



World Food Programme

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CHANGING
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Market Monitor - Palestine

WFP Palestine Food Security Analysis

March 2026

Key findings - Gaza Strip

- The first week of March started with **a wave of panic and noticeable increases in the prices of food items** in the Gazan markets with the Israeli announcement of closing the commercial crossings at the start of confrontation with Iran. The situation stabilized a bit after it was later announced by the Israeli authorities that crossings would be reopened to allow in both humanitarian and commercial trucks into the Gaza Strip. Still, with a decreased number of commercial trucks entering the prices are currently higher than they were in the weeks preceding the current Iran crisis.
- The main food items that experienced price increases were **vegetables**, followed by **wheat flour** and **eggs** (which disappeared from the markets for a few days). However, the situation improved a bit as the week progressed with prices decreasing again but **many vegetables prices remain higher than they were in the fourth week of February**.
- In the second week of March **tomato prices have skyrocketed**, reaching 35 NIS (US\$12) per kilogram in Gaza, equivalent to the **highest point thus far in the conflict**. Similar increases were noted in other fresh vegetables, particularly potatoes and onions, with the price per kilogram of each reaching 20 NIS in Gaza City.
- Wheat flour prices have **stabilized after an initial surge during the first two days of the Iran crisis**, when the cost of a 25-kg bag jumped from 40 NIS to 130 NIS. Currently, the same bag is selling for 50–60 NIS across the Gaza Strip, indicating partial recovery in the market.
- With nearly **87 percent of cropland damaged** and over **85 percent of agricultural facilities and wells affected**, as well as the livestock sector **devastated**, Gaza has become **overwhelmingly import-dependent**. Even small shocks to the stability in the flow of fresh items impact prices, highlighting the criticality of enabling increased local production.
- While most of buying and selling transactions are done **online** through digital cash transfer/banking apps, **the liquidity problem persists** in the context of **limited employment, constrained and market functionality**.
- Physical access to food showed **slowed improvement in March compared to February**, as only 28 percent of surveyed households reported better access compared to 49 percent in the previous month, 34 percent reported no change. **Alarmingly, 37 percent reported worse access in March compared to February** which can be attributed to the sudden increases in the prices and the decreased entry of commercial goods.
- **No cooking gas trucks have entered the Gaza Strip for 10 consecutive days between February 26th and March 8th**, with some limited entry from March 9th. This limited supply resulted in a sharp rise in black market gas prices, with one kg fluctuating between 80-130 NIS in the past week, and its disappearance from official distribution channels for that period.
- With the **decrease in the number of commercial trucks entering the Gaza Strip since the onset of the conflict with Iran**, retailers have faced **more challenges in restocking**, with 70 percent of surveyed retailers reported that their stock levels as below normal, and 81 percent citing drastic price fluctuations as making stock procurement and management more challenging.
- With ongoing challenges in access to cooking gas, **48 percent of the population reported that they continue to rely on waste burning** as an alternative to cooking gas in March. Increasing the supply of and access to cooking gas is an urgent priority to mitigate the serious health risks associated with unsafe cooking practices

Key findings - West Bank

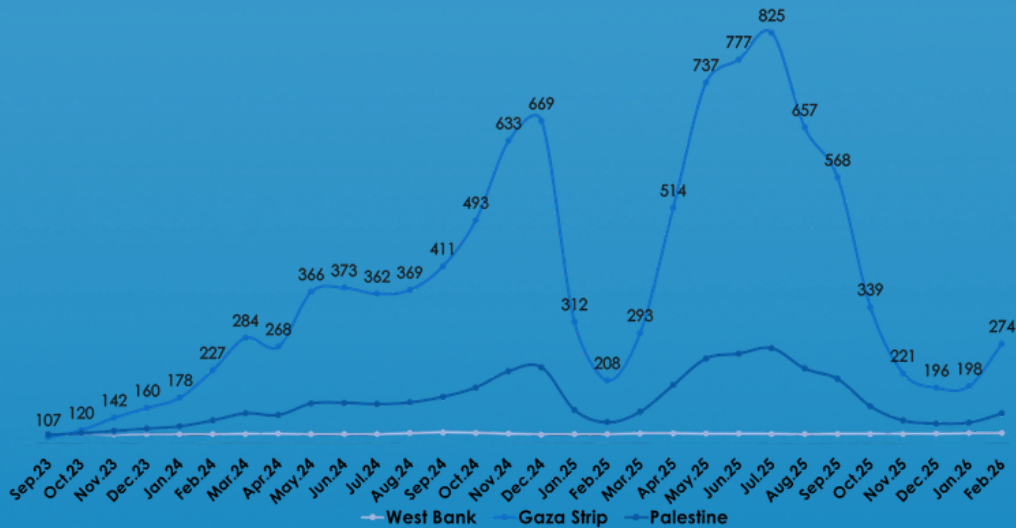
- Following the outbreak of the Israel/USA and Iran conflict, mass panic in the West Bank led to supermarket rushes buying in large quantities many times greater than they need and heavy demand at gas stations, causing overcrowding and temporary closures.
- **Most food prices remained stable, with the exception of tomatoes.** Preliminary data show a sharp increase in tomato prices during **the first two days of the second half of March, reaching 15 NIS/ Kg** across most West Bank governorates.
- **Fuel and gas entered critical levels, with shortages reported.** March data from the Petroleum Authority shows rising energy costs: gas cylinders up 7 percent (75 NIS from 70 NIS), diesel and kerosene up 4.7 percent (5.96 shekels/liter), and 95-octane gasoline up 2% (6.85 shekels/liter). Israeli Ministry of Energy announced that Israel will temporarily shut down some of its natural gas reserves.
- The Ministry of National Economy (MoNE) reported that **stable food items remain available in local markets, with stocks sufficient for three months for key items.**
- The Israeli army closed several city gates and checkpoints, further restricting movement.
- The MoNE has **adopted a decentralized distribution policy** across all governorates to ensure access even during road closures or emergencies.

