HIGHLIGHTS

- Wheat: The current average wheat price in main cities' markets of Afghanistan (AFN 24.0/Kg) is negligibly higher by 0.7% compared to the same time last year (October 2018) and negligibly higher by 1.7% compared to the last 5-year average price of the same months (October 2014 - 2018).

- Wheat flour (High Price): The current retail price (AFN 30.8/kg) is slightly higher by 4.1% compared to the same month last year (October 2018), and slightly higher by 3.6% 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 45.6/kg) is slightly lower by 3.4% compared to the same month last year (October 2018), and slightly higher by 5.4% compared to the last 5-year average price of the same months. The current average price of High Quality Rice (AFN 89.3/kg) is slightly lower by 6.3% compared to the same month last year (October 2018), and slightly higher by 5.8% compared to the last 5-years average price of the same months.

- Pulses: The current retail price (AFN 76.4/kg) is slightly lower by 1.7% compared to the same month last year (October 2018), and slightly higher by 4.6% compared to the last 5-years average price of the same months.
**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 13.2 Kgs of Wheat. On average, this ToT negligibly deteriorated by 1.7% from September to October 2019, mainly due to increased wheat price (by 1.6%). The largest deterioration only occurred in Hirat by 6.1% due to increased what price. The variation in all main cities markets was within normal range (-4.9% to 0.0%) except an improvement occurred only in Kandahar by 5.8% due to decrease of wheat price. In the last three preceding years, this deterioration was only experienced in:

- September to October 2018 (by 3.9%)

While improved;

- September to October 2017 (by 1.0%)
- September to October 2016 (by 0.4%)

- In comparison to the same month one year ago (October 2018), this ToT slightly improved by 2.8%, mainly due to increased labor wage (by 3.3%).

- On the two-year comparison (October 2017), this ToT slightly deteriorated by 6.8%.

- Compared to the 5-years average of the same months (October 2014-2018), this ToT negligibly improved by 3.4%.

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**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 10.3 Kgs of Wheat flour which negligibly deteriorated by 0.6% from September to October 2019, mainly due to increase of high wheat flour price by 0.8%. The largest deterioration only occurred in Mazar by 5.0% due to increased what flour price. The variation in all main cities markets was within normal range (-3.2% to 4.1%) except an improvement occurred only in Kandahar by 5.0% due to decrease of wheat flour price. In the last three proceeding years, this deterioration was experienced in:

- September to October 2018 (by 3.9%)

- September to October 2016 (by 0.6%)

While improved;

- September to October 2017 (by 0.3%)

- Compared to the same month one year ago (October 2018), this ToT slightly deteriorated by 5.2%, mainly due to increase of wheat flour by 4.1%.

- On the two-year comparison (October 2017), this ToT significantly deteriorated by 14.9%.

- Compared to the 5-years average of the same months (October 2014-2018), this ToT negligibly improved by 0.5%.
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 252.4Kgs of wheat against one-year alive female sheep, which negligibly deteriorated by 2.2% from September to October 2019, mainly due to decreased sheep price by (0.2%) and increased wheat price by 1.6%. The highest deterioration only occurred in Hirat by 9.8% due to decrease of sheep price and increase of Wheat price. The variation in other main cities markets was within normal range (-3.7% to 0.0%) except an improvement occurred only in Kandahar by 6.0% due to decrease of wheat price.

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

- September to October 2018 (by 4.6%)
- September to October 2017 (by 1.2%)
- September to October 2016 (by 1.0%)

- Compared to the same month one year ago (October 2018), this ToT slightly improved by 6.3%, which is mainly due to increase of sheep price by 5.5%.
- On the two-years comparison (October 2017) this ToT slightly deteriorated by 9.0%.
- Compared to 5-years average of the same months (October 2014 - 2018), this ToT negligibly improved 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 195.2 Kgs of wheat flour against one-year alive female sheep, which slightly deteriorated by 1.2% from September to October 2019, mainly due to decrease of sheep price by 0.2% and increased wheat flour price by 0.8%. The largest deterioration occurred in Hirat by 6.9% due to decrease of sheep price and Mazar by 5.0% due to increase of wheat flour price but there is an improvement occurred in Faizabad by 7.4% and in Kandahar by 5.2% due to decrease of Wheat flour price and increase of sheep price. The variation in all other markets was within normal range (-3.2% to 0.0%). In the last three proceeding years, this deterioration was experienced in:

- September to October 2018 (by 3.8%)
- September to October 2017 (by 1.3%)
- September to October 2016 (by 1.5%)
• Compared to the same month one year ago (October 2018), this ToT slightly deteriorated by 4.3%, mainly due to increase of wheat flour by (4.1%).
• On the two-years comparison (October 2017), this ToT significantly deteriorated by 17.9%.
• Compared to 5-years average of the same months (Octobers 2014 - 2018), this ToT negligibly deteriorated by 2.6%.

