



# Afghanistan Food Prices & Food Insecurity Report — May 2026

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

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### Key Insights

- The median Flour Purchasing Power (FPP) is **10.2 kg of low-quality wheat flour** for a day's unskilled wage. In total, 17 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).
- **Nimroz** has the highest Flour Purchasing Power (16.1 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) — May 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 31.7	AFN 29.3	AFN 134.7	AFN 68.3	AFN 88.3	AFN 74.5	AFN 115.7	AFN 22.3

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

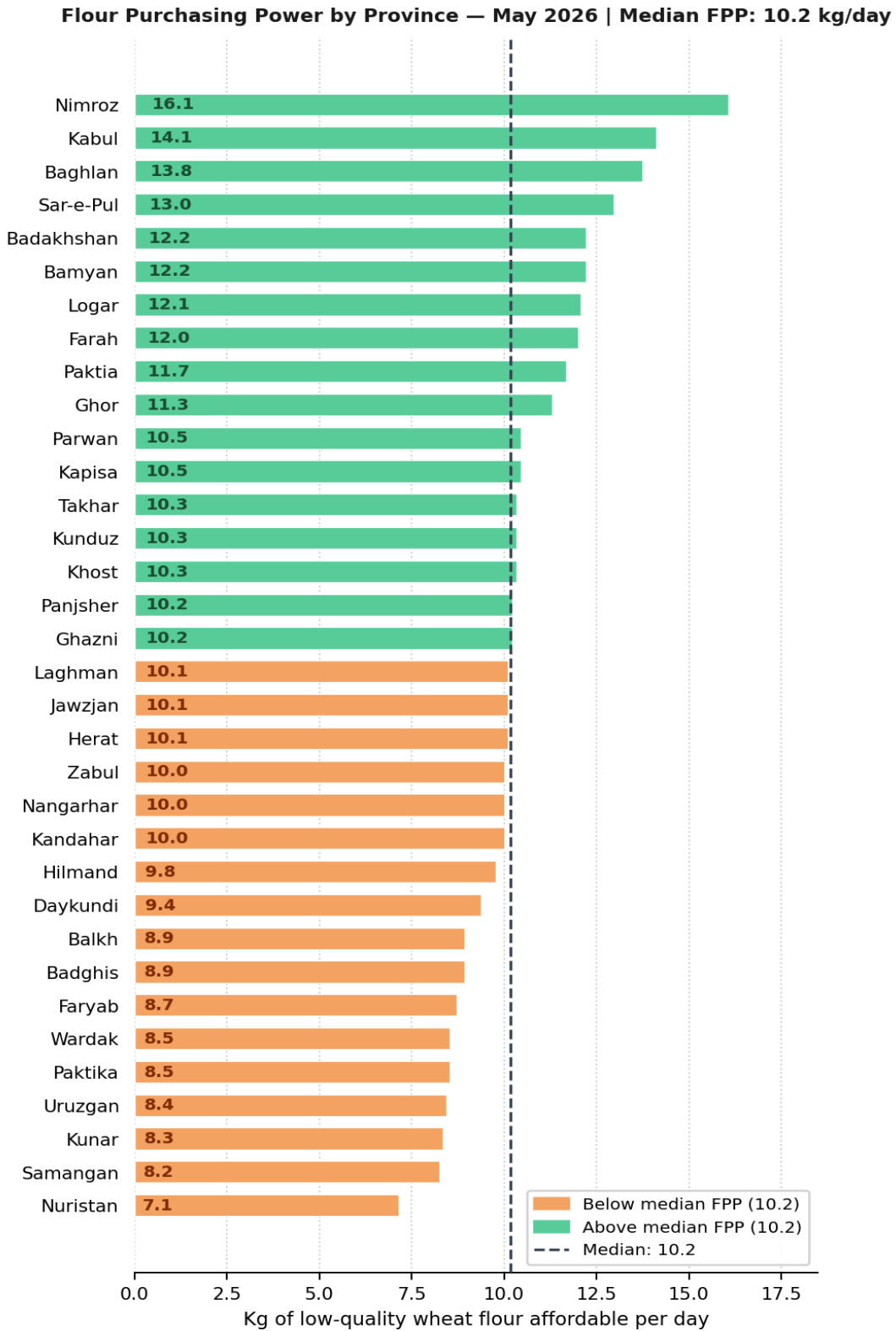
Province	Wheat flour (high quality)	Wheat flour (low quality)	Rice (high quality)	Rice (low quality)	Pulses	Sugar	Oil (cooking)	Salt
Badakhshan	33	30	131	66	71	78	111	25
Badghis	30	28	131	105	85	73	120	10
Baghlan	29	27	160	60	68	75	111	25
Balkh	29	28	130	70	83	77	120	25
Bamyan	31	29	163	107	80	72	117	20
Daykundi	35	32	150	120	120	73	132	30
Farah	30	25	110	80	103	65	109	20
Faryab	31	29	130	60	90	75	117	25
Ghazni	32	29	133	70	84	75	107	22
Ghor	35	31	164	100	105	80	107	20
Herat	32	30	115	63	89	70	122	23
Hilmand	33	31	123	87	101	68	115	19
Jawzjan	32	30	152	63	93	70	125	15
Kabul	31	28	137	100	83	70	103	25
Kandahar	31	30	113	50	101	67	110	15
Kapisa	30	29	128	60	80	69	115	30
Khost	32	29	130	53	87	75	120	15
Kunar	31	30	155	70	102	75	112	20
Kunduz	32	29	167	67	70	77	119	25
Laghman	33	30	123	52	95	76	119	18
Logar	32	29	136	97	88	62	113	20
Nangarhar	32	30	160	55	102	75	116	20
Nimroz	32	28	143	73	108	67	130	32
Nuristan	38	35	173	73	133	86	125	25
Paktia	31	30	136	102	85	70	108	20
Paktika	33	29	99	65	91	73	115	23
Panjsher	30	29	140	70	83	77	117	30
Parwan	30	29	138	62	82	70	114	30
Samangan	32	30	137	63	90	77	123	25
Sar-e-Pul	30	27	163	60	77	77	120	25
Takhar	31	29	130	55	62	77	114	25
Uruzgan	32	30	134	82	106	74	114	20
Wardak	31	29	132	70	84	75	107	22
Zabul	33	30	114	60	108	72	121	21

