

SAVING  
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# Market Monitor Report

WFP VAME | Food Security Analysis

## [Afghanistan] July 2019

### HIGHLIGHTS

- ◆ **Wheat:** The current average wheat price in main cities' markets of Afghanistan (AFN 23.8/Kg) is slightly higher by 5.8% compared to the same time last year (July 2018) and slightly higher by 2.6% compared to the last 5-year average price of the same months (Julys 2014 - 2018).
- ◆ **Wheat flour (High Price):** The current retail price (AFN 30.4/kg) is significantly higher by 11.6% compared to the same month last year (July 2018), and slightly higher by 5.3% compared to the last 5-years average price of the same months.
- ◆ **Rice** is considered as the 2nd main staple food in Afghanistan. The current average retail price of Low Quality Rice (AFN 46.0/kg) is negligibly lower by 1.5% compared to the same month last year (July 2018), and slightly higher by 6.5% compared to the last 5-year average price of the same months. The current average price of High Quality Rice (AFN 90.3/kg) is slightly lower by 3.3% compared to the same month last year (July 2018), and slightly higher by 7.0% compared to the last 5-years average price of the same months.
- ◆ **Pulses:** The current retail price (AFN 76.6/kg) is slightly lower by 6.2% compared to the same month last year (July 2018), and slightly higher by 5.2% compared to the last 5-years average

### Terms of Trade (ToT)

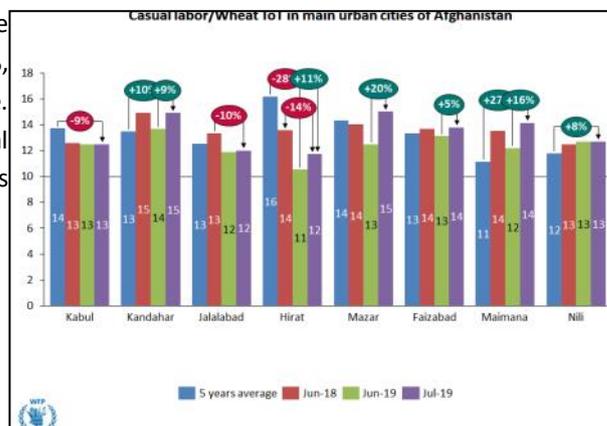
**Casual Labor and Wheat (ToT):** The Terms of Trade (ToT) between casual Labor and wheat is a proxy indicator or the purchasing capacity of households mainly relying on casual labor as main income, and purchase of wheat in the market. This ToT reveals how many Kilograms of wheat can be purchased with one-day casual unskilled labor wage but does not say how many days a month a laborer can get to cover the family food needs.

Labor wage/Wheat average ToT for the reporting month was 13.3 Kgs of Wheat. On average, this ToT slightly improved by 3.3% from June to July 2019, mainly due to decreased wheat price (by 3.1%). The highest improvement occurred in Hirat by 11.7%, Mazar by 8.8% and Maimana 5.9% due to decrease of wheat price. The variation in all other main cities markets was within normal range (-3.1% to 4.0%). In the last three proceeding years, this improvement was experienced in:

- ◇ June to July 2017 (by 4.0%)
- ◇ June to July 2016 (by 0.1%)

while deteriorated in:

- ◇ June to July 2018 (by 0.7%)
- In comparison to the same month one year ago (July 2018), this ToT negligibly deteriorated by 1.3%, mainly due to increased wheat (by 5.8%).
- On the two-year comparison (July 2017), this ToT slightly deteriorated by 9.1%.
- Compared to the 5-years average of the same months (Julys 2014-2018), this ToT negligibly improved by 0.2%.