Inflation and Market Prices

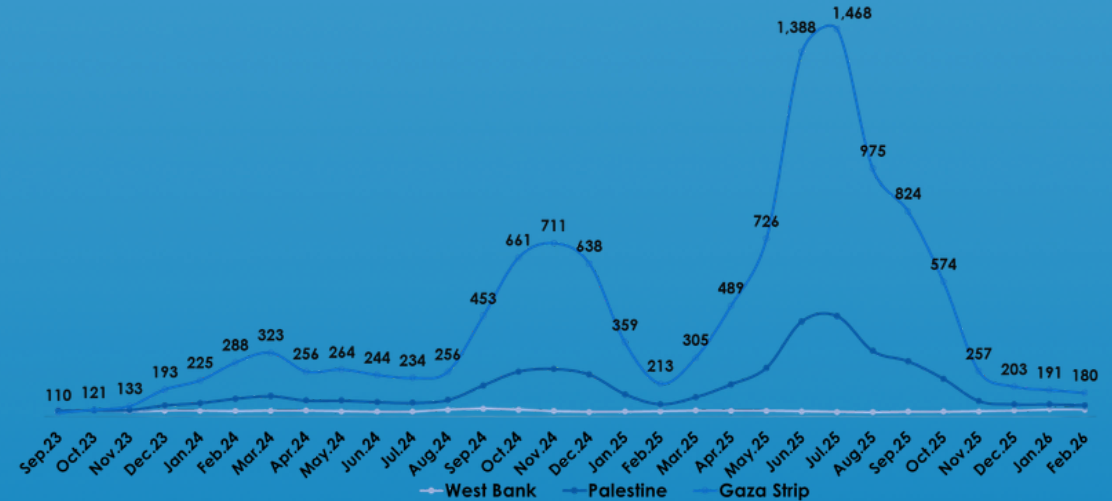
Gaza CPI increased in February 2026 by 37.9 percent compared to January, and it increased by 31.31 percent compared to February 2025. It also remained higher than pre-crisis levels (September 2023) by 154.7 percent. Food CPI in Gaza on the other hand decreased in February 2026 by 5.44 percent compared to January and by 15.46 percent compared to February 2025, but it still remained higher than pre-crisis levels (September 2023) by 64.2 percent.

In the West Bank, CPI witnessed a very slight increase by 0.02 percent in February 2026 compared to January and also an increase by 1.71 percent compared to February 2025. Additionally, it saw an increase by 1.9 percent compared to pre-crisis level (September 2023). Food CPI in the West Bank witnessed a decrease by 0.92 percent in February 2026 compared to January; while it increased by 5 percent compared to February 2025. It also saw an increase by 2.4 percent compared to pre-crisis levels (September 2023). *

CPI in Palestine September 2023 - February 2026



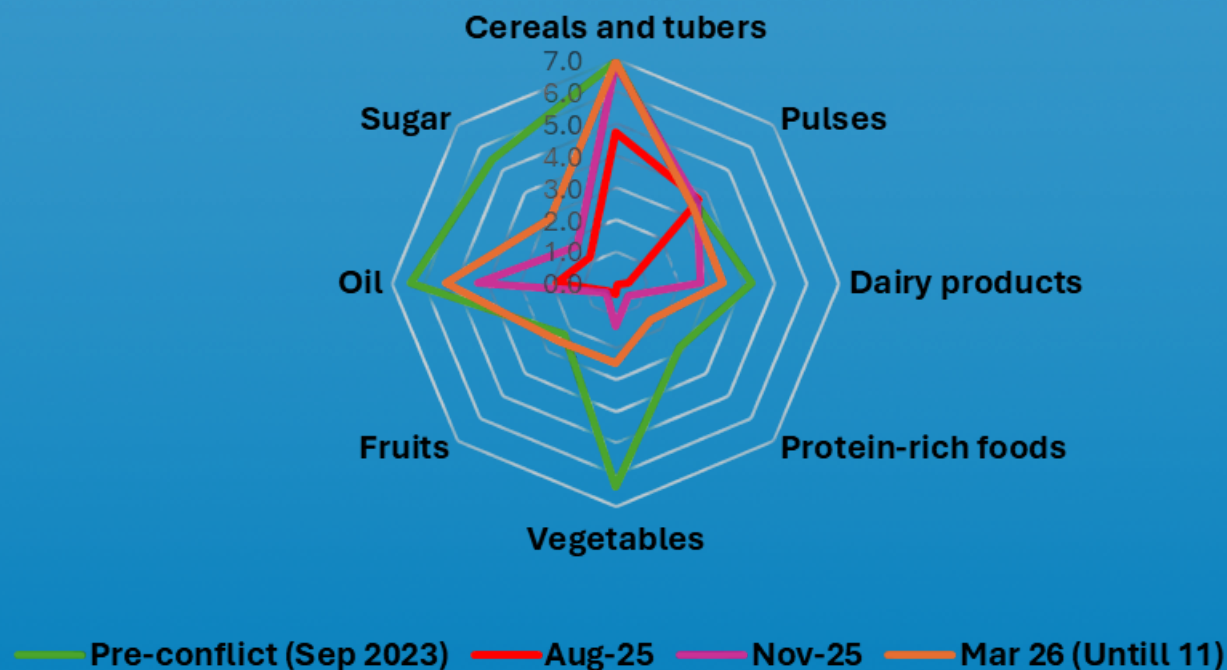
Food CPI in Palestine September 2023 - February 2026



Food diversity - Gaza Strip

- Food consumption in Gaza had seen an **improvement** by early March 2026, with notable improvements in improved access across food groups, most notably for fruit which faced the largest consumption gap since the start of the conflict, as well as improvements in consumption of dairy products, vegetables, meat and other protein sources. However, **consumption remains well below pre-conflict levels**, with the onset of the conflict with Iran and limitations in commercial supplies, **a deterioration in dietary diversity is expected** given the increase in the price of fresh items. This underscores the criticality of ensuring stable supplies of fresh food items, to maintain price stability and enable dietary diversity.
- Dairy consumption has improved to an average of 3 days per week (compared to 4 days pre-conflict).
- Consumption of vegetables and fruits remains low; vegetables are consumed on average 2.5 per days per week, compared to 6 days per week pre-conflict, while fruit consumption is 2.5 days near pre-conflict level.
- Protein sources (meat, poultry, eggs) consumption remains limited at 1.5 day per week, compared to 3 days pre-conflict.
- Pulses were consumed about 3.5 days per week, near pre-conflict levels.
- Cereals consumption remains steady at 7 days per week, consistent with pre-conflict averages.

