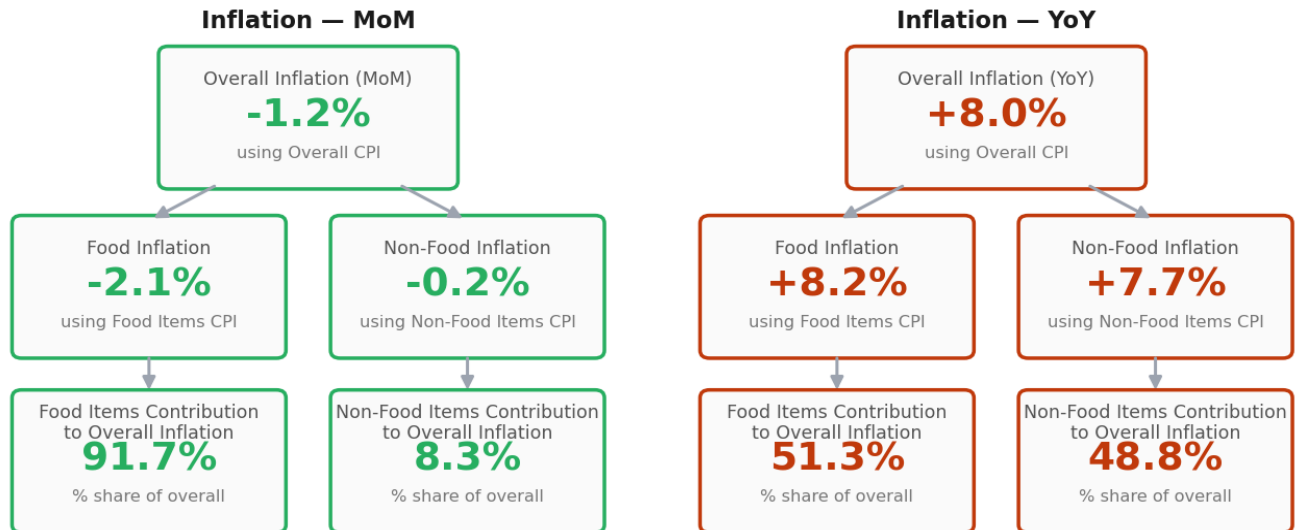




Afghanistan Consumer Price Index (CPI) Report — May 2026

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



Key Insights

- **Overall prices fell by -1.2% month-on-month** and rose by +8.0% year-on-year in May 2026. Food prices accounted for 91.7% of the overall MoM inflation; non-food prices accounted for 8.3%.
- **Bread and Cereals saw the steepest year-on-year price increase (+18.2%)**. Miscellaneous had the largest decline (-0.7%), offering some relief to households.
- **Provincial variation was substantial**. Sar-e-Pul had the highest MoM inflation (+5.0%); Jawzjan the lowest (-3.9%). 8 of 20 provinces reported food inflation above the national average (-2.1%).
- **Annually, Sar-e-Pul faces the greatest cost-of-living pressure (+18.5% YoY)**. Helmand had the lowest annual rate (-0.3%), suggesting more stable prices over the past year.
- **Among non-food items, housing costs rose by +15.4% year-on-year**. Health costs also rose sharply (+16.2% YoY), adding pressure on vulnerable households beyond food expenditure.

