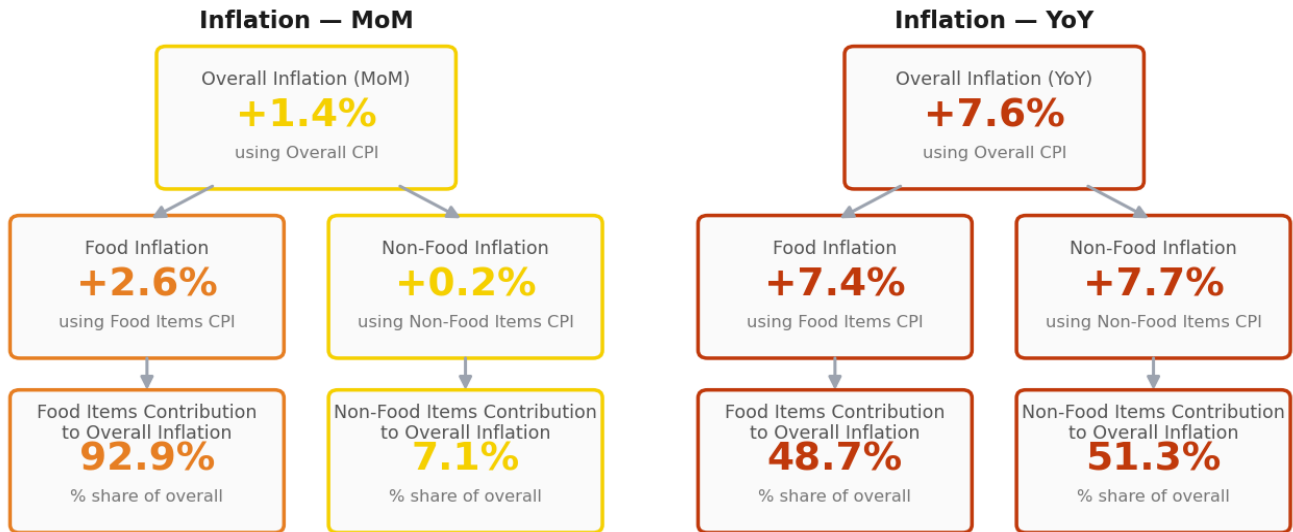




## Afghanistan Consumer Price Index (CPI) Report — March 2026

Month-on-Month (MoM) inflation is relative to February 2026, and Year-on-Year (YoY) inflation is relative to March 2025.



### Key Insights

- **Overall prices rose by +1.4% month-on-month** and +7.6% year-on-year in March 2026. Food prices accounted for 92.9% of the overall MoM inflation; non-food prices accounted for 7.1%.
- **Housing saw the steepest year-on-year price increase (+17.6%)**. Spices had the largest decline (-7.3%), offering some relief to households.
- **Provincial variation was substantial**. Sar-e-Pul had the highest MoM inflation (+6.8%); Baghlan the lowest (-1.2%). 11 of 20 provinces reported food inflation above the national average (+2.6%).
- **Annually, Paktya faces the greatest cost-of-living pressure (+19.8% YoY)**. Baghlan had the lowest annual rate (-0.6%), suggesting more stable prices over the past year.
- **Among non-food items, housing costs rose by +17.6% year-on-year**. Health costs also rose sharply (+13.9% YoY), adding pressure on vulnerable households beyond food expenditure.

Source: National Statistics and Information Authority (NSIA), Afghanistan. Reference period: March 2026.