**Fig 1. Average food consumption
Number of days per week that households consume different food groups**



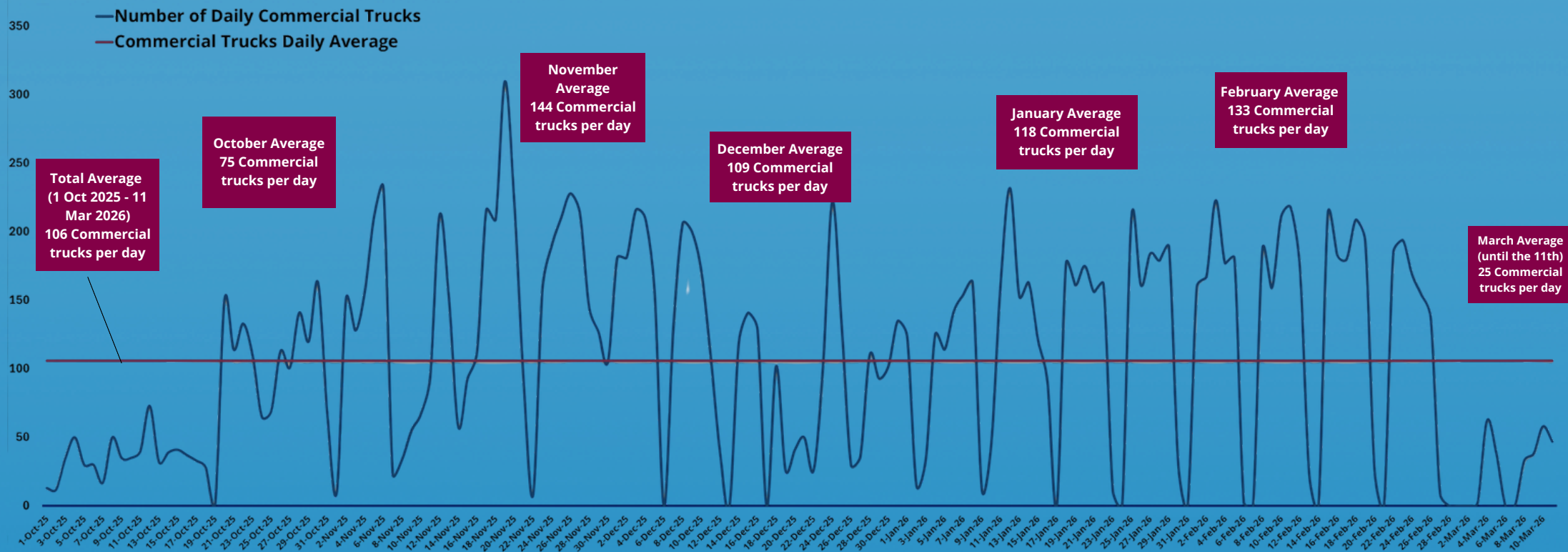
Food Availability - Gaza Strip



The number of humanitarian and commercial trucks entering the Gaza Strip witnessed a **slight increase during February 2026** compared to **January 2026**. As a daily average of **230 trucks** entered during **February** compared to a daily average of **225 trucks** per day during January. However, after the start of the recent confrontation between Israel and Iran, the **situation deteriorated quickly with very limited access into the Gaza Strip crossings since February 28th, and a total closure for three days** when no trucks at all were allowed to enter at the start of the war. Trucks were allowed to enter again on starting on March 3rd but in very limited numbers, the daily average of daily trucks in the month of **March (until the 11th of the month) is only 63 trucks per day**, a huge decrease compared to previous months which hinders the stability of the markets and can cause dangerous implications on food security.

The daily average of total trucks entering since the start of the ceasefire on October 11th until the 11th of March (258 trucks per day) is also still below the daily average that used to enter pre-crisis (500 trucks per day) and the number agreed upon on the terms of the ceasefire (600 trucks per day).

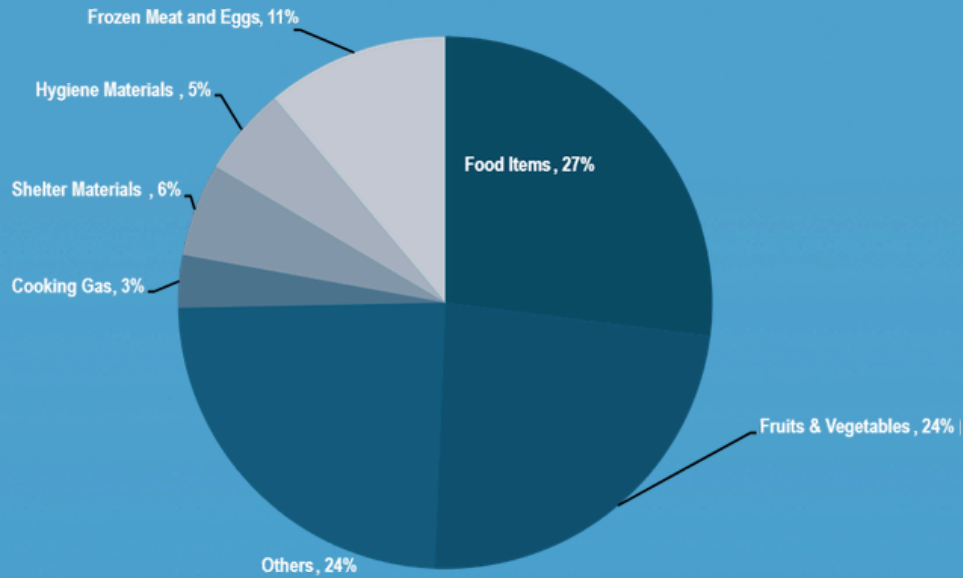
Fig. 2. Commercial Trucks Flow - Gaza Strip* (October 1 - March 11)



Greater number of commercial trucks can allow greater diversity of food and other items available on the market, to complement the staple commodities that humanitarian actors are bringing in, making it critical to have a sustained level of commercial goods, which also helps to drive down prices.

*Source of data for commercial trucks: Palestinian Ministry of State for Relief Affairs + Gaza Chamber of Commerce & Industry. For humanitarian trucks: UN2720 Monitoring & Tracking Report.

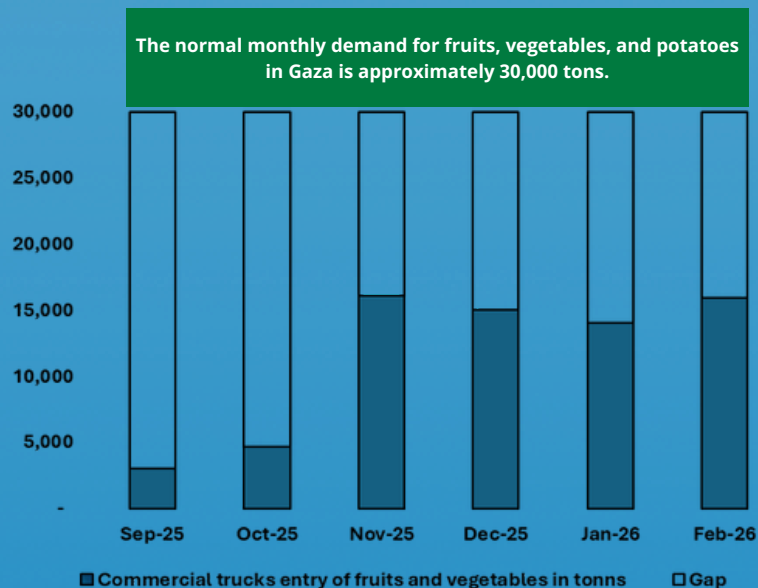
Fig. 3. Commercial Trucks by Type of Commodities in the month of February*



The pie chart shows the distribution of commercial trucks by type of load. Approximately one-quarter of these trucks carried vegetables and fruits, reflecting a shift in consumer behavior as households increased the share of fresh produce in their food baskets. This diversification of consumption patterns signals greater food variety compared to earlier months.