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

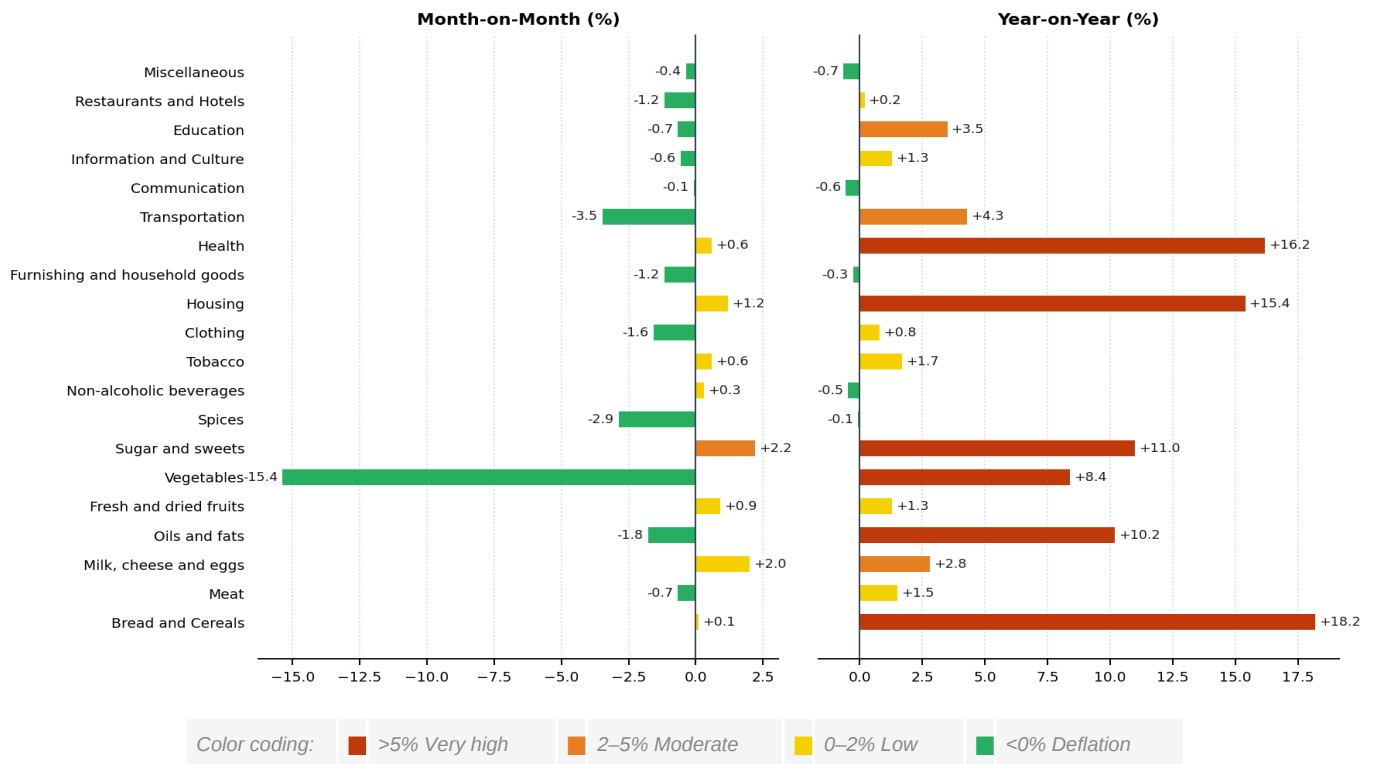


National Inflation — Category Breakdown (May 2026)

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

Category	MoM %	YoY %
Overall Index	-1.2%	+8.0%
Food Items	-2.1%	+8.2%
Non-Food Items	-0.2%	+7.7%

CPI Sub-Category Inflation — May 2026



Source: NSIA Afghanistan.



Provincial Inflation — May 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
National	-1.2%	-2.1%	-0.2%	+8.0%	+8.2%	+7.7%
Badakhshan	-1.0%	-2.5%	+0.7%	+8.5%	+10.4%	+6.5%
Baghlan	+0.7%	-0.5%	+2.5%	+6.5%	+7.9%	+4.6%
Balkh	-1.5%	-2.9%	+0.2%	+11.6%	+9.5%	+14.1%
Bamyan	+0.4%	+1.2%	-0.4%	+3.8%	+10.6%	-2.8%
Faryab	-3.0%	-3.8%	-1.9%	+4.3%	+6.8%	+1.0%
Ghazni	-0.7%	-0.7%	-0.8%	+6.1%	+8.5%	+3.5%
Ghor	-2.0%	+1.4%	-6.3%	+5.4%	+10.7%	-1.1%
Helmand	-1.1%	-2.1%	-0.3%	-0.3%	+0.1%	-0.5%
Herat	-1.4%	-2.4%	+0.0%	+7.2%	+6.2%	+8.7%
Jawzjan	-3.9%	-5.6%	-0.3%	+2.9%	+3.7%	+1.2%
Kabul	-0.8%	-1.7%	-0.2%	+8.8%	+9.5%	+8.4%
Kandahar	-2.4%	-3.7%	-0.3%	+5.6%	+6.4%	+4.4%
Kapisa	-1.3%	-1.8%	-0.6%	+9.2%	+11.0%	+6.3%
Khost	+1.4%	+0.6%	+2.5%	+8.8%	+12.5%	+4.2%
Kundoz	-0.4%	+0.2%	-1.2%	+4.1%	+5.7%	+2.0%
Nangarhar	-2.0%	-2.9%	-0.7%	+11.0%	+4.7%	+21.9%
Paktya	-3.2%	-6.4%	-0.1%	+16.7%	+8.2%	+25.4%
Parwan	-1.4%	-2.3%	-0.5%	+5.2%	+8.8%	+2.1%
Sar-e-Pul	+5.0%	-2.8%	+13.9%	+18.5%	+9.0%	+29.5%
Takhar	-1.8%	-2.8%	-0.2%	+7.6%	+15.4%	-3.1%

