



AFGHANISTAN

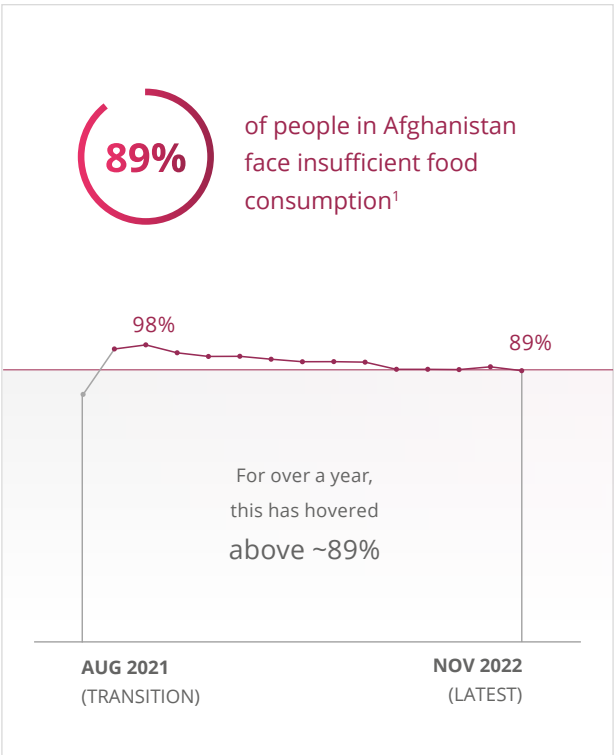


World Food Programme

SAVING LIVES
CHANGING LIVES

Afghanistan Food Security Update

November 2022

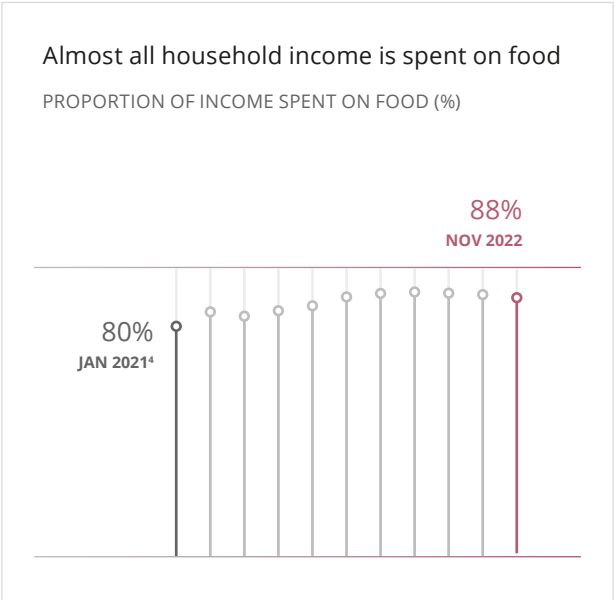


The data presented here are collected via mobile surveys.

Afghanistan has faced unprecedented levels of hunger for over a year. For five months in a row, some nine in ten households are still not consuming enough food. 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 sixth month in a row, over half of households have watched their incomes decrease, making up 62 percent of households in November. 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. From June to October, households have been spending over 90 percent of their income on food. Expenditure on food decreased marginally to 88 percent in November, but diets have continued to remain poor, and the use of crisis-coping strategies has increased. Faced with decreasing incomes, inflated prices, and the approaching winter, households could be spending less on food because they are consuming less.