At the same time, imports of frozen meat, chicken, eggs, and dairy products also rose. This contributed to some price reductions, though levels remain below pre-conflict norms. The data suggests that while consumers are gradually regaining access to a wider range of food items, market recovery is still fragile and highly dependent on stable and sustained supplies / metric tonnage of commercial entries.

Fig. 4. Fruit and vegetables needs VS entries



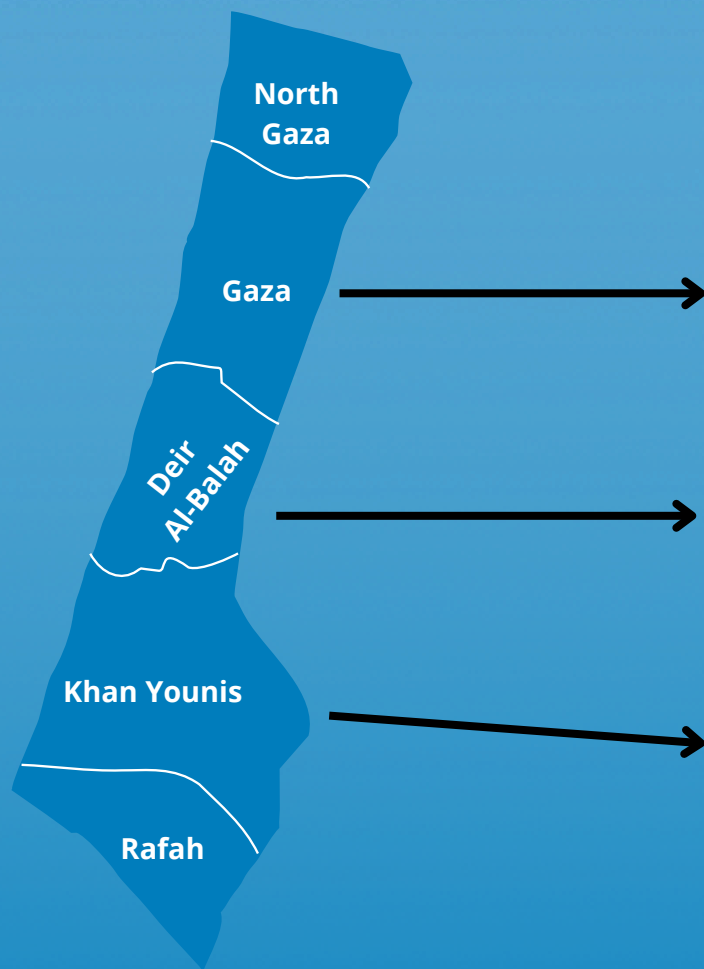
Before the October 2025 ceasefire, commercial truck entries of essential food items; vegetables, fruits, eggs, meat, and dairy—were extremely limited, causing severe shortages and soaring prices across Gaza. After the ceasefire, inflows of vegetables and fruits resumed but initially covered only 10–15 percent of estimated needs. According to the Palestinian Expenditure and Consumption Survey (2017), monthly demand for fruits, vegetables, and potatoes is about 30,000 tons, underscoring how far supply fell short of requirements.

Since October 2025, fresh produce inflows have gradually increased yet remain around 50 percent below actual needs. This partial recovery has diversified household food baskets and eased some price pressures, but consumption levels are still far from pre-conflict norms. The persistent gap highlights the fragility of food security and provides strong evidence for advocacy when linked to baseline consumption surveys.

*Source of data for commercial trucks: Gaza Chamber of Commerce & Industry.

Price changes for food items

- Prices of main food items witnessed noticeable increases in the first week of March compared to the previous weeks after the start of the Israel Iran conformation and the limited entry of commercial and humanitarian trucks into the Gaza Strip.
- However, prices for the majority of food items remained lower than pre-ceasefire levels in the first week of October 2025. Most prices also remain higher than pre-crisis levels (September 2023).



Changes in prices in the first week of March 2026	2KG	1KG	1KG	3L	1KG	1KG	1KG	25 KG	1KG	1KG
Compared to the first week of Oct 2025 (pre-ceasefire)	93% ↓	NA	NA	50% ↓	75% ↓	17% ↓	58% ↓	72% ↓	60% ↓	23% ↓
Compared to pre-conflict prices	186% ↑	300% ↑	493% ↑	13% ↓	289% ↑	233% ↑	28% ↑	5% ↑	68% ↓	59% ↑

Changes in prices in the first week of March 2026	2KG	1KG	1KG	3L	1KG	1KG	1KG	1KG	1KG	1KG
Compared to the first week of Oct 2025 (pre-ceasefire)	NA	25% ↓	50% ↓	55% ↓	71% ↓	38% ↓	67% ↓	58% ↓	75% ↓	60% ↓
Compared to pre-conflict prices	150% ↑	275% ↑	493% ↑	4% ↓	206% ↑	233% ↑	28% ↑	16% ↓	68% ↓	59% ↑

Changes in prices in the first week of March 2026	2KG	1KG	1KG	3L	1KG	1KG	1KG	1KG	1KG	1KG
Compared to the first week of Oct 2025 (pre-ceasefire)	NA	NA	NA	33% ↓	60% ↓	20% ↓	50% ↓	27% ↓	80% ↓	NA
Compared to pre-conflict prices	NA	325% ↑	381% ↑	4% ↓	233% ↑	167% ↑	28% ↑	16% ↓	52% ↓	27% ↑