**Retail Price of Wheat Grain in Main Urban Cities:**
The monthly average price of wheat in main cities’ markets of Afghanistan was AFN **24.0/Kg** in October 2019. The average price negligibly increased by 1.6% compared to the previous month (September 2019). The highest increase occurred in Hirat by 6.5% and Faizabad by (5.1%) due to decrease of supply from the source of points (Local). The variation in all main cities was within a normal range (0.0% to 3.8 %) except a largest decrease only occurred in Kandahar by (5.5%) due to increase of supply from the source of point. In the last three proceeding years, this increase was experienced in;
- September to October 2018 (by 3.8%)
- September to October 2017(by 0.5%)

While decreased in:
- September to October 2016 (by 1.1%)

• Compared to the same month one year ago (October 2018), the average wheat price negligibly increased by 0.7%. The highest increase only occurred in Jalalabad by 12.5% due to decrease of wheat flour supply from source of point (Pakistan). The variation in all main cities was within a normal range (-2.0% to 8.9%).
• On the two-years comparison (October 2017), the average price slightly increased by 2.8%.
• Compared to the last 5-years average price of the same months (Octobers 2014 - 2018), the average price negligibly increased by 1.7%.

**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 **30.8/Kg** in the reporting month (October 2019). The average price negligibly increased by 0.8% compared to the previous month (September 2019). The highest increase only occurred in Mazar by 5.2% due to decrease of supply from source of point (Kazakhstan). The variation in all main cities was within a normal limit (4.8% to 3.3%). In the last three proceeding years, this increase was experienced in;
- September to October 2018 (by 4.3%)
- September to October 2017(by 1.5%)

While decreased in:
- September to October 2016 (by 0.4%)

• Compared to the same month last year (October 2018), the current average price slightly increased by 4.1%. The largest increase occurred in Mazar by (12.0%) followed by Maimana (11.1%) due to currency exchange rate (US$/ Vs AFN) prices and decrease of supply from source of points (Pakistan and Kazakhstan) and a decrease occurred only Faizabad by 11.3% due to more supply. The variation in all other main cities was within a normal range (0.7% to 9.7%).
• Compared to the same month two years ago (October 2017), the average price of wheat flour significantly increased by 11.4%.
• Compared to 5-years average price of the same months (Octobers 2014 - 2018), the average price slightly increased by 3.6%.
Wheat flour (Low Price):
The monthly average price of wheat flour (Low Price) in main urban cities’ markets was AFN 26.9/Kg in the reporting month (October 2019). The average price negligibly increased by 0.6% compared to the previous month (September 2019). The variation in all main cities was within a normal range (-4.6% to 4.1%). In the last three proceeding years, this increase was experienced in;
◊ September to October 2018 (by 3.3%)
◊ September to October 2017(by 0.5%)

While decreased in:
◊ September to October 2016 (by 0.1%)

• Compared to the same month one year ago (October 2018), the current average price slightly increased by 4.6%. The largest increase occurred in Maimana (11.8%), Mazar (10.9%) and Nili by (10.8%) due to decrease of supply. The variation in all other main cities was within a normal range (-8.0% to 8.0%).
• Compared to the same month two years ago (October 2017), the average price significantly increased by 10.9%.
• Compared to 5-years average price of the same months (October 2014 - 2018), the average price slightly increased by 3.3%.

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 89.3/Kg in the reporting month (October 2019) which negligibly increased by 0.3% compared to the previous month (September 2019). The variation in all main cities was within a normal range (-0.6% to 1.7%). In the last three proceeding years, this increase was experienced in,
◊ September to October 2018 (by 0.5%)
◊ September to October 2017(by 1.0%)

While decreased in:
◊ September to October 2016 (by 0.3%)

• Compared to the same month one year ago (October 2018), the average price slightly decreased by 6.3%. The largest decrease occurred in Kandahar by 15.6% and Jalalabad (15.0%) due to increase of supply from sources of point (Pakistan). The variation in all main cities was within a normal range (-9.1% to 2.9%).
• Compared to the same month two years ago (October 2017), the average price slightly increased by 5.2%.
• Compared to 5-years average price of some months (October 2014 - 2018), the average price slightly increased by 5.8%.

