

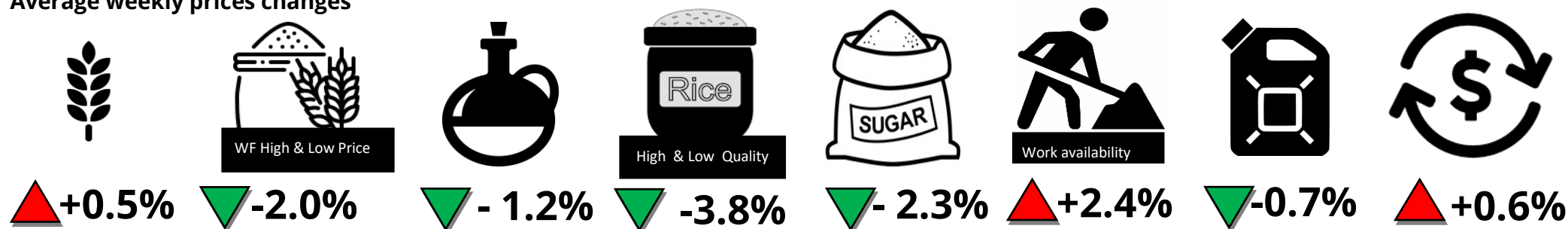


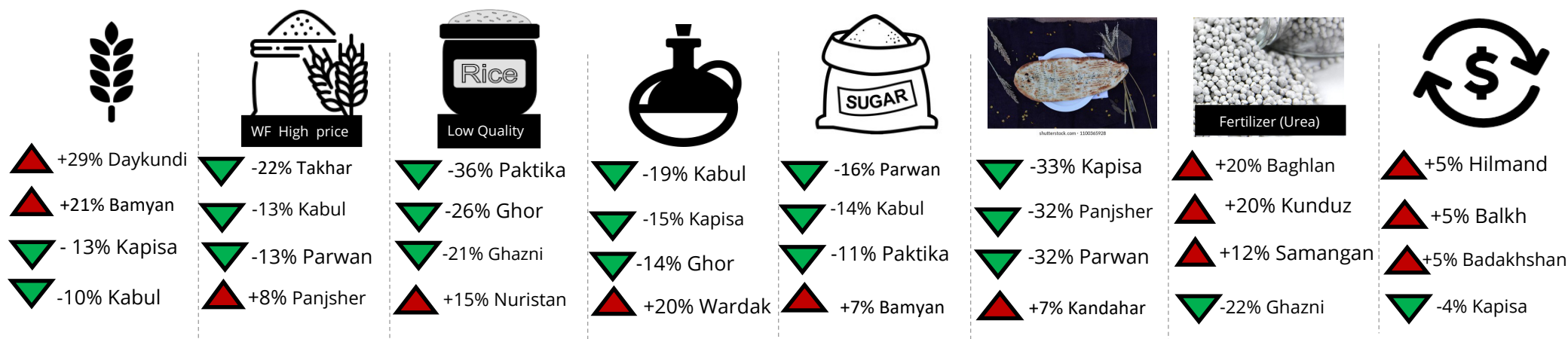
## Highlights

- In the week 4 of December 2021, the prices of food items were significantly higher than the last week of June (before the recent conflicts and political change).
- The average price of all food items except wheat grain, negligibly decreased in the 4th week, after its peak price in the 3rd week of Dec 2021, mainly due to exchange rate fluctuations.
- Average weekly price of diesel negligibly decreased by 0.7% and reached 77.4 AFN/L, due to exchange rate fluctuations.
- Work opportunities slightly improved by 2.4% compared to last week.
- Both casual labour/wheat and pastoralist/wheat ToT negligibly improved by 0.3% and 0.9%, respectively due to changes in price of wheat and negligibly increase in price of sheep.
- Exchange rate (USD to AFN) after a drastic increase in the 2nd week of December, slightly decreased in the 3rd week and again negligibly increased this week and reached 103.2 AFN/USD and still lacks cash (USD) in markets & Banks and high demand for it exists in the market.

Main Food Commodities/Food Access indicators	Price/rate & Changes (%)			
	4th Week of December 2021	Compared to last week of June 2021	Compared to the 3rd Week of December 2021	
WHEAT (Kg)	43.8	46.5% ▲	0.5%	▶
WHEAT FLOUR - High price (Kg)	49.2	46.1% ▲	-2.1%	▶
WHEAT FLOUR - Low price (Kg)	45.4	48.6% ▲	-2.0%	▶
RICE HIGH QUALITY (Kg)	102.6	15.3% ▲	-2.1%	▶
RICE LOW QUALITY (Kg)	56.0	12.0% ▲	-5.5%	▼
COOKING OIL (Kg)	184.9	37.8% ▲	-1.2%	▶
PULSES (Kg)	113.0	21.2% ▲	-0.3%	▶
BREAD (Kg)	58.6	10.6% ▲	-7.7%	▼
SALT (Kg)	15.3	14.3% ▲	-3.5%	▶
SUGAR (Kg)	68.0	34.2% ▲	-2.3%	▶
DIESEL (LITER)	77.4	46.6% ▲	-0.7%	▶
ONE YEAR ALIVE FEMALE SHEEP (HEAD)	7891	3.6% ▶	0.5%	▶
LABOUR UNSKILLED/DAY	279	-9.4% ▼	0.0%	▶
LABOUR SKILLED/DAY	581	-9.5% ▼	0.0%	▶
# OF DAYS WORK AVAILABLE/WEEK	1.3	-47.0% ▼	2.4%	▶
EXCHANGE RATE	103.2	29.3% ▲	0.6%	▶
CASUAL LABOUR/WHEAT	6.5	-37.2% ▼	0.3%	▶
PASTORALIST TOT	182.7	-28.9% ▼	0.9%	▶

### Average weekly prices changes





### Casual Labour/Wheat ToT

Casual labour/wheat ToT improved by 0.3% this week. The weekly ToT remained 37.2% below the number of last week of June 2021, before recent conflicts and political changes.

This ToT improved in Kapisa (15%), Wardak (12%), Kabul (11%), Ghazni (10%), Takhar (9%), Ghazni (5%) and Nimroz (4%), due to decrease in the price of wheat.

Meanwhile deteriorated in Daykundi (22%), Bayman (17%), Kunar 9%) and Hirat (3%), mainly due to increased wheat price.

### Diesel

This week the diesel prices negligibly decreased by 0.7%. Compared to last week of June this week price shows significant increase (46.6%).

At provincial level, price decreased in Kandahar (14%), Samangan (10%), Hilmand, Takhar, Farah, Balkh and Badghis (7%) Kapisa and Zabul (4%), Parwan, Nimroz and Kabul (3%), due to increased supply and exchange rate fluctuations.

The price increased in Logar (11%), Bamyan (10%), Daykundi and Khost (8%), Ghazni and Paktya (7%) and Hirat (3%).

### Pastoralist ToT

The national average number of pastoralist ToT negligibly improved this week by 0.9%. This number is 28.9% below the number of the last week of June 2021. The improvement occurred in Wardak (17%), Kapisa (15%), (26%), Kabul (11%), Ghazni (10%), Takhar (9%), Paktika and Nimroz (4%), due to decreased in the price of wheat and increased sheep price. While deteriorated in Bamyan (17%), Daykundi (16%), Kunar (9%), Ghor (7%) and Hirat (3%), due to increased wheat price and only in Ghor decreased sheep price.