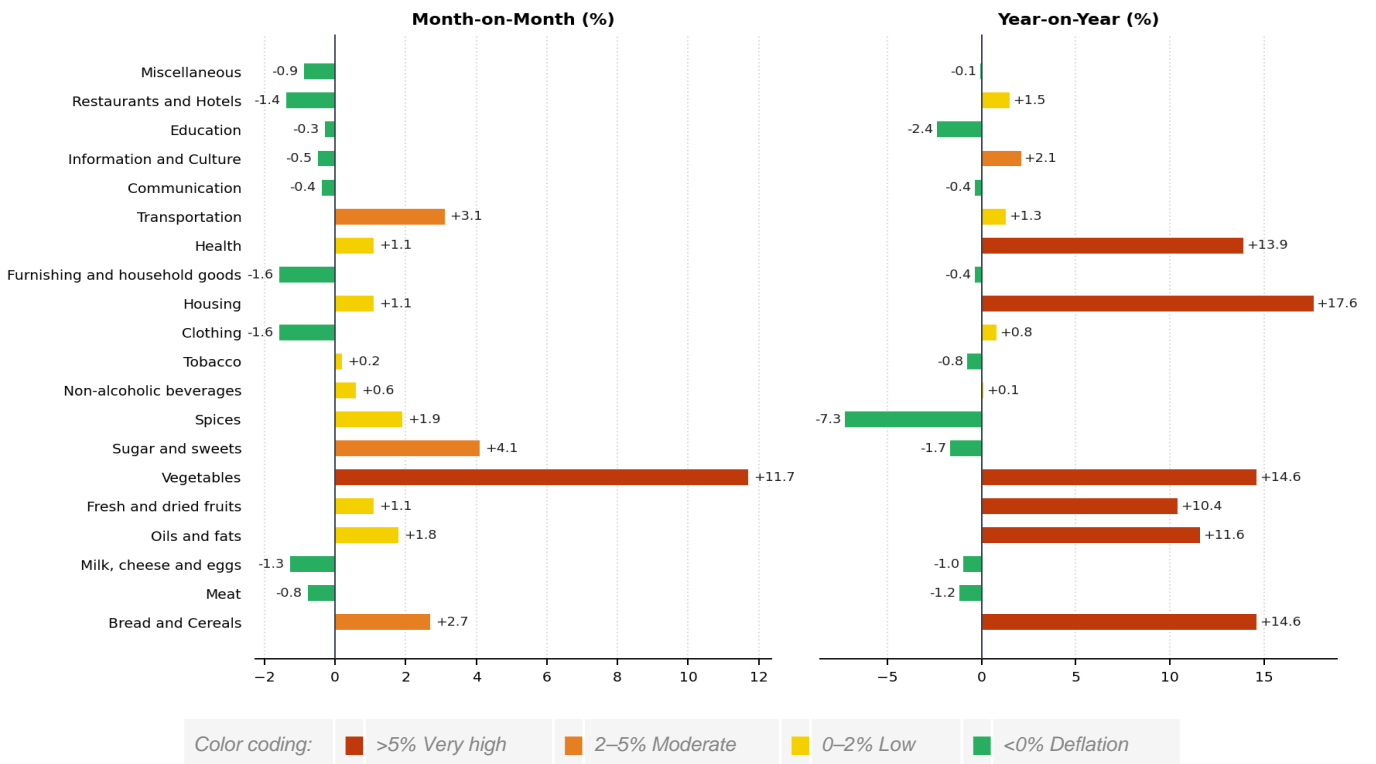


## National Inflation — Category Breakdown (March 2026)

Month-on-month (MoM) and year-on-year (YoY) inflation rates by CPI sub-category.

Category	MoM %	YoY %
<b>Overall Index</b>	<b>+1.4%</b>	<b>+7.6%</b>
<b>Food Items</b>	<b>+2.6%</b>	<b>+7.4%</b>
<b>Non-Food Items</b>	<b>+0.2%</b>	<b>+7.7%</b>

### CPI Sub-Category Inflation — March 2026



Source: NSIA Afghanistan.



## Provincial Inflation — March 2026

Overall inflation, food inflation, and non-food inflation by province.