Rice (Low Quality):
The monthly average price of Rice (Low Quality) in main cities’ markets was AFN 45.6/Kg in the reporting month (October 2019), which negligibly decreased by 0.1% compared to the previous month (September 2019). The variation in all main cities was within a normal range (-3.4% to 0.8%). In the last three proceeding years, this decrease was only experienced in;
◊ September to October 2017 (by 0.9%)

While increased in ;
◊ September to October 2018 (by 0.7%)
◊ September to October 2016 (by 1.1%)
Compared to the same month one year ago (October 2018), the average price slightly decreased by 3.4%. The variation in all main cities was within a normal range (-9.8% to 4.0%).

Compared to the same month two years ago (October 2017), the average price negligibly increased by 1.9%.

Compared to 5-years average price of same months (October 2014 - 2018), the average price slightly increased by 5.4%.

Retail Price of Cooking Oil in Main Urban Cities:

The monthly average price of cooking oil in main cities’ markets was AFN 80.8/Kg in the reporting month (October 2019), remained unchanged compared to previous month (September 2019). The variation in all main cities was within a normal range (-1.4% to 1.1%). In the last three proceeding years, this was not experienced, while decreased in;

- September to October 2017 (by 1.2%)
- September to October 2016(by 0.2%)

While increased in:

- September to October 2018 (by 1.3%)

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

Pulses: The monthly average price of pulses in October 2019 in main cities’ markets was AFN 76.4/Kg which has negligibly increased by 0.4% compared to the previous month (September 2019).

- Compared to the same time last year (October 2018), the price of pulses slightly negligibly by 1.7%, the highest decrease occurred in Kandahar (12.2%), mainly due to increased supply and an increase has been occurred in Jalalabad by 13.5%, due to decrease of supply from border country. The variation in all other main cities was within a normal range (-7.9% to 7.1%).
- Compared to the same time two years ago (October 2017), the price of pulses significantly decreased by 12.6%.
- Compared to 5-years average of the same months (October 2014 - 2018), the prices of pulses increased slightly by 4.6%.

Salt: The monthly average price of salt in October 2019 in main cities’ markets was AFN 14.8/Kg, slightly decreased by 4.2% compared to the previous month (September 2019). The current average price of salt slightly increased by 3.1% compared to the same month last year (October 2018), and slightly increased by 5.1% compared to the same month two years ago (October 2017).

Sugar: The monthly average price of sugar in October 2019 in main cities’ markets was AFN 44.4/Kg, negligibly decreased by 1.6% compared to the previous month (September 2019). The current average price of sugar slightly increased by 7.0% compared to the same month last year (October 2018) due to decrease of supply, and slightly decreased by 8.7% compared to the same month two years ago (October 2017).
Number of days averagely worked by a labourer: The monthly average number of days worked by a laborer during October 2019 was reported at 11.1 days. The highest number of working days were in Nili (20 days), Kabul (13 days), Hirat and Kandahar (12 days), followed by Faizabad, Maimana, Mazar and Jalalabad (8 days) which significantly decreased by (8.2%) compared to the previous month (September 2019).

- Compared to the same month last year (October 2018), the average number of working days slightly increased by 9.9% (1.0 days).
- Compared to the same month two years ago (October 2017), the average number of working days for main cities significantly decreased by 14.8% (1.9 days).

### Market Watch:

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<td>Rice High Quality</td>
<td>100.6</td>
<td>0.3</td>
<td>0.6</td>
<td>1.5</td>
<td>0.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rice Low Quality</td>
<td>74.6</td>
<td>7.3</td>
<td>6.6</td>
<td>0.0</td>
<td>0.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cooking Oil</td>
<td>75.6</td>
<td>13.6</td>
<td>11.8</td>
<td>-1.8</td>
<td>0.6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:**
- Price increase above normal price fluctuation
- Normal Price Fluctuation
- Price decrease below normal price fluctuation

Price fluctuation is considered normal if the price change is within 5% for one month, or within 15% for 3 months, one year, two years and five years. IM: Compared to August 2018. TV: Compared to October 2017.

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