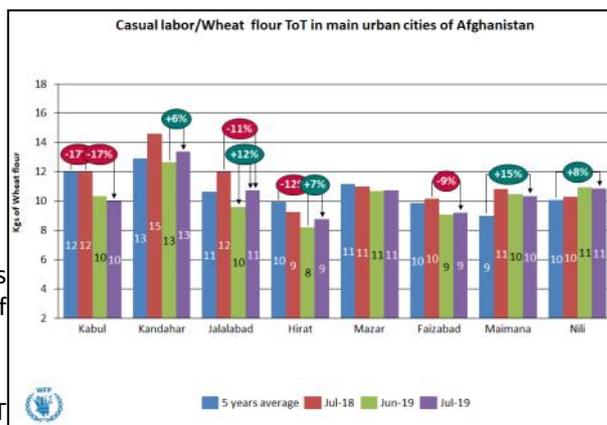
**Casual Labor and High Price Wheat flour (ToT):** The Terms of Trade (ToT) between casual Labor and High Price Wheat Flour is a proxy indicator or the purchasing capacity of households mainly relying on casual labor as main income, and purchase of Wheat Flour in the market. This ToT reveals how many Kilograms of Wheat Flour (HP) can be purchased with one-day casual unskilled labor wage but does not say how many days a month a laborer can get to cover the family food needs.

Labor wage/Wheat flour (HP) average ToT for the reporting month was 10.5 Kgs of Wheat flour which slightly improved by 4.4% from June to July 2019, mainly due to decrease of high wheat flour price by 4.3%. The highest improvement occurred in Jalalabad by 15.2% and Hirat 8.4% due to decrease of wheat flour price. The variation in all main cities markets was within normal range (-0.9 % to 5.0%). In the last three proceeding years, this improvement was only experienced in:

- ◇ June to July 2017 (by 4.9%)

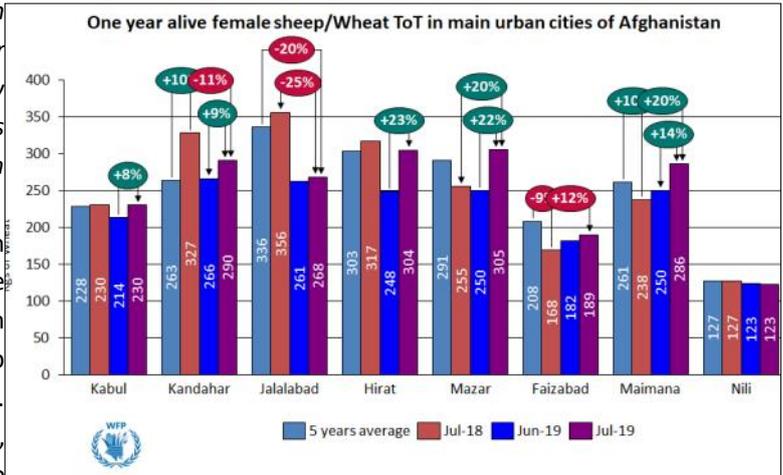
while deteriorated in:

- ◇ June to July 2018 (by 2.7%)
- ◇ June to July 2016 (by 0.4%)
- Compared to the same month one year ago (July 2018), this ToT slightly deteriorated by 6.8%, mainly due to increase of wheat flour by 11.6%.
- On the two-year comparison (July 2017), this ToT significantly deteriorated by 14.5%.
- Compared to the 5-years average of the same months (Julys 2014 - 2018), this ToT negligibly deteriorated by 1.8%.



**Sheep and Wheat (ToT):** *The Terms of Trade between a one-year-old female sheep and Wheat is a proxy for the purchasing capacity of those households mainly relying on income from livestock (pastoralists). It says how many kilograms of wheat can be obtained when selling a one-year-old female sheep.*

Sheep/Wheat average ToT for the reporting month was 249.5Kgs of wheat against one-year alive female sheep, which significantly improved by 5.9% from June to July 2019, mainly due to increased sheep price by (1.8%) and decreased wheat price by 3.1%. The highest improvement occurred in Hirat by 23.1%, Mazar by 10.6% and Maimana by 7.2% due to decrease of Wheat price and increase of sheep price. The variation in other main cities markets was within normal range (-2.7% to 4.0%).



