

# WFP Palestine Food Security Analysis Palestine Market Monitor

April 2026



World Food  
Programme

# Key findings - Gaza Strip



The fourth week of April witnessed some decreases in the prices of certain food commodities in the Gaza Strip compared to their prices in the previous few weeks. However, prices are still lower than their levels in October 2025 before the current ceasefire, and higher than they were before the start of the Iran crisis, specifically February prices of this year.



In the first half of April 2026, food consumption in Gaza declined compared to March, with vegetables, fruit, and protein sources consumed only once a week or less, leaving overall intake well below pre-conflict levels. While cereals remained stable at 7 days per week and pulses at 3.8 days, affordability and access to fresh foods shrank further, heightening malnutrition risks, especially among children.



In Gaza during April, imported diesel was available at 35 NIS per liter. Cooking gas, distributed through the Petroleum and Gas Authority, was sold at the official price of 74 NIS for 8 kg. However, black market prices were far higher reaching 115 NIS per kg, and in Deir al-Balah climbing as high as 130 NIS per kg. The widening gap between official and black market prices reflects the limited supply.



Gaza continues to face a severe liquidity crisis, with the percentage of cash in circulation not exceeding 30 percent after the removal of worn-out banknotes; especially the ten-shekel denomination. To enable people to have access to essential needs the expansion of digital cash transfers is ever more critical.



In the first half of April, Gaza's wheat flour shortage drove prices of a 25-kg bag up to 120 NIS, forcing greater reliance on aid and reduced bakery operations of private bakeries, while WFP supported bakeries continued to function supporting one third of the population. By the second half of April, humanitarian inflows and limited commercial supply stabilized prices at 70 NIS per bag.



After witnessing a sharp decrease in March 2026; the number of humanitarian and commercial trucks entering the Gaza Strip improved in April after the announcement of a ceasefire in Iran, the Zikim crossing was also re-opened for the first time since the Iran crisis on April 13<sup>th</sup>. Nevertheless, the daily average of daily trucks both commercial and humanitarian entering in April was 142 trucks which is still far below what entered in the months preceding the Iran crisis.



Gaza CPI increased by 12.42 percent in March 2026 compared to February, and by 5 percent compared to March 2025. It also remained higher than pre-crisis levels (September 2023) by 186.4 percent.



In the first half of April 2026, market access in Gaza deteriorated as limited truck entries and the Iran crisis restricted supply. 77 percent of households reported difficulties accessing markets, with 96 percent citing cash shortages and 83 percent unable to afford basic food items due to rising prices; underscoring both liquidity constraints and worsening affordability

## Key findings - West Bank



The Palestinian government is facing its most critical financial crisis in years, with 15 billion shekels withheld and external support sharply declining. In April 2026, it could only disburse a flat 2,000 shekels salary to all public employees irrespective of grade; down from covering 70–50% of salaries previously, eroding purchasing power, threatening food security, and destabilizing the West Bank economy.



Despite panic in the West Bank during the Iran crisis and rising fuel prices, food prices remained stable, with basic commodities sufficient for 3–6 months according to the Ministry of National Economy. However, shortages of imported raw materials have already hit the plastics sector and may affect other industries by May, further eroding citizens' weakened purchasing power.



In April 2026, fuel prices in the West Bank surged as global oil costs spiked, 95 gasoline rose to 7.90 NIS per liter (+15%), diesel to 8.40 NIS (+41%), and a 12-kg gas cylinder to 95 NIS (+27%); deepening the multi-dimensional energy crisis



In April 2026, the Palestinian Ministry of Transport and Communications, in coordination with public transport unions, introduced temporary and limited fare adjustments to offset rising fuel costs, aiming to balance operational burdens while sustaining public transport services for citizens.



In the West Bank, CPI witnessed an increase by 0.74 percent in March 2026 compared to February and also an increase by 1.4 percent compared to March 2025. Additionally, it saw an increase by 2.6 percent compared to pre-crisis level (September 2023). Food CPI in the West Bank also witnessed an increase by 2.46 percent in March 2026 compared to February; and by 4.9 percent compared to March 2025. It also saw an increase by 4.9 percent compared to pre-crisis levels (September 2023).



