



# Afghanistan Food Security Update

10 September 2021

**IN  
NUMBERS**

Out of every ten families, in the past two weeks:

- 
**Nine in ten** have insufficient food consumption
- 
**Seven in ten** have been forced to limit portions, resort to cheaper food and to borrowing food
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**Five in ten** have run out of food at least once in the last two weeks

**US\$ 200 million** urgently needed to cover needs until the end of the year.

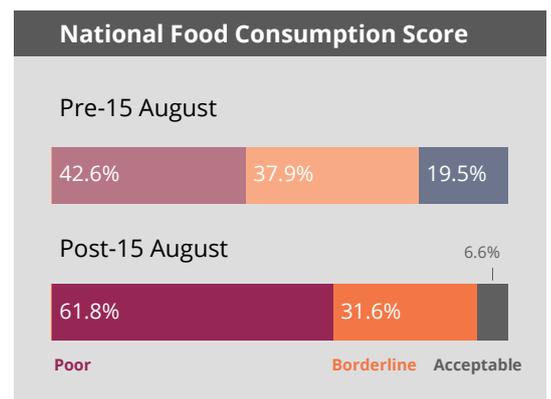
## Situation Update

Hunger is on the rise in Afghanistan; the proportion of the population reporting insufficient food consumption has escalated to 93 percent. This is 13 percentage points higher than the period prior to 15 August.

Households are resorting to multiple distressed coping mechanisms to put food on the table. Roughly three out of four households now: limit portion sizes (almost double that prior to 15 August) borrow food (74 percent up from 60 percent) or consumed cheaper food (up from 56 percent). The coping strategy index doubled, from 7.75 points to 15.6 points.

The number of adults employing the extreme strategy of restricting consumption rose from 14 percent to 26 percent. Furthermore,

households employing three or more food coping strategies also doubled from 32 percent to 61 percent.





## Further Findings

**Consumption of proteins and dairy** was already less than one day per week prior to 15 August, but it has now more than halved (0.2 and 0.4 days respectively). Consumption of pulses, vegetables and fruits has also decreased (0.9, 1.6 and 1 day respectively). Of these, fruit consumption has been most affected, and has decreased by almost half.

**Half of all households reported running out of food at least once in the past two weeks**, up from 43 percent. Lack of money was the reason 94 percent of respondents said their food stocks ran out, as job losses and food prices rise.

**Market access challenges** increased from 18.8 percent to 23.4 percent because of security concerns, a particular challenge for the 97 percent of Afghans who buy their food at markets..

**There were no major changes in access to health services before and 15 August.** However, more households reported a lack of money as the main reason they could not receive health care (67 percent), as well as hospitals being closed (12 percent) and hospitals being too far (10 percent).

**Major concerns** reported by the population include job loss (46.7 percent) and food shortages (26.7 percent) both drastically increased as major concerns and increase in food prices (7.3 percent).

## Population at a glance (Post-15 August)



- **Household head:**  
97 percent male headed households  
3 percent female headed households



- **Household size:** Average of 10.9 members



- **Education** of the head of the household:
  - Illiterate: 64.3 percent
  - Primary education: 23.2 percent
  - Secondary education: 8.1 percent
  - Post-secondary education: 4.4 percent



## In 14 days, the average household now eats:

<b>Bread</b>	14 days	●●●●●●●●●●●●●●
<b>Vegetables</b>	3 days	●●●○○○○○○○○○○○○
<b>Pulses / fruits</b>	2 days	●●○○○○○○○○○○○○
<b>Dairy</b>	1 day	●○○○○○○○○○○○○○○
<b>Animal protein</b>	< 1 day	●○○○○○○○○○○○○○○

*This factsheet updates Afghanistan's food security situation based on data collected via telephone surveys across 34 provinces between 19 July and 5 September. Data collection was paused between 16-20 August but resumed at almost full capacity from 21 August.*

## WFP RESPONSE

WFP has already assisted 6.4 million people in 2021 and is scaling up to reach a total of 14 million people (an increase of almost 5 million from 2020). Despite the volatile situation, WFP's staff, partners and trucks continue delivering assistance to vulnerable communities across the country.

Humanitarian assistance is urgently required as the country enters the annual hunger season and to preposition food in the country before the winter cuts off communities.

## August 2021 dispatch

