

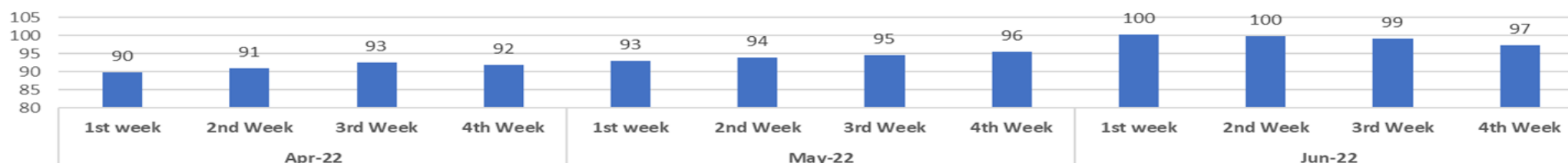


## Highlights

- During the week under review, the value of the Afghani (AFN) appreciated slightly against the United States Dollar (USD) from 89.6 to 89.0. However, liquidity challenges continue to constrain economic activity within the country.
- Diesel maintained an average price of AFN 105/L this week. While prices remain stable compared to last week, they are 113 percent higher than this time last year.
- The Terms of Trade (TOT) for livestock improved by four percent this week, as the average price of livestock increased by two percent while the price of wheat grain decreased by one percent.
- The average number of working days available improved marginally from 2.0 to 2.1 during the week under review, while the average casual labour wage decreased by one percent.

Items	Price/Rate & Comparison (%)			
	This week	Last week (%)	Last year (%)	3 Years Avg (%)
<b>EXCHANGE RATE (USD:AFN)</b>	89.0	-1%	13%	9%
<b>WHEAT (AFN/Kg)</b>	47	-1%	55%	33%
<b>WHEAT FLOUR - High price (AFN/Kg)</b>	54	-2%	62%	30%
<b>WHEAT FLOUR - Low price (AFN/Kg)</b>	50	-2%	64%	32%
<b>RICE HIGH QAULITY (AFN/Kg)</b>	120	1%	36%	22%
<b>RICE LOW QAULITY (AFN/Kg)</b>	57	-2%	14%	9%
<b>COOKING OIL (AFN/Kg)</b>	196	-5%	47%	35%
<b>PULSES (AFN/Kg)</b>	116	-5%	47%	35%
<b>SUGAR (AFN/Kg)</b>	71	5%	41%	24%
<b>DIESEL ( (AFN/LITER)</b>	105	0%	113%	65%
<b>ONE YEAR ALIVE FEMALE SHEEP (HEAD)</b>	8392	2%	11%	7%
<b>LABOUR WAGE, UNSKILLED/DAY</b>	296	-1%	-4%	-3%
<b>LABOUR WAGE SKILLED/DAY</b>	609	1%	-7%	-6%
<b>FERTILIZER (DAP) - 50 Kg</b>	5959	0.1%	109%	60%
<b>FERTILIZER (UREA) - 50 Kg</b>	3040	-0.1%	138%	65%
<b>PASTORALIST TERMS of TRADE (ToT)</b>	184	4%	-27%	-21%
<b>CASUAL LABOUR WAGE TERMS of TRADE (ToT)</b>	6	0.2%	-38%	-30%

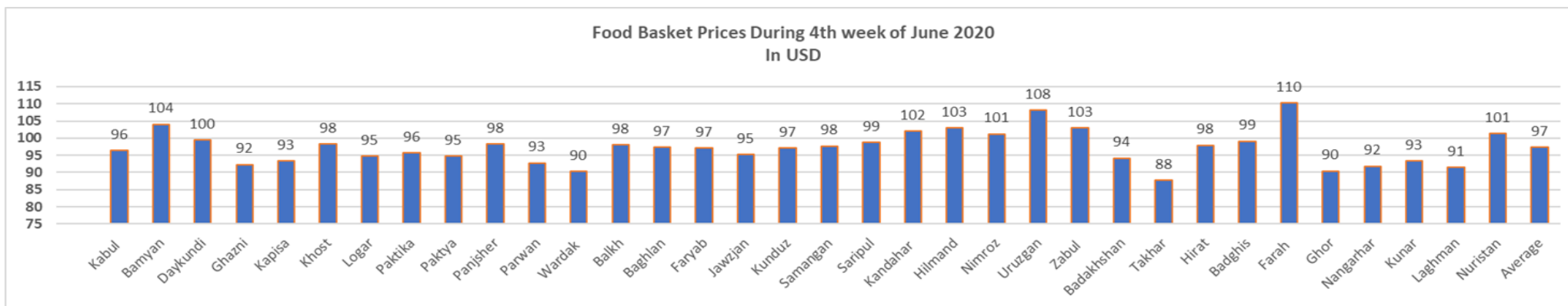
Food Basket Prices In USD





This Week Main Commodity Price Changes Compared to Third week of June 2022							
-6%< Laghman	7%> Saripul	8% > Logar	.-13% < Wardak	4%> Panjsher	23%> Jazwjnan	10%> Takhar	22%> Nooristan
-4%< Herat	2% > Zabul	8%> Sari Pul	-11% < Takhar	3%> Nangarhar	21%> Nangarhar	4%> Kapisa	16%> Laghman
-4%< Jawzjan	-7%< Wardak	7%> Kabul	-10% < Kabul	3%> Zabul	19%> Kunar	3%> Wardak	15%> Badghis

Significant price increases for basic food commodities were reported in Nangarhar, Uruzgan, and Sari Pul provinces this week. In **Nangarhar**, the price of pulses, sugar, and livestock increased by 3 percent, 21 percent, and 17 percent, respectively, compared to last week. On average, diesel prices remained stable compared to last week, but remains 113 percent higher compared to the same time last year. In **Takhar, Kapisa** and **Daykundi** provinces, the price of diesel increased significantly compared to other provinces during the week.



### Weekly Food Basket Prices

Nationally, the average price of a standard food basket decreased by two percent compared to last week, but remained significantly higher by 27 percent compared to the same time last year. Price increases were recorded in Farah (110 USD), 108 USD, Hilmand (USD 103), Kandahar (USD 103), and Nimroz (USD 101).

### Labour Wage

The average casual labour wage decreased by one percent this week. No significant improvement in labour wages have been observed at national or provincial level in the past several weeks.