The Ministry of Economy announced that there was a sharp decline in company and trade registrations during March, compared to a surge in import licenses. The Ministry of National Economy registered 120 new companies in the West Bank governorates with a total capital of US\$6.1 million. The number of new companies registered for March 2026 decreased by 43.4 percent compared to the previous month, while the capital of these companies decreased by 45.5 percent compared to the previous month.\*

\* Ministry of Economy: Sharp decline in company and trade registrations during March, compared to a surge in import licenses.

# Socio-economic Overview and Highlights

After a period of relative stability in Gaza after the October 2025 ceasefire; the decreased level of commercial and humanitarian inflow allowed into Gaza since the Iran crisis hindered the markets and the food security. Many food items experienced increases in their prices, most notably wheat flour and fresh vegetables; while dairy products became more scarce with chicken eggs going missing on many occasions.

In the West Bank, the Iran crisis had negative implications on the economy as fuel prices experienced increases and panic spread among the public at the beginning of the crisis, which led to overcrowding at fuel stations and at times at grocery shops. On the other hand, road closures and checkpoints continued to disrupt the daily lives of Palestinians. Many sections of the local economy warned that with the continued increases in the global prices of fuel all other production sections would have to increase their prices respectively.

## GAZA

**49%** Increase in cost of Minimum Expenditure Basket (MEB) in March, compared to Pre-conflict.

**138%** Increase in food consumer price index in March 2026 compared to pre-conflict

**1836** Humanitarian trucks entered Gaza in April.

**84%** Further collapse in Gaza's economy

**115%** Rise in cost of MEB-food basket in March 2026 compared to Pre-conflict value.

**99%** Construction activity plummeted

**81%** Unemployment rate. Formal employment nearly vanished.

**100%** Poverty levels reached a peak compared to pre-conflict 64%

## WEST BANK

**4.5%** Increase in cost of Minimum Expenditure Basket (MEB) in March 2026, compared to baseline value.

**2.5%** Increase in food consumer price index in March 2026, compared to February 2026.

**1%** Increase in cost of MEB-food basket in March 2026.

**29%** Construction activity plummeted

**27.5%** Unemployment rate in Q4 2025 compared to 12% pre-conflict

**28%** Poverty levels reached a peak compared to pre-conflict 12%

\*Labour Force Indicators in the West Bank (October- December) Round (Q4/2025)

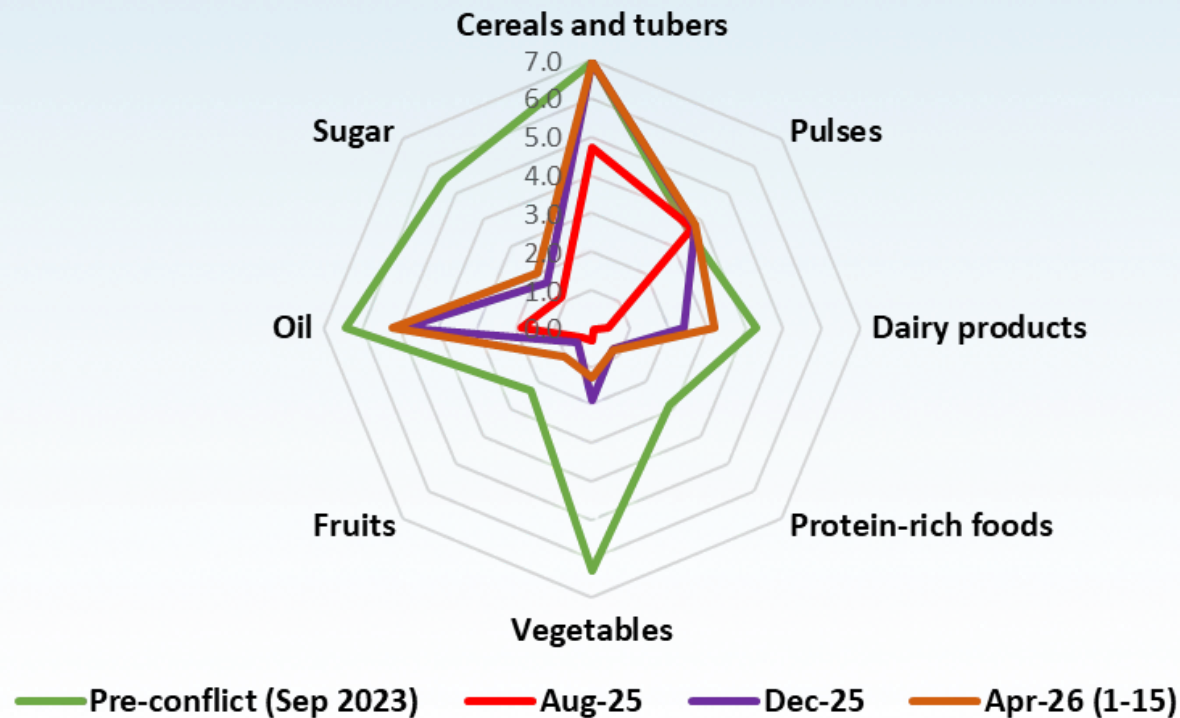
\*\* Impacts of the Conflict in the Middle East on the Palestinian Economy, September 2025