MAP KEY



Eggs



Eggplants



Cucumber



Sunflower oil



Tomatoes



Salt



Sugar



Wheat Flour










Rice










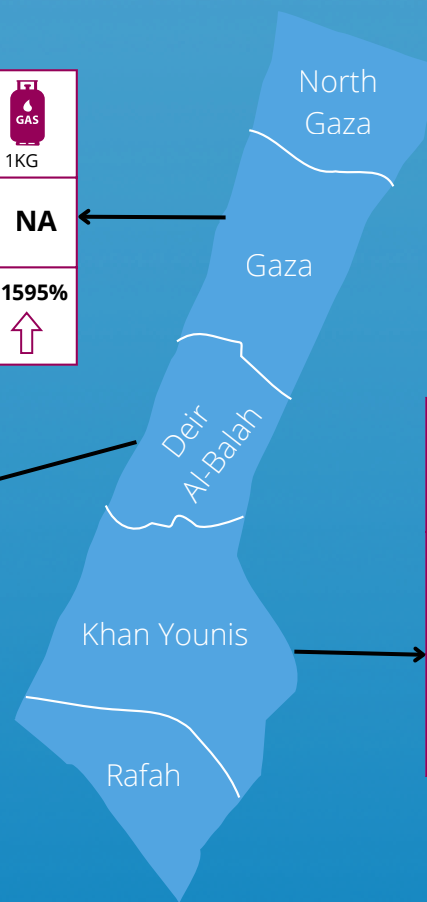
Lentils-brown








PRICE CHANGES FOR NON FOOD ITEMS

- Most non-food items continued to decrease in the first week of March compared to September 2025 (pre ceasefire). However, most prices remain much higher than pre-conflict (September 2023) levels, particularly for cooking gas and fuel.
- No cooking gas trucks entered the Gaza Strip for 10 days between February 27th and March 8th, which explains the sharp rise in black market gas prices (one kg is sold for 100-130 NIS) and its disappearance from official distribution channels.

Changes in prices in March 2026	 1 KG	 1L	 40 Pcs	 100ml	 16 Pcs	 1Pcs	 1KG
Compared to September 2025 (pre-ceasefire)	17% ↓	NA	90% ↓	50% ↓	60% ↓	70% ↓	NA
Compared to pre-conflict prices (Sep-2023)	400% ↑	515% ↑	39% ↑	19% ↑	100% ↑	20% ↑	1595% ↑

Changes in prices in March 2026	 1 KG	 1L	 40 Pcs	 100ml	 16 Pcs	 1Pcs	 1KG
Compared to September 2025 (pre-ceasefire)	14% ↓	71% ↓	89% ↓	42% ↓	55% ↓	70% ↓	NA
Compared to pre-conflict prices (Sep-2023)	650% ↑	438% ↑	52% ↑	21% ↓	64% ↑	50% ↑	1256% ↑



Changes in prices in March 2026	 1 KG	 1L	 40 Pcs	 100ml	 16 Pcs	 1Pcs	 1KG
Compared to September 2025 (pre-ceasefire)	0%	65% ↓	90% ↓	30% ↓	50% ↓	73% ↓	84% ↓
Compared to pre-conflict prices (Sep-2023)	600% ↑	438% ↑	64% ↑	3% ↑	108% ↑	100% ↑	1425% ↑

MAP KEY



Sanitary pads



Firewood



Diapers



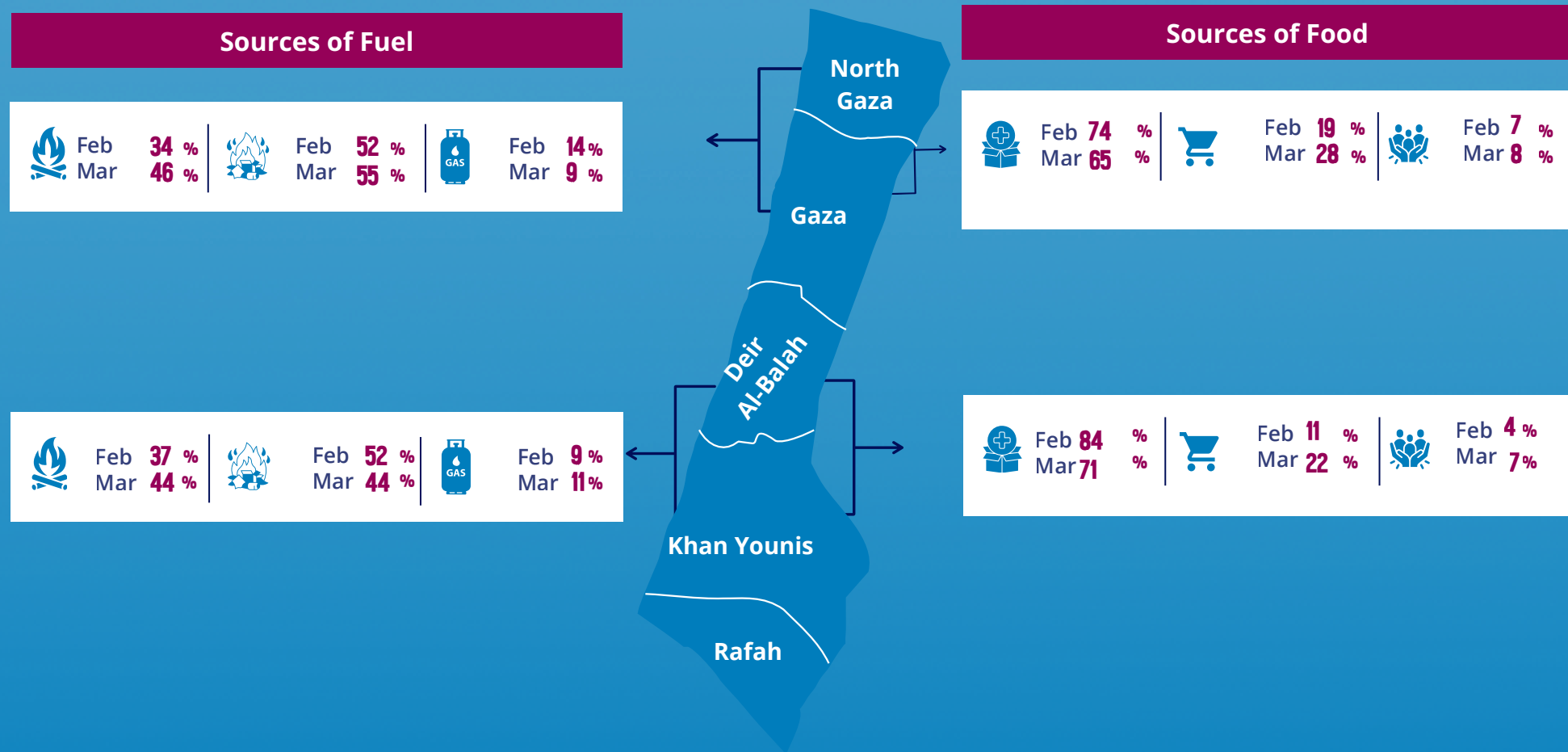
cleaning products



Toothpaste

MAIN FOOD & ENERGY SOURCES - GAZA STRIP

- Markets continued to show signs of recovery in March with an increased percentage of Gazans reporting relying on buying food items from the local markets and also decreased percentages reporting relying mainly on Aid. It is therefore vital to increase the inflow of commercial and aid trucks into the Gaza Strip to maintain these improvements.
- 49 percent of the population reported that they continue to rely on waste burning as an alternative to cooking gas in January, a slight decrease compared the 52 percent that reported doing so in February. That is why ensuring a consistent and sufficient supply of cooking gas is an urgent priority to mitigate the serious health risks associated with unsafe cooking practices.