Color coding:



>5% Very high



2–5% Moderate



0–2% Low

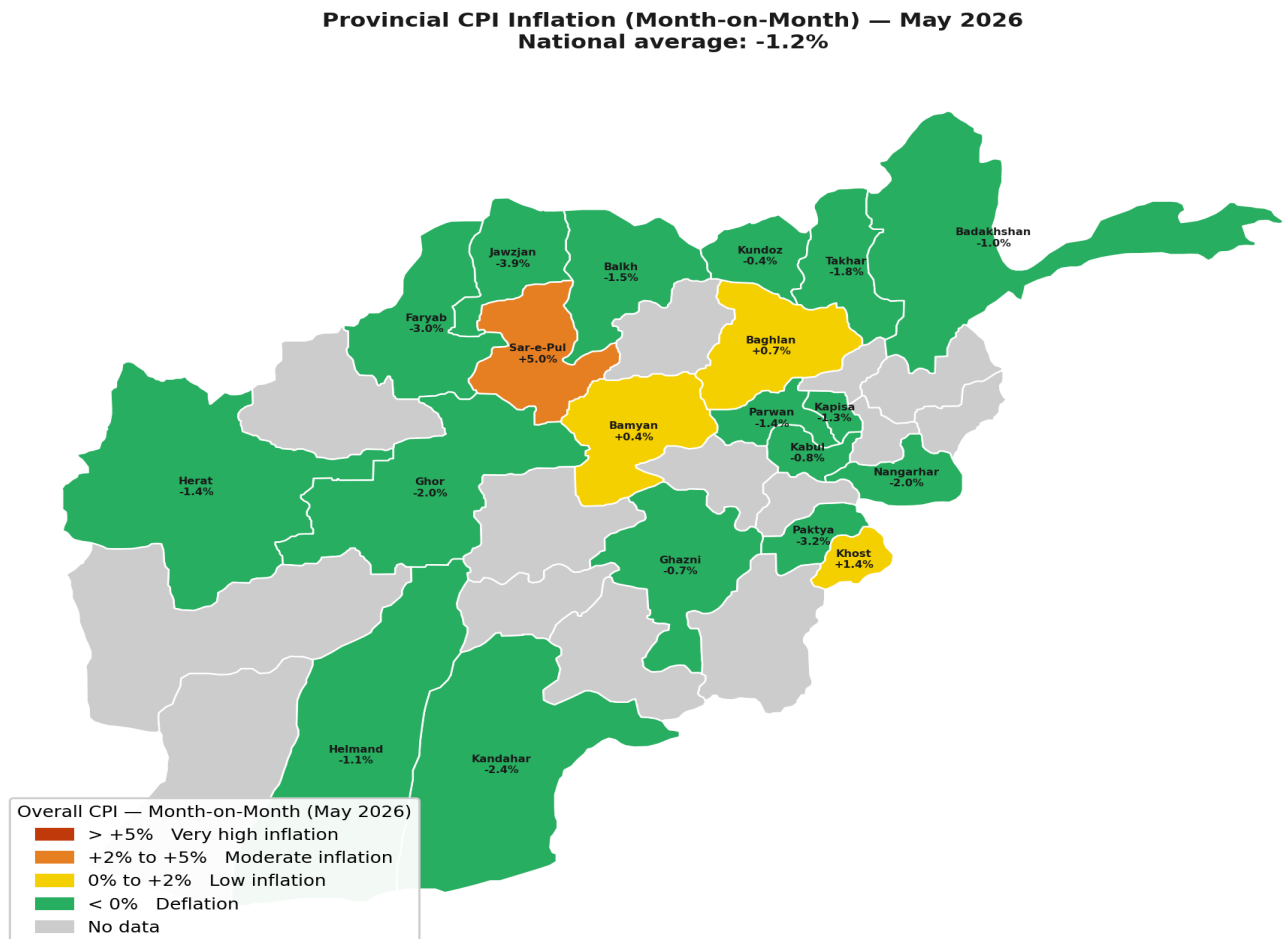


<0% Deflation

Source: NSIA Afghanistan.