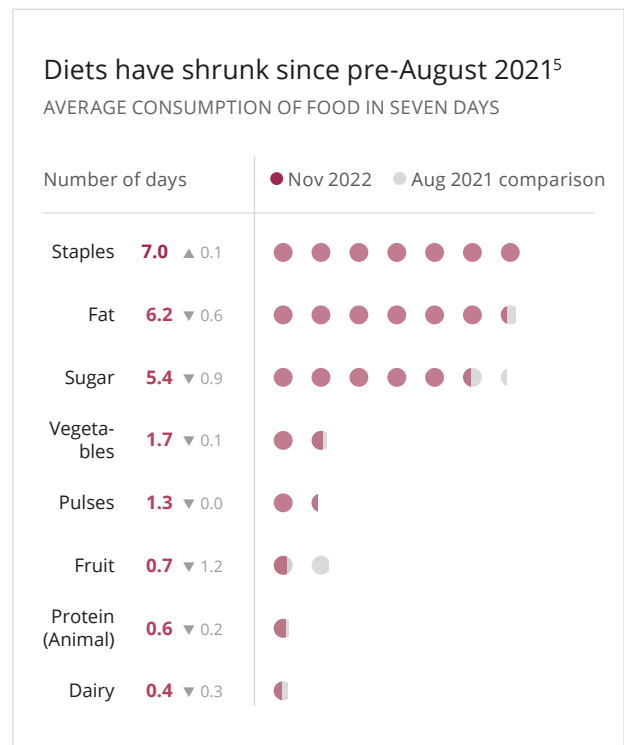


Over half of all households are using crisis-levels of coping to survive. In November, 53 percent of households were in this group, most of which had to borrow food² and concurrently reduce adult meal portions so that others could eat.

Economic and food concerns remain the biggest worries. Job losses remain the top concern for half of the population (46 percent), followed by food shortages (35 percent) and increases in food prices (7 percent). These have been the top three concerns for six months in a row. Worries about food shortages has seen the greatest increase in the last month, and are the top concern for rural households with four in ten concerned about the lack of food as the country enters the lean winter season³.

Market access is still a challenge for over a quarter of households (27 percent). This is a dramatic difference compared to one year ago, where only 1 percent of households were unable to access a market. But for the past half a year, one in four households have been unable to reach a market due to the markets being too far. Deterioration was more pronounced in the South, Central Highland, Hirat, and East regions

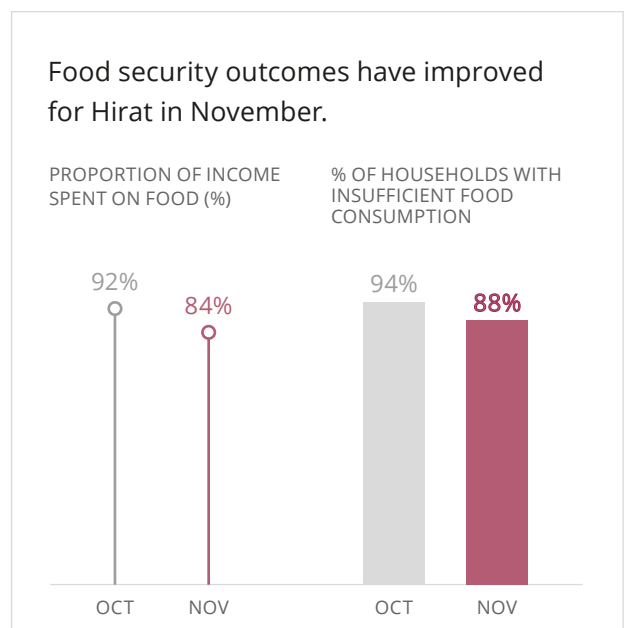
Households with person/s with disabilities are also disproportionately impacted; 62 percent are turning to coping strategies to put food on the table (compared to 51 percent for other households). In particular, more of these households are borrowing food² (83 percent), which is an increase of 7 percentage points in the last month, and 9 percentage points higher than other households (74 percent) in November.



A Look at Hirat

Assistance may have helped households in Hirat maintain food consumption levels. In October and November, WFP distributed food and cash assistance to over 60 percent of the population of Hirat (1.7 million people)⁶. Household expenditure on food decreased by 7 percentage points to 84 percent in November, while acceptable food consumption increased by 7 percentage points to 12 percent of households. Hirat was also one of the only regions to see a decrease in the percent of households relying on crisis-coping strategies to eat such as reducing adult portions or choosing less preferred foods.

However, economic outcomes remain poor. Over 60 percent of households in Hirat saw their incomes decreasing in November, and 37 percent of households are unable to afford necessary healthcare services.



This factsheet updates Afghanistan's food security situation based on 15 rounds of data collected via telephone surveys across 34 provinces between 19 July 2021 and 24 November 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 3 January 2022 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. Get 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. Or borrowed money to buy food
 3. FEWS NET [Afghanistan Seasonal Calendar - Typical Year](#)
 4. This question on food expenditure was only introduced in January 2022

5. Comparisons of diets are between the round of surveys between 19 July to 15 August 2022 and the latest round (27 October to 24 November 2022).
 6. Based on WFP distribution data. In-kind assistance was in the form of wheat flour, oil, pulses, and salt.