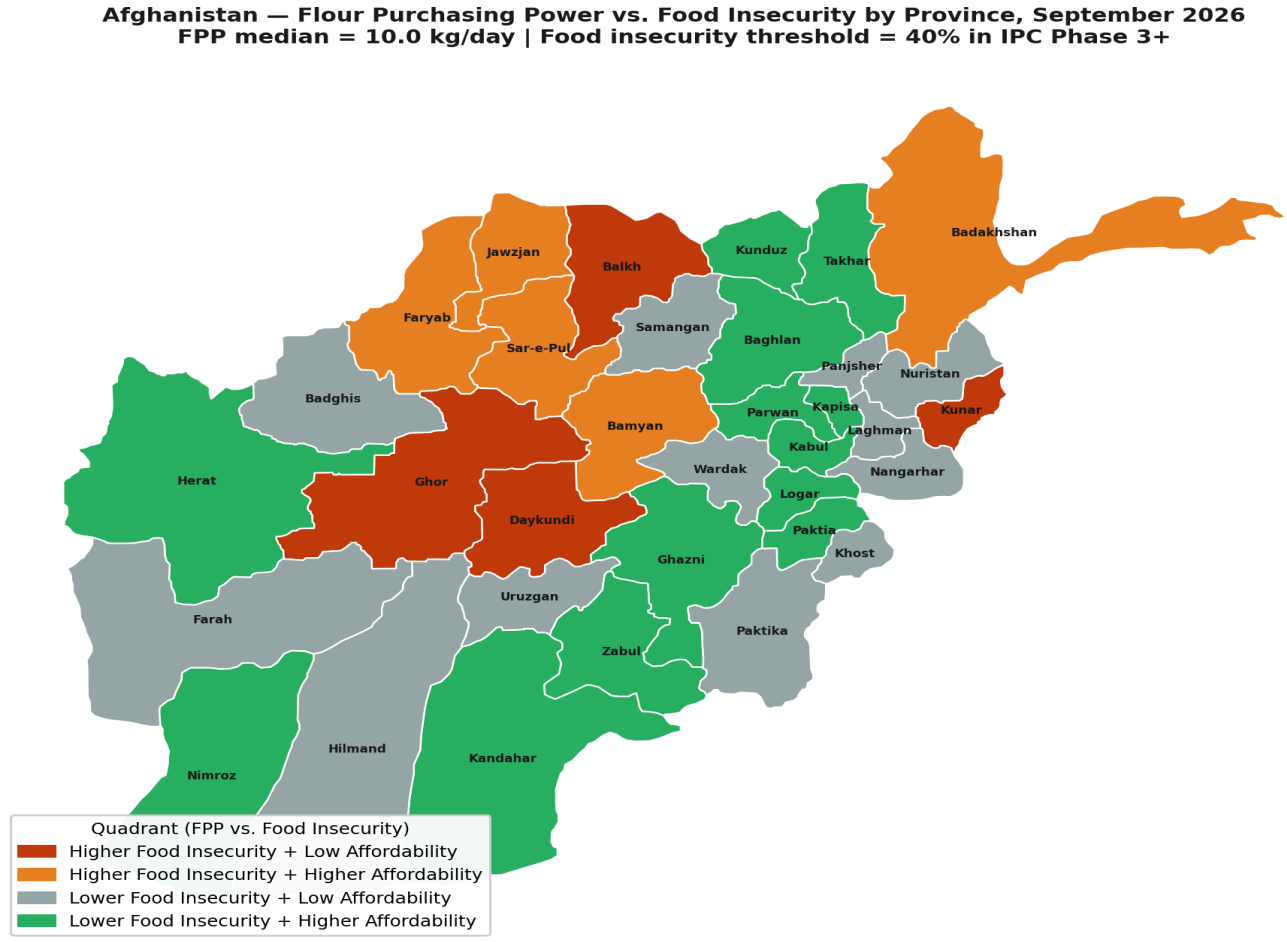
Higher Food Insecurity = at least 40% or greater food insecure people in IPC Phase 3+.

← *Low Affordability (FPP)*	*Higher Affordability (FPP)* →
Higher Food Insecurity + Low Affordability (4 provinces) • Balkh • Daykundi • Ghor • Kunar	**Higher Food Insecurity + Higher Affordability** (5 provinces) • Badakhshan • Bamyan • Faryab • Jawzjan • Sar-e-Pul
Lower Food Insecurity + Low Affordability (12 provinces) • Badghis • Farah • Hilmand • Khost • Laghman • Nangarhar • Nuristan • Paktika • Panjsher • Samangan • Uruzgan • Wardak	**Lower Food Insecurity + Higher Affordability** (13 provinces) • Baghlan • Ghazni • Herat • Kabul • Kandahar • Kapisa • Kunduz • Logar • Nimroz • Paktia • 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 September 2026; IPC (April–September 2026).

Data for Afghanistan

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



Sources: WFP Food Price Database September 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 = daily wage ÷ 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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This report is published monthly using the latest WFP Food Price Database and IPC projections. Humanitarian agencies and practitioners needing custom analysis should contact us. Interactive tools and datasets are also available at dataforafghanistan.org.

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