Province	Month-on-Month %			Year-on-Year %		
	Overall	Food	Non-Food	Overall	Food	Non-Food
<b>National</b>	<b>+1.4%</b>	<b>+2.6%</b>	<b>+0.2%</b>	<b>+7.6%</b>	<b>+7.4%</b>	<b>+7.7%</b>
Badakhshan	+3.4%	+3.1%	+3.8%	+8.0%	+10.7%	+5.0%
Baghlan	-1.2%	-2.0%	+0.1%	-0.6%	-0.4%	-0.9%
Balkh	+2.9%	+4.7%	+0.7%	+8.9%	+7.9%	+10.1%
Bamyan	+2.9%	+3.9%	+1.8%	+2.2%	+8.0%	-3.5%
Faryab	+0.8%	+1.5%	-0.2%	+4.3%	+7.8%	-0.4%
Ghazni	+0.6%	+0.0%	+1.3%	+3.2%	+2.6%	+3.9%
Ghor	-0.7%	-0.1%	-1.5%	+1.9%	+2.3%	+1.3%
Helmand	-0.8%	-0.7%	-0.8%	+0.4%	+2.2%	-1.0%
Herat	+1.1%	+1.1%	+1.0%	+7.7%	+8.7%	+6.1%
Jawzjan	+2.1%	+2.9%	+0.6%	+6.4%	+9.9%	+0.0%
Kabul	+1.2%	+3.0%	+0.0%	+10.3%	+10.9%	+9.9%
Kandahar	+4.0%	+5.5%	+1.6%	+6.9%	+9.3%	+3.3%
Kapisa	+2.1%	+3.3%	+0.1%	+7.2%	+10.6%	+1.6%
Khost	+0.6%	+1.3%	-0.3%	+5.0%	+7.9%	+1.4%
Kunduz	+2.7%	+4.1%	+0.9%	+3.2%	+4.6%	+1.6%
Nangarhar	+0.1%	+0.0%	+0.4%	+3.3%	-6.8%	+22.4%
Paktya	+2.0%	+3.6%	+0.4%	+19.8%	+16.1%	+23.5%
Parwan	-0.6%	-1.3%	+0.0%	+5.2%	+8.4%	+2.2%
Sar-e-Pul	+6.8%	+11.6%	+1.6%	+11.8%	+12.6%	+10.8%
Takhar	+6.6%	+15.1%	-4.7%	+6.6%	+12.5%	-1.7%

Color coding: ■ >5% Very high ■ 2–5% Moderate ■ 0–2% Low ■ <0% Deflation

Source: NSIA Afghanistan.





# Data for Afghanistan

## Food and Non-Food Average Prices — March 2026

### Food Items

Item (unit) (national median)	Lowest price (Province, AFN)	Highest price (Province, AFN)
<b>Walnut (Kg)</b> Median: AFN 520	Nangarhar <b>AFN 350</b>	Kabul <b>AFN 615</b>
<b>Mutton (Kg)</b> Median: AFN 402	Ghor <b>AFN 330</b>	Kabul <b>AFN 483</b>
<b>Green Tea (high quality) (Kg)</b> Median: AFN 350	Jawzjan <b>AFN 252</b>	Parwan <b>AFN 450</b>
<b>Beef (Kg)</b> Median: AFN 345	Kunduz <b>AFN 293</b>	Takhar <b>AFN 400</b>
<b>Black Tea (avg quality) (Kg)</b> Median: AFN 288	Nangarhar <b>AFN 250</b>	Parwan <b>AFN 350</b>
<b>Chicken (Kg)</b> Median: AFN 204	Khost <b>AFN 147</b>	Paktya <b>AFN 250</b>
<b>Green Raisin (Kg)</b> Median: AFN 188	Helmand <b>AFN 125</b>	Badakhshan <b>AFN 262</b>
<b>Rice (imported high quality) (Kg)</b> Median: AFN 143	Khost <b>AFN 92</b>	Balkh <b>AFN 168</b>
<b>Vegetable Oil (Kg)</b> Median: AFN 127	Kapisa <b>AFN 100</b>	Kabul <b>AFN 154</b>
<b>Red Raisin (Kg)</b> Median: AFN 122	Ghor <b>AFN 93</b>	Parwan <b>AFN 217</b>
<b>Vegetable Oil (imported) (Kg)</b> Median: AFN 118	Khost <b>AFN 102</b>	Paktya <b>AFN 132</b>
<b>Red Bean (avg quality) (Kg)</b> Median: AFN 95	Baghlan <b>AFN 70</b>	Helmand <b>AFN 113</b>
<b>Peas (Kg)</b> Median: AFN 92	Herat <b>AFN 73</b>	Kandahar <b>AFN 150</b>
<b>Peas (local) (Kg)</b> Median: AFN 90	Khost <b>AFN 83</b>	Bamyan <b>AFN 100</b>
<b>Red Bean (imported) (Kg)</b> Median: AFN 87	Paktya <b>AFN 60</b>	Bamyan <b>AFN 90</b>
<b>Rice (local avg quality) (Kg)</b> Median: AFN 62	Baghlan <b>AFN 47</b>	Herat <b>AFN 107</b>
<b>Sugar (Kg)</b> Median: AFN 60	Nangarhar <b>AFN 50</b>	Takhar <b>AFN 70</b>
<b>Yogurt (Kg)</b> Median: AFN 50	Herat <b>AFN 33</b>	Bamyan <b>AFN 60</b>
<b>Potatoes (Kg)</b> Median: AFN 40	Takhar <b>AFN 25</b>	Sare-e-Pul <b>AFN 50</b>
<b>Wheat Flour (good quality) (Kg)</b> Median: AFN 32	Helmand <b>AFN 27</b>	Kandahar <b>AFN 40</b>
<b>Milk pack (200ml) (Pack)</b> Median: AFN 22	Badakhshan <b>AFN 14</b>	Ghor <b>AFN 50</b>
<b>Onion (Kg)</b> Median: AFN 10	Sare-e-Pul <b>AFN 4</b>	Khost <b>AFN 28</b>
<b>Egg (local) (Piec)</b> Median: AFN 10	Jawzjan <b>AFN 9</b>	Faryab <b>AFN 15</b>