In the last three proceeding years, this improvement was experienced in:

- ◇ June to July 2018 (by 1.8%)
- ◇ June to July 2016 (by 0.2%)

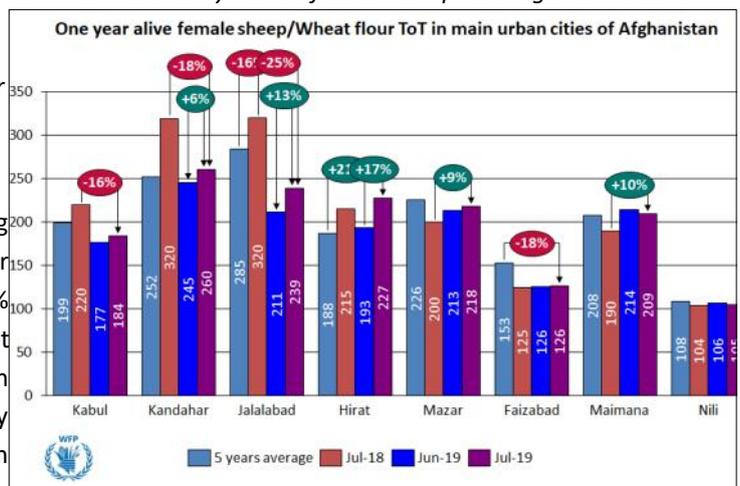
while unchanged in:

- ◇ June to July 2017

- Compared to the same month one year ago (July 2018), this ToT negligibly deteriorated by 1.1%, which is mainly due to increase of wheat by 5.8%.
- On the two-years comparison (June 2017) this ToT slightly deteriorated by 8.6%.
- Compared to 5-years average of the same months (Julys 2014 - 2018), this ToT negligibly deteriorated by 1.0%.

**Sheep and High Price Wheat flour (ToT):** *The Terms of Trade between a one-year-old female sheep and High Price Wheat Flour is a proxy for the purchasing capacity of those households mainly relying on income from livestock (pastoralists). It says how many kilograms of Wheat Flour (HP) can be obtained when selling a one-year-old female sheep.*

Sheep-Wheat flour (HP) average ToT for the reporting month was 196.2 Kgs of wheat flour against one-year alive female sheep, which significantly improved by 6.7% from June to July 2019, mainly due to decrease of wheat flour price by 4.2%. The largest improvement occurred in Hirat by 19.4% , Jalalabad by 15.2% and Kandahar by 5.3% due to decrease of wheat flour price. The variation in all other markets was within normal range (0.4% to 4.4%). In the last three proceeding years, this improvement was only experienced in:



- ◇ June to July 2017 (by 0.6%)

while deteriorated in:

- ◇ June to July 2018 (by 0.8%)

- ◇ June to July 2016 (by 0.3%)
- Compared to the same month one year ago (July 2018), this ToT slightly deteriorated by 7.4%, mainly due to increase of wheat flour by (11.6%).
- On the two-years comparison (July 2017), this ToT significantly deteriorated by 13.6%.
- Compared to 5-years average of the same months (Julys 2014 - 2018), this ToT slightly deteriorated by 3.0%.

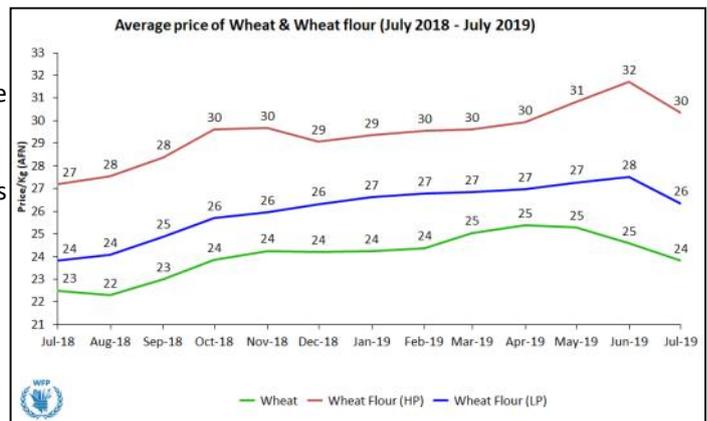
**Retail Price of Wheat Grain in Main Urban Cities:**