\*\*\* Cash Working Group

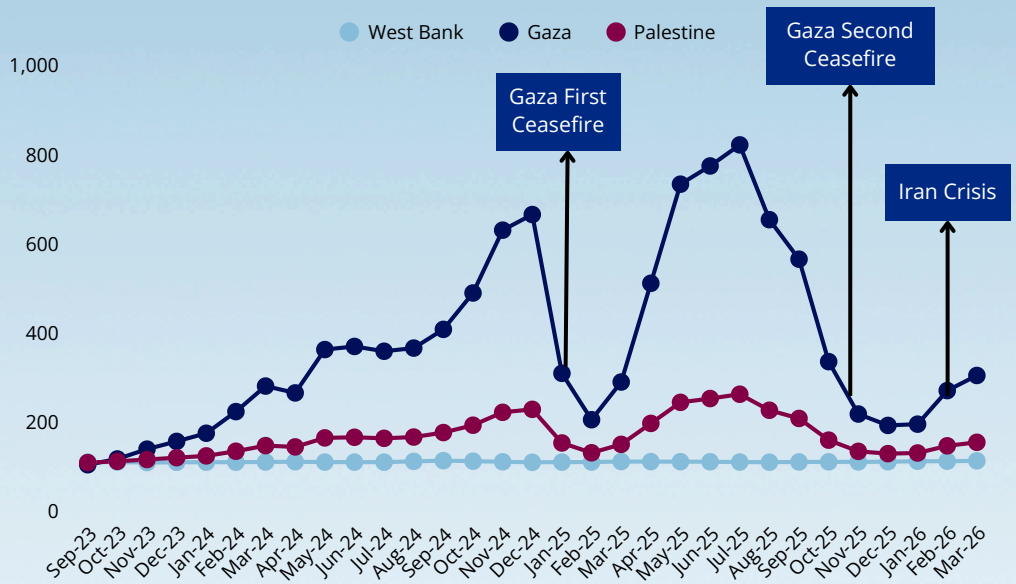
## Food diversity - Gaza Strip

- In the first half of April 2026, food consumption in Gaza declined compared to March, with vegetables, fruit, and protein sources consumed only once a week or less, raising serious risks of malnutrition. While cereals remain stable and pulses provide some resilience, affordability and access to fresh foods continue to shrink, leaving vulnerable groups, especially children at heightened nutritional risk. Overall intake remains well below pre-conflict levels, though it is better than the pre-ceasefire period. Rising fresh food prices continue to erode dietary diversity, underscoring the urgent need to stabilize supplies of perishable items to maintain affordability and nutritional balance.
- **Dairy:** averaging 3 days per week, unchanged from March but below the 4 days pre-conflict.
- **Vegetables:** fallen to 1 day per week against 2.5 days in early March before the Iran conflict, and 6 days pre-Gaza conflict.
- **Fruit:** down to 1 day per week, far below the 2.3 days pre-conflict.
- **Protein (meat, poultry, eggs):** extremely limited at less than 1 day per week, compared to 3 days/week in early March and pre-conflict.
- **Pulses:** consumed about 3.8 days per week, close to pre-conflict levels, acting as a substitute protein source.
- **Cereals:** steady at 7 days per week, consistent with pre-conflict averages, highlighting their role as the staple food.