### Non-Food Items

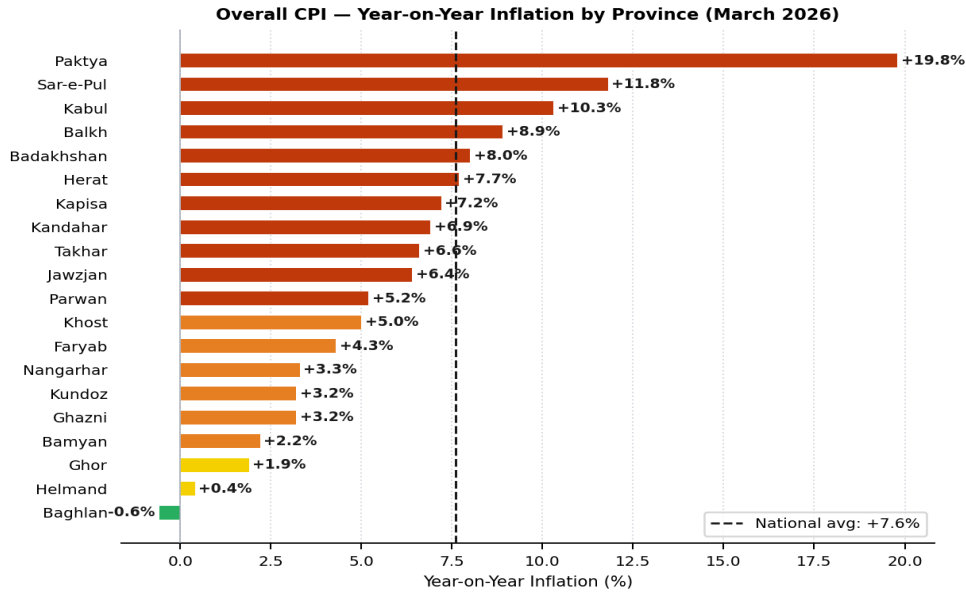
Item (unit) (national median)	Lowest price (Province, AFN)	Highest price (Province, AFN)
<b>Rent 4BR (concrete) (Month)</b> Median: AFN 8330	Faryab <b>AFN 5000</b>	Kabul <b>AFN 14430</b>
<b>Rent 4BR (non-concrete) (Month)</b> Median: AFN 6500	Ghazni <b>AFN 4500</b>	Paktya <b>AFN 8330</b>
<b>Cement (imported) (Bag)</b> Median: AFN 484	Herat <b>AFN 325</b>	Kabul <b>AFN 665</b>
<b>Doctor Fee (Visit)</b> Median: AFN 200	Bamyan <b>AFN 114</b>	Kabul <b>AFN 300</b>
<b>Cotton (kg)</b> Median: AFN 100	Helmand <b>AFN 60</b>	Faryab <b>AFN 250</b>
<b>Floral Cotton Fabric (Meter)</b> Median: AFN 100	Herat <b>AFN 70</b>	Helmand <b>AFN 155</b>
<b>Diesel (Liter)</b> Median: AFN 65	Helmand <b>AFN 57</b>	Ghor <b>AFN 70</b>
<b>Petrol (Liter)</b> Median: AFN 62	Faryab <b>AFN 60</b>	Ghor <b>AFN 68</b>
<b>Liquid Gas (kg)</b> Median: AFN 58	Herat <b>AFN 49</b>	Badakhshan <b>AFN 68</b>
<b>Cigarettes (7-Star) (Pack)</b> Median: AFN 50	Herat <b>AFN 30</b>	Ghor <b>AFN 80</b>
<b>Fire Wood (kg)</b> Median: AFN 14	Helmand <b>AFN 6</b>	Ghazni <b>AFN 22</b>