The monthly average price of wheat in main cities’ markets of Afghanistan was AFN **23.8**/Kg in July 2019. The average price slightly decreased by 3.1% compared to the previous month (June 2019). The largest decrease occurred in Hirat by (10.5%), Mazar (8.0%) and Maimana (5.6%) due to harvest season of wheat. The variation in all other main cities was within a normal range (-3.8% to 3.2 %). In the last three proceeding years, this decrease was experienced in;

- ◇ June to July 2018 and 2016 (by 0.3%)
- ◇ June to July 2017 (by 1.3%)
- Compared to the same month one year ago (July 2018), the average wheat price slightly increased by 5.8%. The largest increase occurred in Hirat by (15.7%) and Jalalabad (11.1%) due to decrease of supply from source of points (Local and INT). The variation in all main cities was within a normal range (0.0% to 7.1%).
- On the two-years comparison (July 2017), the average price negligibly increased by 1.1%.
- Compared to the last 5-years average price of the same months (Julys 2014 - 2018), the average price negligibly increased by 2.6%.

**Retail Price of Wheat flour in Main Urban Cities:**

**Wheat flour (High Price):** The monthly average price of Wheat flour (High Price) in main cities’ markets was AFN **30.4**/Kg in the reporting month (July 2019). The average price slightly decreased by 4.3% compared to the previous month (June 2019). The largest decrease occurred in Jalalabad by 13.2% and Hirat 7.7% due to currency exchange rate (US\$/Vs AFN) prices decreased in domestic & International market and increased supply from the source points (Kazakhstan). The variation in all main cities was within a normal limit (-4.8% to 0.9%). In the last three proceeding years, this decrease was only experienced in;



- ◇ June to July 2017 (by 2.4%)
- While increased in:
- ◇ June to July 2018 (by 1.5%)
- ◇ June to July 2016 (by 2.3%)
- Compared to the same month last year (July 2018), the current average price significantly increased by 11.6%. The largest increase occurred in Kabul by (20.0%) followed by Faizabad (18.8%), Maimana (16.0%) and Jalalabad (12.0%) due to currency exchange rate (US\$/ Vs AFN) prices and decrease of supply from source of points (Pakistan and Kazakhstan). The variation in all other main cities was within a normal range ( 2.9% to 9.8%).
- Compared to the same month two years ago (July 2017), the average price of wheat flour slightly increased by 8.8%.
- Compared to 5-years average price of the same months (Julys 2014 - 2018), the average price slightly increased by 5.3%.

**Wheat flour (Low Price):**

The monthly average price of wheat flour (Low Price) in main urban cities’ markets was AFN **26.4**/Kg in the reporting month (July 2019). The average price slightly decreased by 4.2% compared to the previous month (June 2018). The largest decrease occurred in Jalalabad by 13.7% and Hirat 9.7% due to currency exchange rate (US\$/ Vs AFN) prices decreased in domestic & International markets and increased supply from the source points (Pakistan and Kazakhstan). The variation in all main cities was within a normal range (-5.0% to 0.5%). In the last three proceeding years, this decrease was only experienced in;

- ◇ June to July 2017 (by 1.7 %)

While increased in;

- ◇ June to July 2018 (by 1.1%)
- ◇ June to July 2016 (by 0.4%)
- Compared to the same month one year ago (July 2018), the current average price significantly increased by 10.6%. The largest increase occurred in Maimana by (23.8%), Kabul (17.4%), Mazar (14.3%), Kandahar (14.1%) and Nili (13.8%) due to decrease of supply. The variation in all other main cities was within a normal range (-3.6% to 5.2%).
- Compared to the same month two years ago (July 2017), the average price slightly increased by 7.8%.
- Compared to 5-years average price of the same months (Julys 2014 - 2018), the average price slightly increased by 3.4%.