Provincial Inflation Map (Overall Month-on-Month %) — May 2026

Each province is shaded by its overall month-on-month inflation rate. Grey = no data for this period.



Source: NSIA Afghanistan. Grey = no data.



Food and Non-Food Average Prices — May 2026

Food Items

Item (unit) (national median)	Lowest price (Province, AFN)	Highest price (Province, AFN)
Walnut (Kg) Median: AFN 512	Nangarhar AFN 350	Kabul AFN 600
Mutton (Kg) Median: AFN 400	Ghor AFN 330	Kabul AFN 485
Beef (Kg) Median: AFN 352	Kunduz AFN 290	Takhar AFN 400
Green Tea (high quality) (Kg) Median: AFN 350	Jawzjan AFN 252	Parwan AFN 420
Black Tea (avg quality) (Kg) Median: AFN 287	Takhar AFN 220	Badakhshan AFN 353
Chicken (Kg) Median: AFN 212	Khost AFN 147	Nangarhar AFN 300
Green Raisin (Kg) Median: AFN 200	Nangarhar AFN 100	Badakhshan AFN 300
Rice (imported high quality) (Kg) Median: AFN 148	Khost AFN 98	Badakhshan AFN 187
Red Raisin (Kg) Median: AFN 132	Kapisa AFN 100	Parwan AFN 200
Vegetable Oil (Kg) Median: AFN 126	Nangarhar AFN 100	Sare-e-Pul AFN 140
Vegetable Oil (imported) (Kg) Median: AFN 112	Badakhshan AFN 106	Bamyan AFN 120
Peas (Kg) Median: AFN 90	Ghor AFN 78	Kandahar AFN 150
Peas (local) (Kg) Median: AFN 90	Khost AFN 83	Ghazni AFN 100
Red Bean (avg quality) (Kg) Median: AFN 90	Baghlan AFN 67	Helmand AFN 115
Red Bean (imported) (Kg) Median: AFN 85	Paktya AFN 60	Bamyan AFN 90
Sugar (Kg) Median: AFN 76	Nangarhar AFN 50	Sare-e-Pul AFN 80
Rice (local avg quality) (Kg) Median: AFN 62	Nangarhar AFN 45	Herat AFN 107
Yogurt (Kg) Median: AFN 50	Helmand AFN 35	Bamyan AFN 60
Potatoes (Kg) Median: AFN 32	Paktya AFN 25	Faryab AFN 50
Wheat Flour (good quality) (Kg) Median: AFN 31	Khost AFN 27	Kandahar AFN 40
Milk pack (200ml) (Pack) Median: AFN 20	Badakhshan AFN 13	Ghor AFN 37
Onion (Kg) Median: AFN 10	Sare-e-Pul AFN 7	Khost AFN 23
Egg (local) (Piece) Median: AFN 10	Baghlan AFN 10	Faryab AFN 15