MAP KEY

- Humanitarian aid
- Assistance from friends & family
- Waste burning
- Cooking gas
- Market
- Firewood





















Access to the Market

- Market access in the Gaza Strip showed **continued signs of improvement in the first ten days of March 2026** compared to the months before the ceasefire. However, **63 percent** of surveyed households reported difficulties accessing markets in the last two weeks. **Among them, 93 percent cited financial struggles due to lack of cash**, and **50 percent** indicated they could not afford basic food items despite price reductions since the ceasefire.
- Physical access to food showed **slowed improvement** in March compared to February, as only **28 percent of surveyed households reported better access** compared to **49 percent** in the previous month, **34 percent** reported no change. Alarming, **38 percent reported worse access in March** which can be attributed to the sudden increases in the prices and the decreased entry of commercial goods.
- Consumption patterns showed **noticeable progress in March**. Households reported **an average of nearly two meals per day in Marh 2026**, compared to **one meal per day in July 2025**. Still, **one in four households consumed only one meal daily**. Additionally, **7 percent** of surveyed households reduced their daily meal portions, **5 percent** decreased the number of their daily meals, and **18 percent** limited adults' food intake to prioritize children.
- 36 percent of surveyed households reported **going to bed hungry at least once in the 30 days preceding the survey**, with **12 percent experiencing this more than ten times**. 43 percent reported **completely running out of food at home**, with 15 percent **experiencing this more than ten times**. Nearly **3 percent reported going an entire day without eating at least once** during the same period.
- Overall consumption patterns showed continued improvements in March compared to the months before the ceasefire. However, **food accessibility and availability showed signs of decrease compared to February**, which showcases how quickly things can turn for the worse with the limited commercial trucks entry since the start of the month, that is why it is vital to restore the same levels of commercial and humanitarian trucks entry to sustain the improvements achieved in the past few months.

Market Functionality

- With the sudden decrease in the number of commercial trucks entering during the first 11 days of March, retailers in the Gaza Strip faced more challenges in restocking. **70 percent of surveyed retailers** reported that their stock levels are **below normal**.
- Supply chain constraints remain a pressing issue. **57 percent** of surveyed shops reported difficulties due to **lack of suppliers**, while **52 percent** indicated that **restocking costs are prohibitively high**. This reflects structural bottlenecks in logistics and import flows, where even when goods are available, affordability of replenishment remains a barrier.
- **81 percent** of surveyed shops cited **drastic price fluctuations**, making it harder for households to purchase goods and for retailers to plan stock management.
- Cash liquidity shortages also disrupted operations. As **54 percent** of surveyed shops reported **cash shortages** this month, limiting their ability to restock even when goods are available.
- Storage infrastructure remains inadequate. **35 percent** of surveyed shops highlighted **weaknesses in cooling and insulation facilities**, reducing the shelf life of perishable goods and limiting the diversity of food items available to consumers.
- Cash withdrawal fees are still standing at around **13-14 percent**. While most shops **no longer demand fees on digital payments from customers**.
- Stock capacity trends show the negative and quick result of the decreased number of commercial trucks entering the Gaza Strip, as **67 percent** of surveyed shops reported **holding less than 40 percent of their capacity**, while **32 percent** reported holding between **40–80 percent**.

Market Situation & Prices - West Bank*

Price Comparison in the West Bank	Changes in prices in February 2026		 Chicken	 RICE	 Eggs	 Goat meat	 Vegetable oil	 Cucumber
	Compared to January 2026	 36%	 14%	 3%	 6%	 1%	 1%	 7%
	Compared to February 2025	 79%	 13%	 4%	 1%	 3%	0%	 9%

In **February 2026**, some food items saw **increases in the prices** in the West Bank, most notably **Chicken** which increased by **14 percent** compared to January 2026 and **cucumbers** which increased by **7 percent** also compared to the **previous month**. This is largely due to seasonal changes such as increased demand on meat during Ramadan, and movement restrictions that adversely affect the price of fresh items.

Meanwhile, compared to **February 2025**, several food prices also **saw increases**, most notably **tomatoes** which **increased** by **79 percent**, **chicken** which saw an increase by **13 percent**, **goat meat** which **increased** by **3 percent** and **eggs** which **increased** by **1 percent**.

Preliminary data indicates **a sharp rise in tomato prices during the first two days of the second half of March**, reaching **15 NIS/Kg in most West Bank governorates**.

West Bank Under Stress: Public Readiness, Panic Buying and Fuel Shortages

Following the Iran crisis, mass panic swept the West Bank, triggering supermarket rushes and overcrowded gas stations that led to temporary closures. While food prices remained stable, fuel and gas supplies reached critical levels, with shortages reported. March data from the Palestinian Petroleum Authority confirmed rising energy costs: gas cylinders up 7 percent (75 NIS vs. 70 NIS), diesel and kerosene up 4.7 percent (5.96 NIS/liter), and 95-octane gasoline up 2% (6.85 NIS/liter). Moreover, ongoing limitations in the purchasing power of households persists.

Despite these pressures, the Ministry of National Economy assured that stocks of 16 basic commodities; including flour, rice, sugar, oil, and meat remain sufficient for three to six months. A decentralized distribution policy was adopted to ensure access across governorates, even during road closures. The Prime Minister directed institutions to raise readiness: hospitals and health centers are on maximum alert, movement between governorates is restricted, and schools shifted to online learning. Citizens were urged to avoid panic buying, as strict market controls are in place to prevent price gouging. Meanwhile, Israeli closures of city gates and checkpoints further restricted movement.

*PCBS, preliminary data, second half of February 2026.

