



AFGHANISTAN

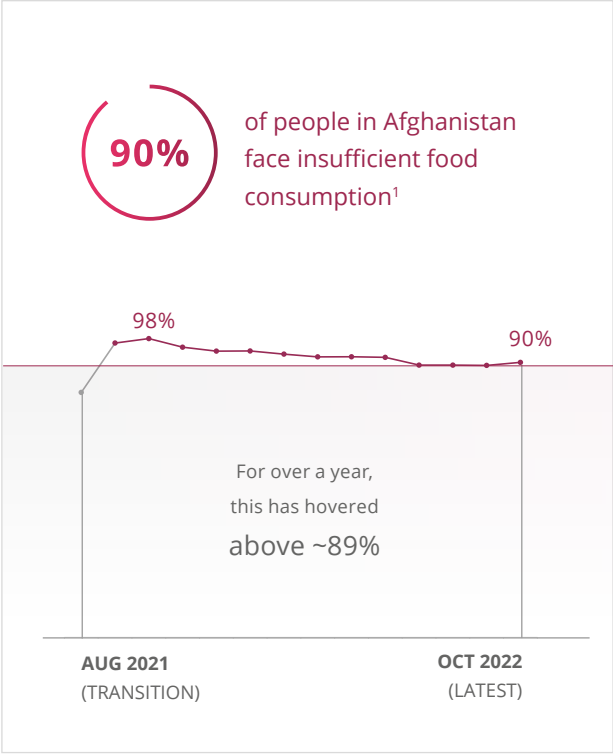


World Food Programme

SAVING LIVES
CHANGING LIVES

Afghanistan Food Security Update

September to October 2022



The data presented here are collected via mobile surveys.

Afghanistan has faced unprecedented levels of hunger for over a year. Since September 2022, some nine in ten households have faced insufficient food consumption each month. This is more than The impending winter could cause food security to deteriorate even further, with weather conditions already disrupting some critical roads.

Household incomes have continued to shrink. For the fifth month in a row, over half of households have watched their incomes decrease. These losses are widespread, with households of varying education levels and urban/rural settings all equally affected.

This is forcing people to spend nearly all their income on food. For the past five months, households have been spending over 90 percent of their income on food. These levels are concerning all across the country, with expenditure highest in the North (93 percent) and lowest in the West (88 percent). This comes as the pressures of dwindling incomes and inflated prices push food further out of reach; wheat prices have jumped by over 20 percent compared to the previous year.²



The harvest may have played a protective factor for some households. In the last three months, 23 to 24 percent of households working in the production or sale of field crops have had acceptable food consumption. This is around double the national average (10 percent). The improvement here coincides with the end of the wheat and barley harvest season,³ even if harvests this year were lower than average. The lower precipitation projected for the upcoming wet season (due to effects of La Niña) may leave these households at risk.

Economic and food concerns remain the biggest worries. Job losses are the top concern for half of the population (47 percent), followed by food shortages (28 percent) and increases in food prices (6 percent). These have been the top three concerns five months in a row.

Half of the population is turning to coping strategies to put food on the table. The proportion of households using crisis coping strategies has fluctuated at around 50 percent for the past four months. This is over four times worse than pre-15 August 2021. The most common strategies are buying less expensive/preferred food (89 percent) and borrowing to buy food (73 percent).