Non-Food Items

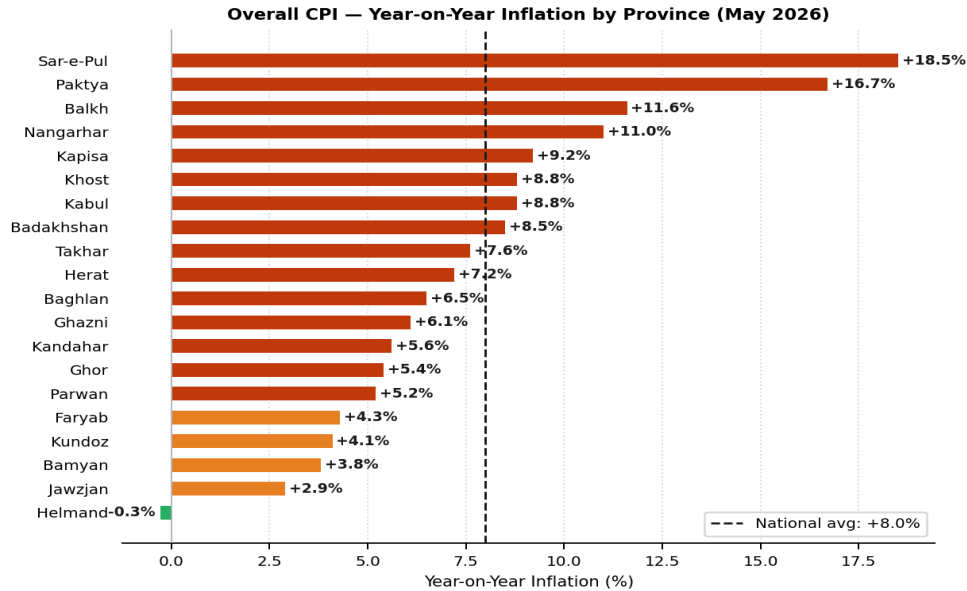
Item (unit) (national median)	Lowest price (Province, AFN)	Highest price (Province, AFN)
Rent 4BR (concrete) (Month) Median: AFN 8800	Faryab AFN 5000	Kabul AFN 14567
Rent 4BR (non-concrete) (Month) Median: AFN 7000	Ghazni AFN 4500	Paktya AFN 8500
Cement (imported) (Bag) Median: AFN 465	Herat AFN 325	Takhar AFN 550
Doctor Fee (Visit) Median: AFN 200	Bamyan AFN 114	Kabul AFN 300
Cotton (kg) Median: AFN 100	Helmand AFN 65	Faryab AFN 200
Floral Cotton Fabric (Meter) Median: AFN 100	Herat AFN 75	Takhar AFN 160
Petrol (Liter) Median: AFN 65	Kabul AFN 63	Ghor AFN 70
Diesel (Liter) Median: AFN 63	Kandahar AFN 60	Ghor AFN 69
Liquid Gas (kg) Median: AFN 60	Herat AFN 55	Baghlan AFN 70
Cigarettes (7-Star) (Pack) Median: AFN 50	Herat AFN 30	Ghor AFN 90
Fire Wood (kg) Median: AFN 14	Helmand AFN 6	Khost AFN 21



Provincial Inflation: Year-on-Year Analysis — May 2026

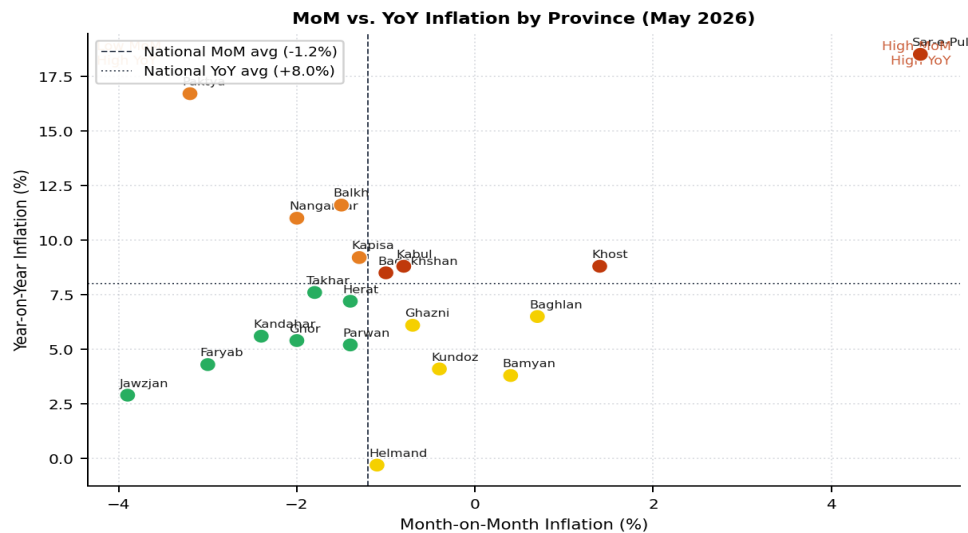
How provinces diverge from the national YoY average inflation, and the relationship between short- and long-term inflation.

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.