### Average food consumption: number of days per week that households consume different food groups.

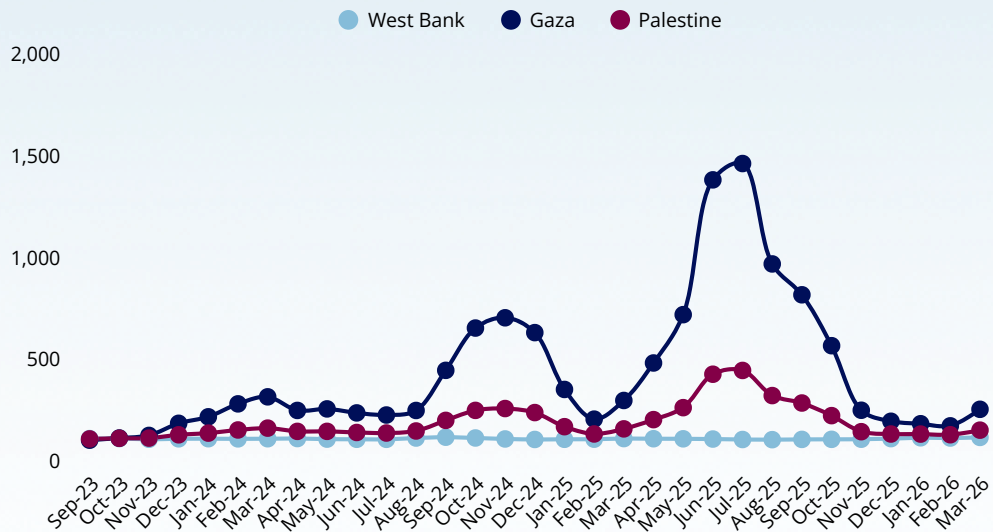


### CPI in Palestine Sep 2023 - Mar 2026



**Gaza CPI increased in March 2026 by 12.42 percent** compared to **February**, and also had an increase by **5 percent** compared to **March 2025**. It also remained **higher than pre-crisis levels** (September 2023) by **186.4 percent**. In the West Bank, CPI witnessed an **increase by 0.74 percent** in **March 2026** compared to February and also an **increase by 1.4 percent** compared to **March 2025**. Additionally, it saw an **increase by 2.6 percent** compared to pre-crisis level (September 2023). \*

### Food CPI in Palestine Sep 2023 - Mar 2026




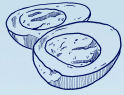
















**Food CPI in Gaza experienced an even larger increase in March 2026 by 45 percent** compared to February but it still remained lower than **March 2025 by 14.3 percent**. Food CPI in Gaza also remained higher than pre-crisis levels (September 2023) by **138.1 percent**. In the West Bank **Food CPI** also witnessed an **increase by 2.46 percent** in **March 2026** compared to **February**; and an **increase by 4.9 percent** compared to **March 2025**. It also saw an **increase by 4.9 percent** compared to pre-crisis levels (September 2023). \*

\* PCBS

## Market Situation & Prices - West Bank

In **March 2026**, many food items witnessed **increases in their prices** in the West Bank, most notably **tomatoes** which increased by **34 percent** compared to February, **cucumbers** which increased by **30 percent** and **chicken** which increased by **3 percent** also compared to the **previous month**. Meanwhile, compared to **March 2025**, many food prices also **saw increases**, most notably **tomatoes** which **increased by 180 percent**, **cucumbers** which saw an increase by **19 percent**, and **chicken** which **increased by 5 percent**.

Changes in prices in March 2026	 Tomatoes	 Chicken	 RICE	 Eggs	 Goat meat	 Vegetable oil	 Cucumber
Compared to February 2026	 34%	 3%	0%	 13%	 2%	0%	 30%
Compared to March 2025	 180%	 5%	 4%	 1%	 1%	0%	 19%

Based on the preliminary data of the first half of April; there were no major changes in the prices compared to the month of March except for the price of Eggs which increased by 18 percent from 17.5 NIS to 20.6 NIS.

