



Afghanistan Food Prices & Food Insecurity Report — June 2026

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

Key Insights

- The median Flour Purchasing Power (FPP) is **10.3 kg of low-quality wheat flour** for a day's unskilled wage. In total, 14 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 (7.1 kg/day).
- **Baghlan** has the highest Flour Purchasing Power (17.3 kg/day).

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



Provincial Food Prices (AFN per kg) — June 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 31.3	AFN 29.0	AFN 130.0	AFN 71.7	AFN 86.2	AFN 66.5	AFN 112.5	AFN 25.0

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

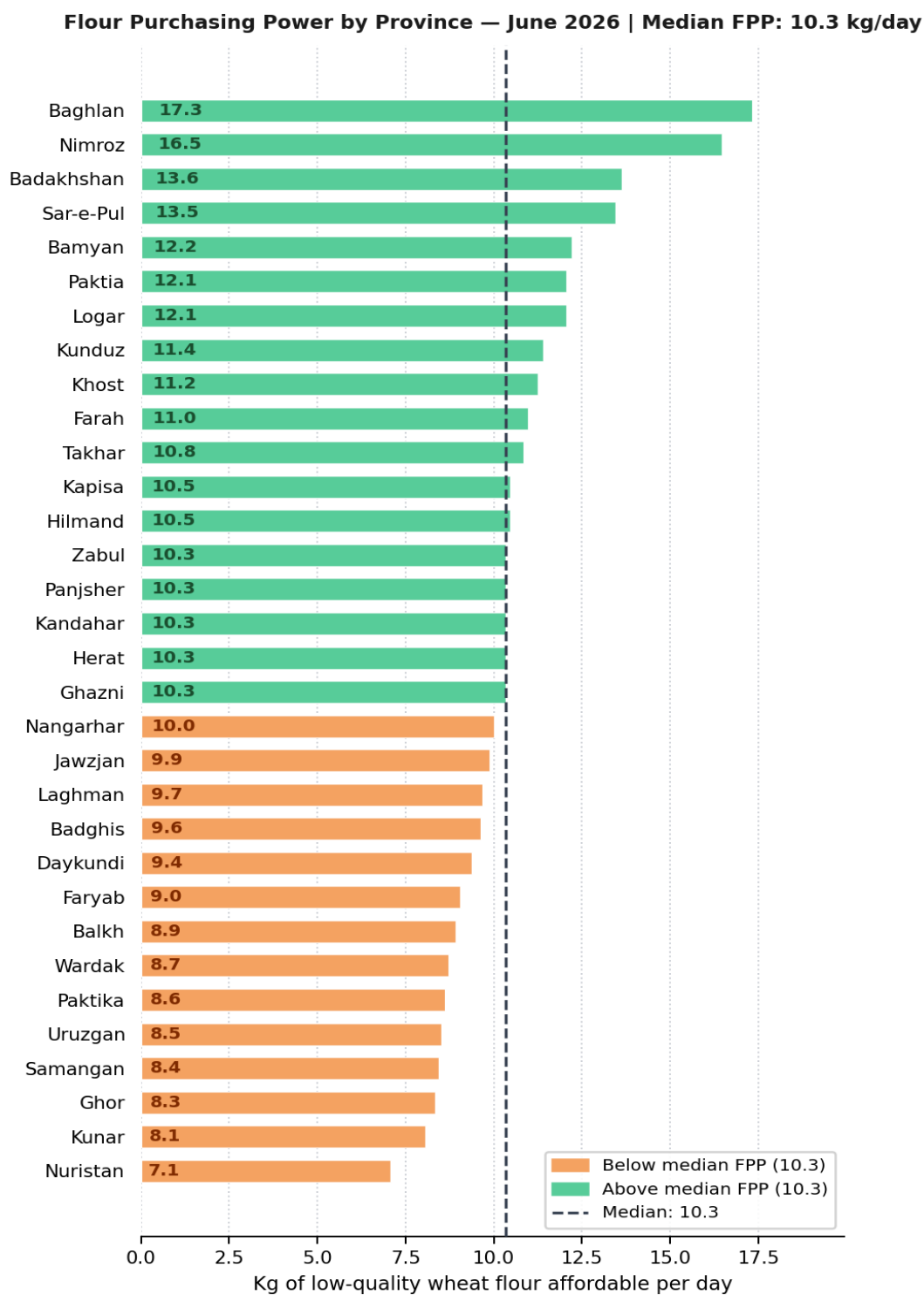
Province	Wheat flour (high quality)	Wheat flour (low quality)	Rice (high quality)	Rice (low quality)	Pulses	Sugar	Oil (cooking)	Salt
Badakhshan	33	29	127	66	71	72	110	25
Badghis	30	28	128	100	77	65	114	10
Baghlan	28	25	160	61	68	68	110	25
Balkh	30	28	133	73	87	70	115	25
Bamyan	31	29	151	103	79	63	116	20
Daykundi	35	32	148	—	114	75	120	30
Farah	31	27	100	80	98	63	108	20
Faryab	30	28	123	73	88	70	115	25
Ghazni	32	29	118	—	80	66	105	22
Ghor	35	30	159	90	101	73	110	20
Herat	31	29	107	68	85	60	120	25
Hilmand	31	29	121	77	101	62	113	26
Jawzjan	32	30	150	62	88	75	125	15
Kabul	31	29	133	100	81	62	100	25
Kandahar	32	29	112	—	101	59	111	15
Kapisa	30	29	130	75	79	66	111	30
Khost	32	27	117	55	88	64	120	14
Kunar	32	31	150	70	99	68	113	20
Kunduz	30	26	150	69	69	65	110	25
Laghman	33	31	121	57	94	65	112	17
Logar	31	29	132	90	85	66	107	—
Nangarhar	32	30	157	56	99	70	113	20
Nimroz	32	27	140	71	108	66	135	35
Nuristan	37	35	178	75	128	79	118	25
Paktia	31	29	134	97	85	67	106	20
Paktika	33	29	96	65	89	71	112	30
Panjsher	31	29	132	80	82	69	113	30
Parwan	30	29	130	73	76	68	112	30
Samangan	32	30	130	67	85	70	120	25
Sar-e-Pul	30	26	135	68	77	70	115	25
Takhar	30	28	130	56	61	67	114	25
Uruzgan	33	29	118	74	106	61	110	17
Wardak	31	29	122	72	81	66	105	21
Zabul	32	29	118	58	108	64	112	20