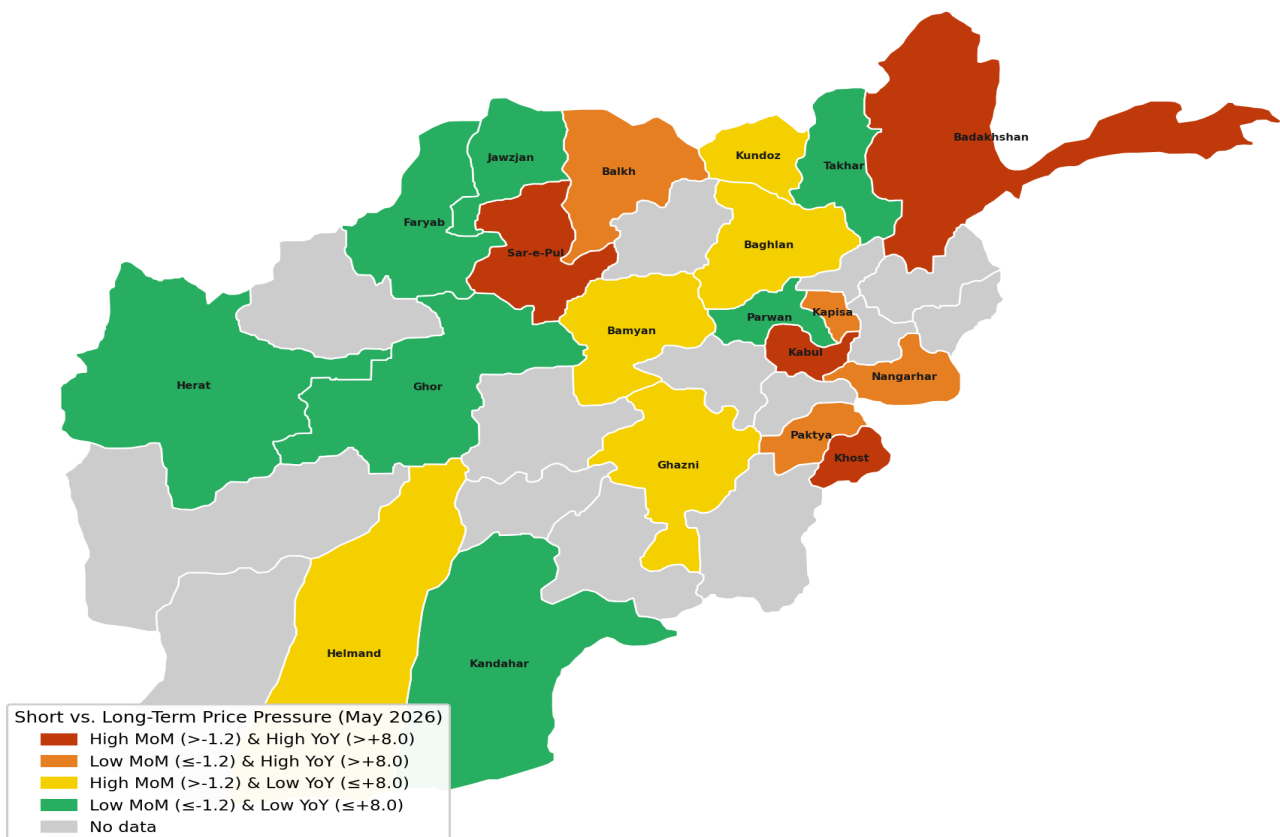


Provincial Price Pressure Map — MoM vs. YoY Quadrants (May 2026)

Provinces are coloured by their quadrant based on MoM inflation relative to the national MoM average (-1.2%) and YoY inflation relative to the national YoY average (+8.0%). Grey = no data.

- | | |
|---|---|
| High MoM (>-1.2) & High YoY ($>+8.0$) | Low MoM (≤-1.2) & High YoY ($>+8.0$) |
| High MoM (>-1.2) & Low YoY ($\leq+8.0$) | Low MoM (≤-1.2) & Low YoY ($\leq+8.0$) |

Provincial Price Pressure Map — MoM vs. YoY Quadrants
May 2026 · MoM threshold: -1.2% · YoY threshold: +8.0%



MoM threshold: national average -1.2%. YoY threshold: national average +8.0%. Source: NSIA Afghanistan.



Methodology

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.

Contact us: contact@dataforafghanistan.org

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