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 = **10.2 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	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 ( $\geq 40\%$ ) 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 10.2 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) →

<p><b>Higher Food Insecurity + Low Affordability</b> (5 provinces)</p> <ul style="list-style-type: none"> <li>• Balkh</li> <li>• Daykundi</li> <li>• Faryab</li> <li>• Jawzjan</li> <li>• Kunar</li> </ul>	<p><b>Higher Food Insecurity + Higher Affordability</b> (4 provinces)</p> <ul style="list-style-type: none"> <li>• Badakhshan</li> <li>• Bamyan</li> <li>• Ghor</li> <li>• Sar-e-Pul</li> </ul>
<p><b>Lower Food Insecurity + Low Affordability</b> (12 provinces)</p> <ul style="list-style-type: none"> <li>• Badghis</li> <li>• Herat</li> <li>• Hilmand</li> <li>• Kandahar</li> <li>• Laghman</li> <li>• Nangarhar</li> <li>• Nuristan</li> <li>• Paktika</li> <li>• Samangan</li> <li>• Uruzgan</li> <li>• Wardak</li> <li>• Zabul</li> </ul>	<p><b>Lower Food Insecurity + Higher Affordability</b> (13 provinces)</p> <ul style="list-style-type: none"> <li>• Baghlan</li> <li>• Farah</li> <li>• Ghazni</li> <li>• Kabul</li> <li>• Kapisa</li> <li>• Khost</li> <li>• Kunduz</li> <li>• Logar</li> <li>• Nimroz</li> <li>• Paktia</li> <li>• Panjsher</li> <li>• Parwan</li> <li>• Takhar</li> </ul>

Quadrant thresholds: FPP median = 10.2 kg/day; food insecurity threshold = 40% food insecure people in IPC Phase 3+. Sources: WFP Food Price Database May 2026; IPC (April–September 2026).



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

Afghanistan — Flour Purchasing Power vs. Food Insecurity by Province, May 2026  
FPP median = 10.2 kg/day | Food insecurity threshold = 40% in IPC Phase 3+



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



## Methodology

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

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