**Retail Price of Rice in Main Urban Cities:**

**Rice (High Quality):**

The monthly average price of rice (High Quality) in main cities’ markets was AFN **90.3**/Kg in the reporting month (July 2019) which negligibly decreased by 1.3% compared to the previous month (June 2019). The highest decrease only occurred in Jalalabad by (6.5%) due to increase of supply from border country (Pakistan). The variation in all main cities was within a normal range (-2.7% to 1.0%). In the last three proceeding years, this decrease was not experienced while increased in,

- ◇ June to July 2018 (by 1.3%)
- ◇ June to July 2017 and 2016 (by 0.3%)
- Compared to the same month one year ago (July 2018), the average price negligibly increased by 3.3%. The largest decrease only occurred in Kandahar by 12.7% due to in crease of supply from sources of point. The variation in all main cities was within a normal range (-9.5% to 4.3%).
- Compared to the same month two years ago (July 2017), the average price slightly increased by 6.7%.
- Compared to 5-years average price of some months (Julys 2014 - 2018), the average price slightly increased by 7.0%.

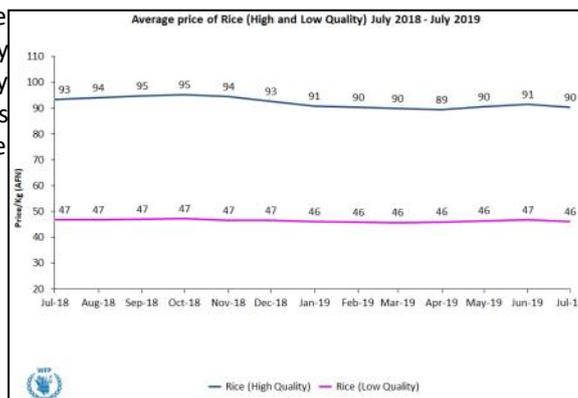
**Rice (Low Quality):**

The monthly average price of Rice (Low Quality) in main cities’ markets was AFN **46.0**/Kg in the reporting month (July 2019), which negligibly decreased by 1.7% compared to the previous month (June 2019). The largest decrease only occurred in Jalalabad by (11.4%) due to increase of supply from border country. The variation in all main cities was within a normal range (-2.6% to 0.0%). In the last three proceeding years, this decrease was only experienced in;

- ◇ June to July 2017 (by 0.3%)

While increased in;

- ◇ June to July 2018 (by 1.3%)
- ◇ June to July 2016 (by 0.8%)



- Compared to the same month one year ago (July 2018), the average price negligibly decreased by 1.5%. The highest increase only occurred in Hirat by 13.8% due to currency exchange rate (US\$/ Vs AFN) and increase of supply. The variation in all main cities was within a normal range (-6.0% to 7.1%).
- Compared to the same month two years ago (July 2017), the average price slightly increased by 1.9%.
- Compared to 5-years average price of same months (Julys 2014- 2018), the average price slightly increased by 6.5%.

### Retail Price of Cooking Oil in Main Urban Cities:

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The monthly average price of cooking oil in main cities' markets was AFN **80.7/Kg** in the reporting month (July 2019), the average price negligibly decreased by 0.5% compared to previous month (June 2019). The variation in all main cities was within a normal range (-3.5% to 1.7%). In the last three proceeding years, this decrease was only experienced in;

◇ June to July 2017 (by 0.2%)

While increased in;

◇ June to July 2018 (by 1.0%)

◇ June to July 2016 (by 0.2%)

- Compared to the same month one year ago (July 2018), the average price negligibly increased by 1.5%. The highest increase only occurred in Mazar by (12.0%) due to decrease of supply from source of point and decreased occurred in Jalalabad by 10.4% due to increase of supply from border country. The variation in all other main cities was within a normal range (-5.9% to 8.7%).
- Compared to the same month two years ago (July 2017), the average price negligibly decreased by 3.0%
- Compared to 5-years average of the same months (Julys 2014 - 2018), the average price negligibly increased by 1.0%.

### Retail Price of Pulses, Salt, Sugar and No. of days averagely worked by a labourer:

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**Pulses:** The monthly average price of pulses in July 2019 in main cities' markets was AFN **76.6/Kg** which has negligibly decreased by 0.8% compared to the previous month (June 2019).