## Provincial Inflation: Year-on-Year Analysis — March 2026

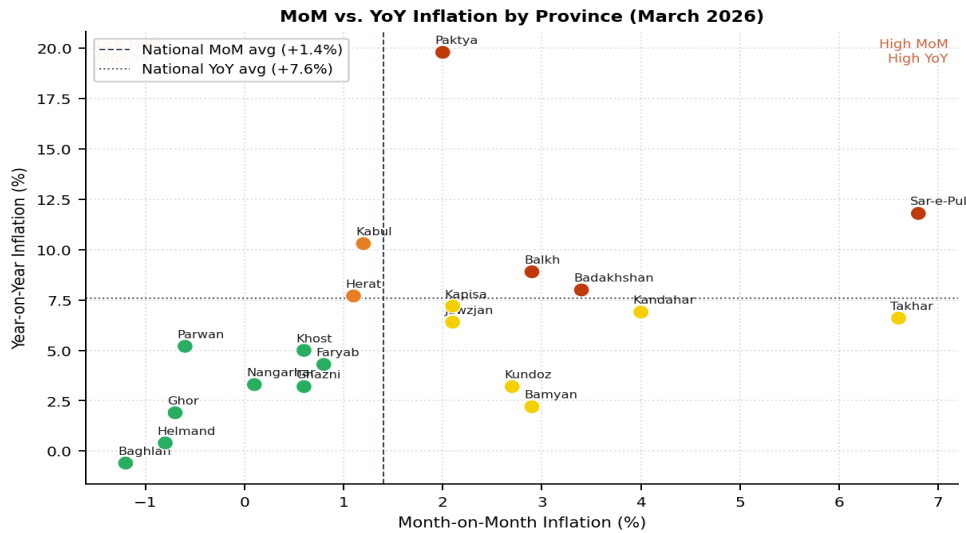
How provinces diverge from the national YoY average inflation, and the relationship between short- and long-term inflation.

### A — Year-on-Year Inflation by Province (sorted)



### B — Short-Term vs. Long-Term Price Pressure (MoM vs. YoY)

Provinces in the upper-right quadrant face both immediate and sustained price increases.



Source: NSIA Afghanistan. National averages shown as dashed reference lines.