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 = **10.3 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 10.3 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)

- Badghis
- Kabul
- Laghman
- Nangarhar
- Nuristan
- Paktika
- Parwan
- Samangan
- Uruzgan
- Wardak

Lower Food Insecurity + Higher Affordability (15 provinces)

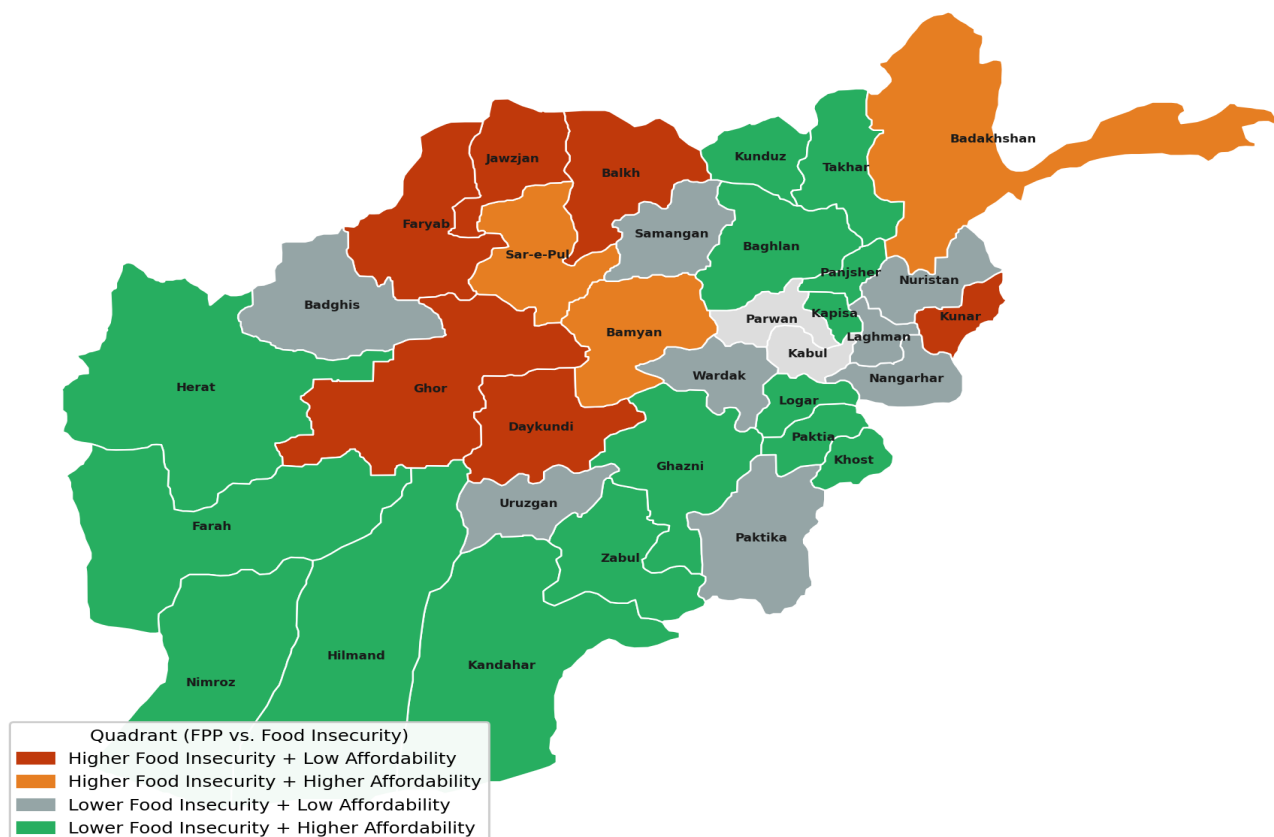
- Baghlan
- Farah
- Ghazni
- Herat
- Hilmand
- Kandahar
- Kapisa
- Khost
- Kunduz
- Logar
- Nimroz
- Paktia
- Panjsher
- Takhar
- Zabul

Quadrant thresholds: FPP median = 10.3 kg/day; food insecurity threshold = 40% food insecure people in IPC Phase 3+. Sources: WFP Food Price Database June 2026; IPC (April–September 2026).



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

Afghanistan — Flour Purchasing Power vs. Food Insecurity by Province, June 2026
FPP median = 10.3 kg/day | Food insecurity threshold = 40% in IPC Phase 3+



Sources: WFP Food Price Database June 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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