- Compared to the same time last year (July 2018), the price of pulses slightly decreased by 6.2%, the highest decrease occurred in Nili (20.4%), Faizabad (20.3%) and Kandahar (10.8%), mainly due to increased supply and an increase has been occurred in Jalalabad by 14.1% and Maimana (10.7%), due to decrease of supply from border country. The variation in all other main cities was within a normal range (-6.9% to 0.0%).
- Compared to the same time two years ago (July 2017), the price of pulses significantly decreased by 13.7%.
- Compared to 5-years average of the same months (Julys 2014 - 2018), the prices of pulses increased slightly by 5.2%.

**Salt:** The monthly average price of salt in July 2019 in main cities' markets was AFN **15.5/Kg**, remained the same compared to the previous month (June 2019). The current average price of salt slightly increased by 7.8% compared to the same month last year (July 2018), and significantly increased by 11.6% compared to the same month two years ago (July 2017).

**Sugar:** The monthly average price of sugar in July 2019 in main cities' markets was AFN **45.3/Kg**, negligibly decreased by 0.9% compared to the previous month (June 2019). The current average price of sugar significantly increased by 11.8% compared to the same month last year (July 2018) due to decrease of supply, and significantly decreased by 17.2% compared to the same month two years ago (July 2017).

**Number of days averagely worked by a labourer:** The monthly average number of days worked by a laborer during July 2019 was reported at 11.8 days. The highest number of working days were in Nili and Kabul (16days), Faizabad (14 days) Hirat and Kandahar (12 days), followed by Maimana, Mazar, Jalalabad (8days) which significantly increased by (6.2%) compared to the previous month (June 2019).

- Compared to the same month last year (July 2018), the average number of working days significantly increased by 10.6% (1.1 days).
- Compared to the same month two years ago (July 2017), the average number of working days for main cities slightly decreased by 7.8% (1.0 day).