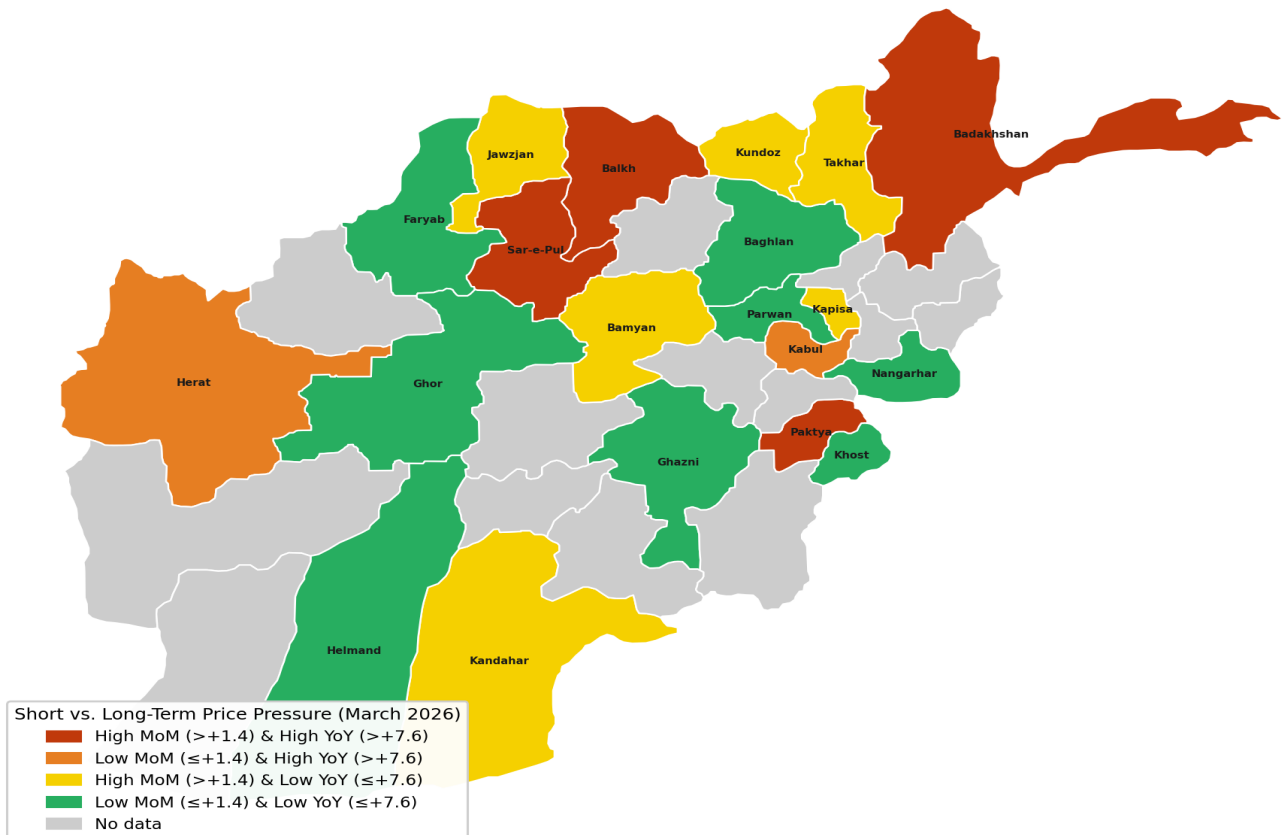


## Provincial Price Pressure Map — MoM vs. YoY Quadrants (March 2026)

Provinces are coloured by their quadrant based on MoM inflation relative to the national MoM average (+1.4%) and YoY inflation relative to the national YoY average (+7.6%). Grey = no data.

- High MoM ( $>+1.4$ ) & High YoY ( $>+7.6$ )
- Low MoM ( $\leq+1.4$ ) & High YoY ( $>+7.6$ )
- High MoM ( $>+1.4$ ) & Low YoY ( $\leq+7.6$ )
- Low MoM ( $\leq+1.4$ ) & Low YoY ( $\leq+7.6$ )

**Provincial Price Pressure Map — MoM vs. YoY Quadrants**  
March 2026 · MoM threshold: +1.4% · YoY threshold: +7.6%



MoM threshold: national average +1.4%. YoY threshold: national average +7.6%. Source: NSIA Afghanistan.



## Methodology

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### Data source

All data are sourced from the National Statistics and Information Authority (NSIA) of Afghanistan. The Consumer Price Index (CPI) is compiled monthly by NSIA using a fixed basket of goods and services representative of Afghan household consumption. Data are collected from major markets across 20 provinces.

### CPI categories

The CPI follows the international COICOP framework (12 main categories). Food Items (category 1) and Non-Food Items (categories 2–12) are the primary aggregates. Sub-categories include Bread and Cereals, Meat, Dairy, Oils and Fats, Fruits, Vegetables, Sugar, Beverages, Housing, Health, Transportation, and others.

### Inflation measures

Month-on-month (MoM) inflation is the percentage change in price between the current and prior month. Year-on-year (YoY) inflation is the price change between the current month and the same month in the prior year. Both measures are provided directly by NSIA. The food/non-food percentage share of overall inflation is calculated as each component's contribution divided by the overall inflation rate, expressed as a percentage.

### Provincial coverage

Provincial data cover 20 provinces where NSIA conducts regular price surveys. Provinces shown in grey on maps have no data for the reference period.

### Commodity prices

Prices are in Afghani (AFN) per unit. National median prices are the median across all provinces with data. Lowest and highest prices identify the specific province at each extreme. Items are sorted from highest to lowest national median price.

### Color coding

Red = inflation above 5%; orange = 2–5%; yellow = 0–2%; green = deflation. On maps, grey = no data. Quadrant map: red = high MoM & high YoY inflation; orange = low MoM & high YoY inflation; yellow = high MoM & low YoY inflation; green = low MoM & low YoY inflation. Quadrant thresholds are the national MoM and YoY inflation averages for the reference month.

### Access monthly inflation data and provincial price dashboards

This report is produced monthly upon NSIA CPI data release. Humanitarian agencies and practitioners needing custom analysis should contact us. Interactive dashboards and downloadable data are available at [dataforafghanistan.org](https://dataforafghanistan.org).

**Contact us: [contact@dataforafghanistan.org](mailto:contact@dataforafghanistan.org)**