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ANNEX A

Market prices in Gaza Strip¹

Gaza governorate

Table 1: Prices of Key food Commodities in Northern Governorates (NIS)

Item	Unit	Sep 2023 (Pre-crisis)	First Week of Oct 2025 (before the ceasefire)	Fourth Week of Jan	First Week of Feb	Second Week of Feb	Third Week of Feb	Fourth Week of Feb	First Week of March	First Week of March/ Fourth Week of Feb	First Week of March/First week of Oct 2025	First Week of March/ Pre-crisis (Sep 2023)
Chickpeas	1 KG	5.4	13	5	5	5	5	6	6	0%	-54%	11%
Cucumbers	1 KG	2.7	N/A	8	11	6	12	12	16	33%	N/A	493%
Dry fava beans	1 KG	7	30	6	6	6	5	5	6	20%	-80%	-14%
Eggplants	1 KG	4	N/A	8	10	8	10	16	16	0%	N/A	300%
Eggs	2 KG	14	600	23	26	25	40	45	40	-11%	-93%	186%
Egyptian rice	1 KG	6.2	5	1	1	1	1	1	2	100%	-60%	-68%
Flour	25 KG	47.5	180	15	15	20	30	35	50	43%	-72%	5%
Bread	1 KG	2.58	10	5	5	5	5	5	5	0%	-50%	94%
Bread - WFP Supported	2KG	5.2	3	3	3	3	3	3	3	0%	0%	-42%
Lentils-Brown	1 KG	6.3	13	6	6	6	7	10	10	0%	-23%	59%
Red-Lentils	1 Kg	5	5	0.33	0.33	0.33	1	1	1	0%	-80%	-80%
Potatoes	1 KG	2.5	25	3	3	3	4	5	12	140%	-52%	380%
Dry onions	1 KG	3.2	50	3	3	3	4	5	14	180%	-72%	338%
Sunflower oil	3 L	31	54	21	18	21	21	24	27	13%	-50%	-13%
Tomatoes	1 KG	3.6	55	10	9	8	12	15	14	-7%	-75%	289%
Salt	1 KG	1.5	6	3	3	3	3.5	5	5	0%	-17%	233%
Sugar	1 KG	3.9	12	4	3.5	4	5	5	5	0%	-58%	28%

¹ The price comparison covers the pre-crisis prices in September 2023, the pre-ceasefire phase in the First week of October 2025, and the first week of March 2026.

Table 2: Prices of Key non-food items in Gaza Governorate (NIS)

Item	Unit	Sep 23	Feb 25	Sep 25	Dec 25	Jan 26	Feb 26	Mar 26	Mar/Feb	Mar 26/ Sep 25	Mar 26/ Sep 23
Energy											
Wood	1 KG	1	2	6	5	5	5	5	0%	-17%	400%
Coal	1 KG	4	15	20	20	15	12	12	0%	-40%	200%
Charging from solar Energy	1 hour	N/A	1	1	1	1	1	1	0%	0%	N/A
Cooking Gas	1 KG	5.9	50	N/A	90	90	80	100	25%	N/A	1595%
Diesel	1 Liter	6.5	30	N/A	50	35	35	40	14%	N/A	515%
Gasoline	1 Liter	6.8	N/A	N/A	50	50	N/A	N/A	N/A	N/A	N/A
Hygiene Items											
Sanitary Pads	16 pads	4	3	20	10	8	6	8	33%	-60%	100%
Baby Diapers	Cartoon (40 diapers)	18	25	250	20	20	20	25	25%	-90%	39%
Toilet Paper	1 roll	1	2	10	2	2	1	2	100%	-80%	100%
Detergent	1 Liter	6.5	15	35	15	17	15	16	7%	-54%	146%
Tissues	1 pack	2	5	20	5	4	4	4	0%	-80%	100%
Toothpaste	100 ml	4.2	5	10	6	5	4	5	25%	-50%	19%
Toothbrush	1 brush	2	1	2	2	1	1	1	0%	-50%	-50%
Hair Shampoo	750 ml	9	15	70	14	12	10	10	0%	-86%	11%
Bleach (chlorine)	1 Liter	1.5	7	15	5	10	15	15	0%	0%	900%
Hand Soap	1 Piece	2.5	2	10	5	4	3	3	0%	-70%	20%
Medical Items											
Paracetamol	12 pills	3	3	10	5	5	5	5	0%	-50%	67%
Iodine Solution	120 ml	7	10	15	10	9	8	8	0%	-47%	14%
Other											
Drinking Water	1.5 Liter	1	3	N/A	5	3	3	4	33%	N/A	300%
Tent	24 M2	N/A	500	N/A	400	400	350	400	14%	N/A	N/A

Deir Al Balah

Table 3: Prices of Key food Commodities in Deir Al-Balah (NIS)

Item	Unit	Sep 2023 (Pre-crisis)	First Week of Oct 2025 (before the ceasefire)	Fourth Week of Jan	First Week of Feb	Second Week of Feb	Third Week of Feb	Fourth Week of Feb	First Week of March	First Week of March/ Fourth Week of Feb	First Week of March/First week of Oct 2025	First Week of March/ Pre-crisis (Sep 2023)
Chickpeas	1 KG	5.4	9	6	7	8	7	8	9	13%	0%	67%
Cucumbers	1 KG	2.7	32	9	6	5	16	12	16	33%	-50%	493%
Dry fava beans	1 KG	7.0	15	6	6	10	7	5	7	40%	-53%	0%
Eggplants	1 KG	4.0	20	10	9	7	12	16	15	-6%	-25%	275%
Eggs	2 KG	14.0	N/A	24	29	25	35	N/A	35	N/A	N/A	150%
Egyptian rice	1 KG	6.2	8	3	4	4	3	2	2	0%	-75%	-68%
Flour	25 KG	47.5	130	25	25	35	35	50	55	10%	-58%	16%
Bread	1 KG	2.58	N/A	5	5	5	5	5	5	0%	N/A	94%
Bread - WFP Supported	2KG	5.16	N/A	3	3	3	3	3	3	0%	N/A	-42%
Lentils-Brown	1 KG	6.3	25	6	7	7	8	10	10	0%	-60%	59%
Red-Lentils	1 Kg	5.0	8	3	3	2	0.5	1	1	0%	-88%	-80%
Potatoes	1 KG	2.5	30	4	3.5	3.5	4	6	10	67%	-67%	300%
Dry onions	1 KG	3.2	35	4	3.5	3.5	4	6	10	67%	-71%	213%
Sunflower oil	3 L	31.3	66	24	24	22	24	30	30	0%	-55%	-4%
Tomatoes	1 KG	3.6	38	10	10	8	12	14	11	-21%	-71%	206%
Salt	1 KG	1.5	8	3	4	4	4	5	5	0%	-38%	233%
Sugar	1 KG	3.9	15	5	5	5	5	5	5	0%	-67%	28%

Table 4: Prices of Key non-food items in Deir Al-Balah (NIS)