**Market Watch:**

Markets	Major Comm	Current Price per Kg	Price change (%)				Average				Markets	Major Comm	Current Price in AFN	Price change				Average				
			5 Y Ave	2 Y	1 Y	1M	5 Y Ave	2 Y	1 Y	1M				5 Y Ave	2 Y	1 Y	1M	5 Y Ave	2 Y	1 Y	1M	
KABUL	Wheat	24.0	-0.7	-7.7	0.5	0.0	▶	▶	▶	▶	Livestock-One year live Sheep (Female)	KABUL	Sheep	5,525	1.2	4.2	0.5	0.5	▶	▶	▶	▶
	Wheat flour (HP)	30.0	9.1	10.1	20.0	0.0	▶	▶	▶	▶		KANDAHAR	Sheep	6,825	3.2	-10.2	-11.0	0.4	▶	▶	▶	▶
	Rice High Quality	98.3	12.7	22.8	1.3	1.0	▶	▶	▶	▶		JALALABAD	Sheep	6,700	-9.5	-16.3	-16.3	0.0	▶	▶	▶	▶
	Rice Low Quality	54.5	-1.0	-6.0	-6.0	0.0	▶	▶	▶	▶		HIRAT	Sheep	6,500	19.7	0.0	11.3	10.2	▶	▶	▶	▶
KANDAHAR	Cooking Oil	67.8	-13.9	-15.3	-5.9	0.0	▶	▶	▶	▶	MAZAR	Sheep	6,100	1.0	-7.6	19.6	1.7	▶	▶	▶	▶	
	Wheat	23.5	-7.0	-7.5	0.3	3.2	▶	▶	▶	▶	FAIZABAD	Sheep	4,800	-2.2	-18.3	20.0	0.0	▶	▶	▶	▶	
	Wheat flour (HP)	26.2	-0.6	-5.8	9.2	-4.7	▶	▶	▶	▶	MAIMANA	Sheep	6,075	5.7	1.3	27.9	1.3	▶	▶	▶	▶	
	Rice High Quality	75.2	0.7	-6.0	-12.7	-0.9	▶	▶	▶	▶	NILI	Sheep	3,675	-2.5	-5.8	3.5	-0.7	▶	▶	▶	▶	
JALALABAD	Rice Low Quality	31.2	5.6	-1.6	-5.1	-2.4	▶	▶	▶	▶	Terms of Trade											
	Cooking Oil	103.4	30.1	20.6	8.7	-0.3	▶	▶	▶	▶	Kgs of Wheat/Wheat flour											
	Wheat	25.0	13.6	8.7	11.1	-3.8	▶	▶	▶	▶	KABUL	Casual Labor/Wheat	12.5	-8.7	-7.1	-0.5	0.0	▶	▶	▶	▶	
	Wheat flour (HP)	28.0	7.5	7.2	12.0	-13.2	▶	▶	▶	▶	KANDAHAR	Casual Labor/Wheat	14.9	10.4	-5.4	-0.3	-3.1	▶	▶	▶	▶	
HIRAT	Rice High Quality	79.0	-0.1	-1.3	-9.2	-6.5	▶	▶	▶	▶	JALALABAD	Casual Labor/Wheat	12.0	-4.3	-8.0	-10.0	4.0	▶	▶	▶	▶	
	Rice Low Quality	33.0	-1.9	0.0	-2.9	-11.4	▶	▶	▶	▶	HIRAT	Casual Labor/Wheat	11.7	-27.6	-33.0	-13.6	11.7	▶	▶	▶	▶	
	Cooking Oil	69.0	-9.8	-11.7	-10.4	-3.5	▶	▶	▶	▶	MAZAR	Casual Labor/Wheat	15.0	4.8	-3.3	7.1	8.8	▶	▶	▶	▶	
	Wheat	21.4	18.8	24.4	15.7	-10.5	▶	▶	▶	▶	FAIZABAD	Casual Labor/Wheat	13.8	3.5	-9.4	0.8	1.5	▶	▶	▶	▶	
MAZAR	Wheat flour (HP)	28.6	-2.4	2.9	5.5	-7.7	▶	▶	▶	▶	MAIMANA	Casual Labor/Wheat	14.1	27.0	8.2	4.6	5.9	▶	▶	▶	▶	
	Rice High Quality	79.8	9.6	1.9	-9.5	-2.7	▶	▶	▶	▶	NILI	Casual Labor/Wheat	12.7	7.7	-8.2	1.3	0.0	▶	▶	▶	▶	
	Rice Low Quality	31.2	-0.1	-8.2	-13.8	-2.6	▶	▶	▶	▶	KABUL	Sheep /Wheat	230.2	0.9	12.9	-0.1	0.5	▶	▶	▶	▶	
	Cooking Oil	75.7	4.2	-2.4	3.3	-3.1	▶	▶	▶	▶	KANDAHAR	Sheep /Wheat	290.4	10.3	-2.9	-11.3	-2.7	▶	▶	▶	▶	
FAIZABAD	Wheat	20.0	-3.6	-8.0	0.0	-8.0	▶	▶	▶	▶	JALALABAD	Sheep /Wheat	268.0	-20.3	-23.0	-24.6	4.0	▶	▶	▶	▶	
	Wheat flour (HP)	28.0	4.5	8.7	9.8	-2.6	▶	▶	▶	▶	HIRAT	Sheep /Wheat	304.4	0.5	-19.6	-3.8	23.1	▶	▶	▶	▶	