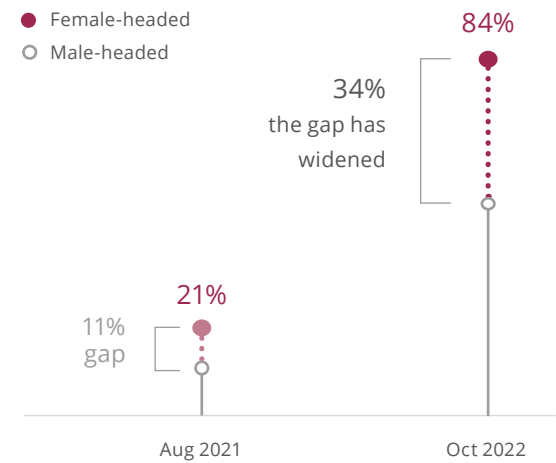
A quarter of households are struggling with access to markets (25 percent). In the past six months, this figure has fluctuated between 24 and 31 percent of households facing market access challenges. There was a particularly steep deterioration in the West (Badghis, Farah and Ghor provinces), from 20 percent in September to 35 percent in October. Female-headed households are also faring worse, with 37 percent facing challenges accessing markets compared with 25 percent of male-headed households.

Female-headed households are disproportionately turning to coping strategies.⁵ Over eight in ten female-headed households (84 percent) are using crisis coping strategies, compared with half of male-headed households (50 percent). This marks a deterioration in the last month of 9 percentage points. When it comes to sacrificing food for the family, eight in ten female-headed households are reducing the number of meals, compared to four in ten male-headed households.

Households with person/s with disabilities are also disproportionately impacted; 64 percent are turning to coping strategies to put food on the table (compared to 53 percent for other households). In particular, these households have increasingly resorted to strategies such as reducing meal sizes (80 percent), and restricting the consumption of adults (74 percent).

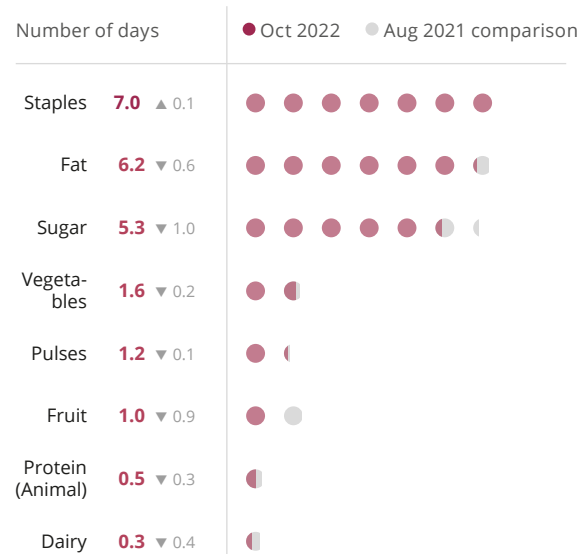
Female-headed households are using coping strategies more

% OF HOUSEHOLDS USING CRISIS COPING STRATEGIES



Diets have shrunk since pre-August 2021⁶

AVERAGE CONSUMPTION OF FOOD IN SEVEN DAYS



This factsheet updates Afghanistan's food security situation based on 13 rounds of data collected via telephone surveys across 34 provinces between 19 July 2021 and 26 October 2022. Since 21 August 2021, panel surveys are conducted for 80 percent of respondents in each round. Results are weighted to ensure socio-demographic representativity. The questionnaire was updated on January 3 to include questions on food expenditure, income sources, income changes, and remittances. View previous rounds [here](#).

WFP Response: WFP is working to meet the food and nutrition needs of millions of people in Afghanistan. To meet the task at hand, WFP requires US\$ 1.46 billion to sustain operations through May 2023, with severe shortfalls beginning in January. Learn more at this [scale-up factsheet](#) and the [latest updates](#).



1. This is based on the [Food Consumption Score \(FCS\)](#) indicator which is calculated according to the types of foods consumed during the previous seven days, the frequencies with which they are consumed and the relative nutritional weight of the different food groups
 2. WFP [Weekly Market Price Bulletin](#), 26 October 2022
 3. FEWS NET [Afghanistan Seasonal Calendar - Typical Year](#)
 4. This question on food expenditure was only introduced in January 2022

5. The findings for female-headed households are indicative due to a small sample size.
 6. Comparisons of diets are between the round of surveys between 19 July to 15 August 2022 and the latest round (28 September to 26 October 2022).