Item	Unit	Sep 23	Feb 25	Sep 25	Dec 25	Jan 26	Feb 26	Mar 26	Mar/Feb	Mar 26/ Sep 25	Mar 26/ Sep 23
Energy											
Wood	1 KG	0.8	2	7	4	5	4	6	50%	-14%	650%
Coal	1 KG	4	17	35	10	10	10	10	0%	-71%	150%
Charging from solar Energy	1 hour	N/A	1	1	1	1	1	1	0%	0%	N/A
Cooking Gas	1 KG	5.9	35	N/A	90	95	75	80	7%	N/A	1256%
Diesel	1 Liter	6.5	25	120	50	40	30	35	17%	-71%	438%
Gasoline	1 Liter	6.8	100	N/A	120	120	N/A	100	N/A	N/A	1371%
Hygiene Items											
Sanitary Pads	16 pads	5.5	8	20	10	10	6	9	50%	-55%	64%
Baby Diapers	Cartoon (40 diapers)	19.8	25	280	20	25	25	30	20%	-89%	52%
Toilet Paper	1 roll	1	3	15	2	2	1.5	3	100%	-80%	200%
Detergent	1 Liter	5	15	20	13	20	20	15	-25%	-25%	200%
Tissues	1 pack	2.3	5	18	4	4	4	4	0%	-78%	74%
Toothpaste	100 ml	5.8	8	12	5	5	6	7	17%	-42%	21%
Toothbrush	1 brush	4.5	2	3	2	2	2	2	0%	-33%	-56%
Hair Shampoo	750 ml	4.5	15	90	10	12	12	13	8%	-86%	189%
Bleach (chlorine)	1 Liter	3	15	15	5	5	8	8	0%	-47%	167%
Hand Soap	1 Piece	2	3	10	3	3	1.5	3	100%	-70%	50%
Medical Items											
Paracetamol	12 pills	4	3	10	5	6	5	5	0%	-50%	25%
Iodine Solution	120 ml	5	10	12	10	8	6	8	33%	-33%	60%
Other											
Drinking Water	1.5 Liter	2	3	N/A	4	4	4	5	25%	N/A	150%
Tent	24 M2	N/A	250	1500	400	350	1500	1700	13%	13%	N/A

Khan Younis

Table 5: Prices of Key food Commodities in Khan Younis (NIS)

Item	Unit	Sep 2023 (Pre-crisis)	First Week of Oct 2025 (before the ceasefire)	Fourth Week of Jan	First Week of Feb	Second Week of Feb	Third Week of Feb	Fourth Week of Feb	First Week of March	First Week of March/ Fourth Week of Feb	First Week of March/First week of Oct 2025	First Week of March/ Pre-crisis (Sep 2023)
Chickpeas	1 KG	5.4	8	4	6	6	6	9	8	-11%	0%	48%
Cucumbers	1 KG	2.7	N/A	8	5	6	10	13	13	0%	N/A	381%
Dry fava beans	1 KG	7	15	7	7	7	7	6	6	0%	-60%	-14%
Eggplants	1 KG	4	N/A	8	8	8	15	17	17	0%	N/A	325%
Eggs	2 KG	14	N/A	23	27	28	38	N/A	N/A	N/A	N/A	N/A
Egyptian rice	1 KG	6.2	15	3	3	3	3	3	3	0%	-80%	-52%
Flour	25 KG	47.5	75	15	15	25	45	50	55	10%	-27%	16%
Bread	1 KG	2.6		6	4	4	5	5	5	0%	N/A	94%
Bread - WFP Supported	2KG	3	3	3	3	3	3	3	3	0%	0%	0%
Lentils-Brown	1 KG	6.3	N/A	8	8	8	8	8	8	0%	N/A	27%
Red-Lentils	1 Kg	5	4	1	1	1	1	1	1	0%	-75%	-80%
Potatoes	1 KG	2.5	15	3	3	3	4	8	10	25%	-33%	300%
Dry onions	1 KG	3.2	35	3	3	3	3	8	10	25%	-71%	213%
Sunflower oil	3 L	31.1	45	18	21	21	21	27	30	11%	-33%	-4%
Tomatoes	1 KG	3.6	30	12	12	8	12	14	12	-14%	-60%	233%
Salt	1 KG	1.5	5	2	3	3	3	5	4	-20%	-20%	167%
Sugar	1 KG	3.9	10	5	5	5	5	5	5	0%	-50%	28%

Table 6: Prices of Key non-food items in Khan Younis (NIS)

Item	Unit	Sep 23	Feb 25	September 25	Dec 25	Jan 26	Feb 26	Mar 26	Mar/Feb	Mar 26/ Sep 25	Mar 26/ Sep 23
Energy											
Wood	1 KG	1	3	7	5	5	5	7	40%	0%	600%
Coal	1 KG	6.3	15	N/A	12	12	12	12	0%	N/A	90%
Charging from solar Energy	1 hour	N/A	1	1	1	1	1	1	0%	0%	N/A
Cooking Gas	1 KG	5.9	35	550	100	90	70	90	29%	-84%	1425%
Diesel	1 Liter	6.5	30	100	50	45	25	35	40%	-65%	438%
Gasoline	1 Liter	6.8	120	400	120	140	75	80	7%	-80%	1076%
Hygiene Items											
Sanitary Pads	16 pads	4.8	8	20	15	10	10	10	0%	-50%	108%
Baby Diapers	Cartoon (40 diapers)	18.3	25	300	30	25	30	30	0%	-90%	64%
Toilet Paper	1 roll	1.8	3	12	1	1	1	3	200%	-75%	67%
Detergent	1 Liter	5	15	30	12	12	13	15	15%	-50%	200%
Tissues	1 pack	2.3	5	20	5	3	5	5	0%	-75%	117%
Toothpaste	100 ml	6.8	8	10	8	7	7	7	0%	-30%	3%
Toothbrush	1 brush	1.5	2	4	4	3	3	3	0%	-25%	100%
Hair Shampoo	750 ml	12.5	15	85	15	14	15	15	0%	-82%	20%
Bleach (chlorine)	1 Liter	1.5	15	20	10	12	13	12	-8%	-40%	700%
Hand Soap	1 Piece	2	3	15	3	3	3	4	33%	-73%	100%
Medical Items											
Paracetamol	12 pills	1	8	7	5	5	5	5	0%	-29%	400%
Iodine Solution	120 ml	3	10	12	15	13	13	13	0%	8%	333%
Other											
Drinking Water	1.5 Liter	2	5	12	5	4	4	4	0%	-67%	100%
Tent	24 M2	N/A	N/A	2500	350	350	400	350	-13%	-86%	N/A