	Rice High Quality	94.0	13.9	16.0	1.1	-1.1	▶	▶	▶	▶	MAZAR	Sheep /Wheat	305.0	4.9	0.5	19.6	10.6	▶	▶	▶	▶	
	Rice Low Quality	44.0	13.1	12.8	2.3	0.0	▶	▶	▶	▶	FAIZABAD	Sheep /Wheat	189.2	-9.0	-25.9	12.3	1.5	▶	▶	▶	▶	
MAIMANA	Cooking Oil	84.0	6.9	2.4	12.0	0.6	▶	▶	▶	▶	MAIMANA	Sheep /Wheat	285.9	9.6	9.6	20.4	7.2	▶	▶	▶	▶	
	Wheat	25.4	7.1	10.3	6.8	-1.5	▶	▶	▶	▶	NILI	Sheep /Wheat	122.5	-3.4	-8.9	-3.4	-0.7	▶	▶	▶	▶	
	Wheat flour (HP)	38.0	18.2	28.8	18.8	-1.6	▶	▶	▶	▶	KABUL	Casual Labor/Wheat flour	10.0	-16.7	-22.1	-16.7	0.0	▶	▶	▶	▶	
	Rice High Quality	100.0	8.1	9.4	1.0	-0.7	▶	▶	▶	▶	KANDAHAR	Casual Labor/Wheat flour	13.4	3.4	-7.1	-8.4	5.0	▶	▶	▶	▶	
NILI	Rice Low Quality	58.0	12.7	-0.4	0.0	-1.1	▶	▶	▶	▶	JALALABAD	Casual Labor/Wheat flour	10.7	1.0	-6.7	-10.7	15.2	▶	▶	▶	▶	
	Cooking Oil	90.0	-1.9	0.0	1.4	0.0	▶	▶	▶	▶	HIRAT	Casual Labor/Wheat flour	8.7	-11.8	-19.0	-5.2	8.4	▶	▶	▶	▶	
	Wheat	21.3	-3.4	-7.6	6.3	-5.6	▶	▶	▶	▶	MAZAR	Casual Labor/Wheat flour	10.7	-3.9	-18.3	-2.4	2.7	▶	▶	▶	▶	
	Wheat flour (HP)	29.0	4.7	16.0	16.0	0.9	▶	▶	▶	▶	FAIZABAD	Casual Labor/Wheat flour	9.2	-6.6	-22.4	-9.3	1.6	▶	▶	▶	▶	
KANDAHAR	Rice High Quality	96.0	10.0	11.3	4.3	0.0	▶	▶	▶	▶	MAIMANA	Casual Labor/Wheat flour	10.3	15.1	-13.8	-4.2	-0.9	▶	▶	▶	▶	
	Rice Low Quality	45.0	13.1	12.5	7.1	0.0	▶	▶	▶	▶	NILI	Casual Labor/Wheat flour	10.9	7.8	-7.7	5.5	5.0	▶	▶	▶	▶	
	Cooking Oil	82.0	-1.0	-6.0	6.5	0.0	▶	▶	▶	▶	KABUL	Sheep /Wheat flour	184.2	-7.5	-5.3	-16.3	0.5	▶	▶	▶	▶	
	Wheat	30.0	0.5	3.4	7.1	0.0	▶	▶	▶	▶	KANDAHAR	Sheep /Wheat flour	260.5	3.4	-4.6	-18.5	5.3	▶	▶	▶	▶	
HIRAT	Wheat flour (HP)	35.0	0.6	2.9	2.9	-4.8	▶	▶	▶	▶	JALALABAD	Sheep /Wheat flour	239.3	-15.9	-21.9	-25.2	15.2	▶	▶	▶	▶	
	Rice High Quality	100.0	1.0	0.0	-4.8	0.0	▶	▶	▶	▶	HIRAT	Sheep /Wheat flour	227.3	21.2	-2.8	5.5	19.4	▶	▶	▶	▶	
	Rice Low Quality	71.0	7.7	6.0	2.2	0.0	▶	▶	▶	▶	MAZAR	Sheep /Wheat flour	217.9	-3.4	-15.0	8.9	4.4	▶	▶	▶	▶	
	Cooking Oil	74.0	-6.5	-12.9	-5.4	1.7	▶	▶	▶	▶	FAIZABAD	Sheep /Wheat flour	126.3	-17.7	-36.6	1.1	1.6	▶	▶	▶	▶	
MAIMANA	Wheat	209.5	0.6	-12.7	10.3	0.4	▶	▶	▶	▶	MAIMANA	Sheep /Wheat flour	209.5	0.6	-12.7	10.3	0.4	▶	▶	▶	▶	
	Wheat flour (HP)	105.0	-3.1	-8.5	0.6	4.3	▶	▶	▶	▶	NILI	Sheep /Wheat flour	105.0	-3.1	-8.5	0.6	4.3	▶	▶	▶	▶	

Price fluctuation is considered normal if the price change is within 5% for 1 month, or within 10% for 3 months, one year, two year and 5 years. 1M= Compared to month ago 1Y= Compared to July 2018 and 2Y= Compared to July 2017