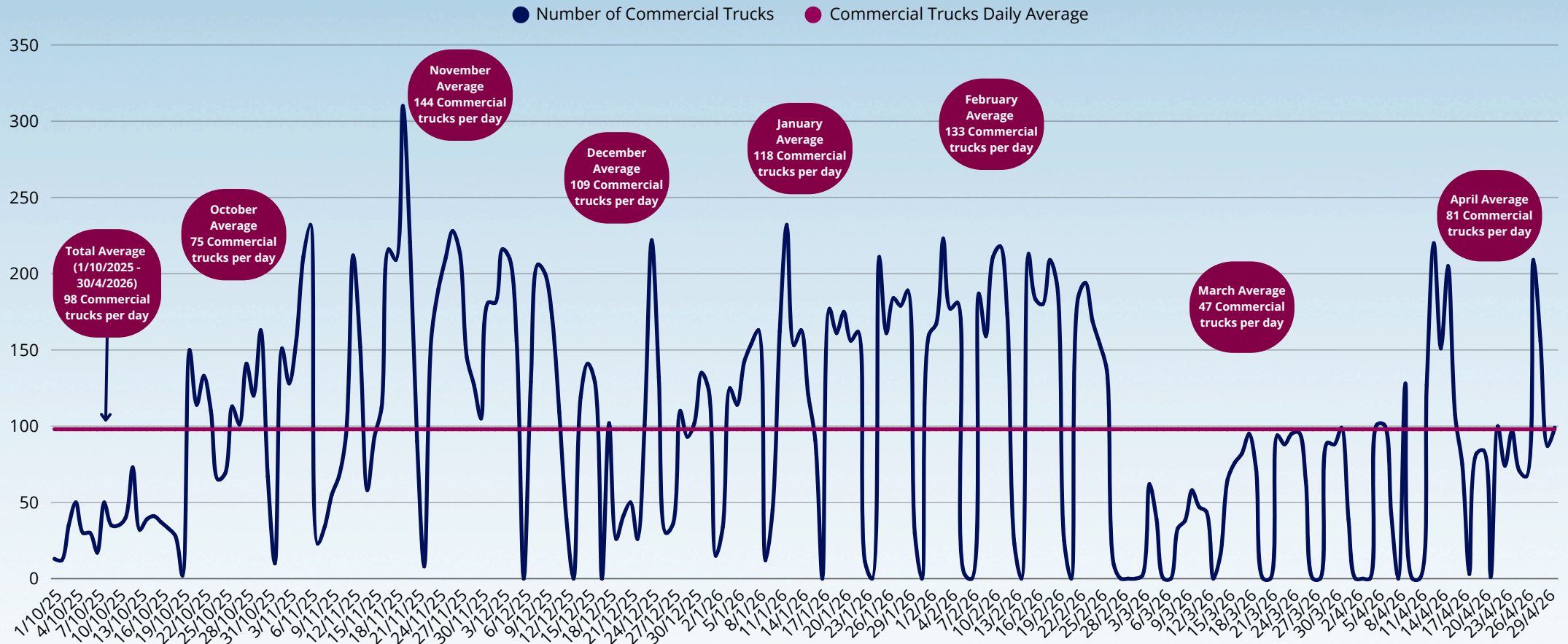
## Energy Shock Amid Panic Buying in the West Bank

Following the Iran crisis at the end of February; panic among the public in the West Bank triggered supermarket rushes and overcrowding at fuel stations, leading to temporary closures. Food prices remained stable, but fuel and gas entered critical levels with shortages reported. March data showed energy costs rising by 5 percent, and by April the crisis intensified with fuel prices surging by 27 percent. Despite disruptions, basic commodities remain available for three to six months, supported by reserves and decentralized distribution.

The industry union confirmed that most goods will remain at current prices until the end of April 2026, with the dairy sector maintaining stability. However, uncertainty remains for May, as future price adjustments depend on regional developments. The plastics industry union warned of an escalating crisis, citing unprecedented shortages of raw materials and rising production costs. Plastics products have already increased by 10–15 percent, with expectations of further hikes if the energy crisis continues.

Movement restrictions, checkpoints closures, and emergency measures added further pressure on daily life. Hospitals and health centers were placed on maximum alert, gatherings were limited to essential needs, and schools shifted temporarily to online classes. Citizens were urged to avoid panic buying, with assurances that strategic reserves of 16 key commodities including flour, rice, sugar, oil, and meat remain sufficient. The Ministry of National Economy imposes controls on the market to prevent price manipulation, while fuel and gas distributions are regulated to prioritize vital sectors.

# Commercial Trucks Flow - Gaza Strip\* (August 18, 2025 - April 30, 2026)



The number of humanitarian and commercial trucks entering the Gaza Strip witnessed a **sharp decrease in March 2026** compared to the previous months during the Iran crisis. A daily average of only **112 trucks** entered in **March** compared to the daily average of **230 trucks** entered during **February** and the **225 trucks** per day during **January**. This sudden decrease hindered the already fragile stability of the markets and had negative implications on food security.

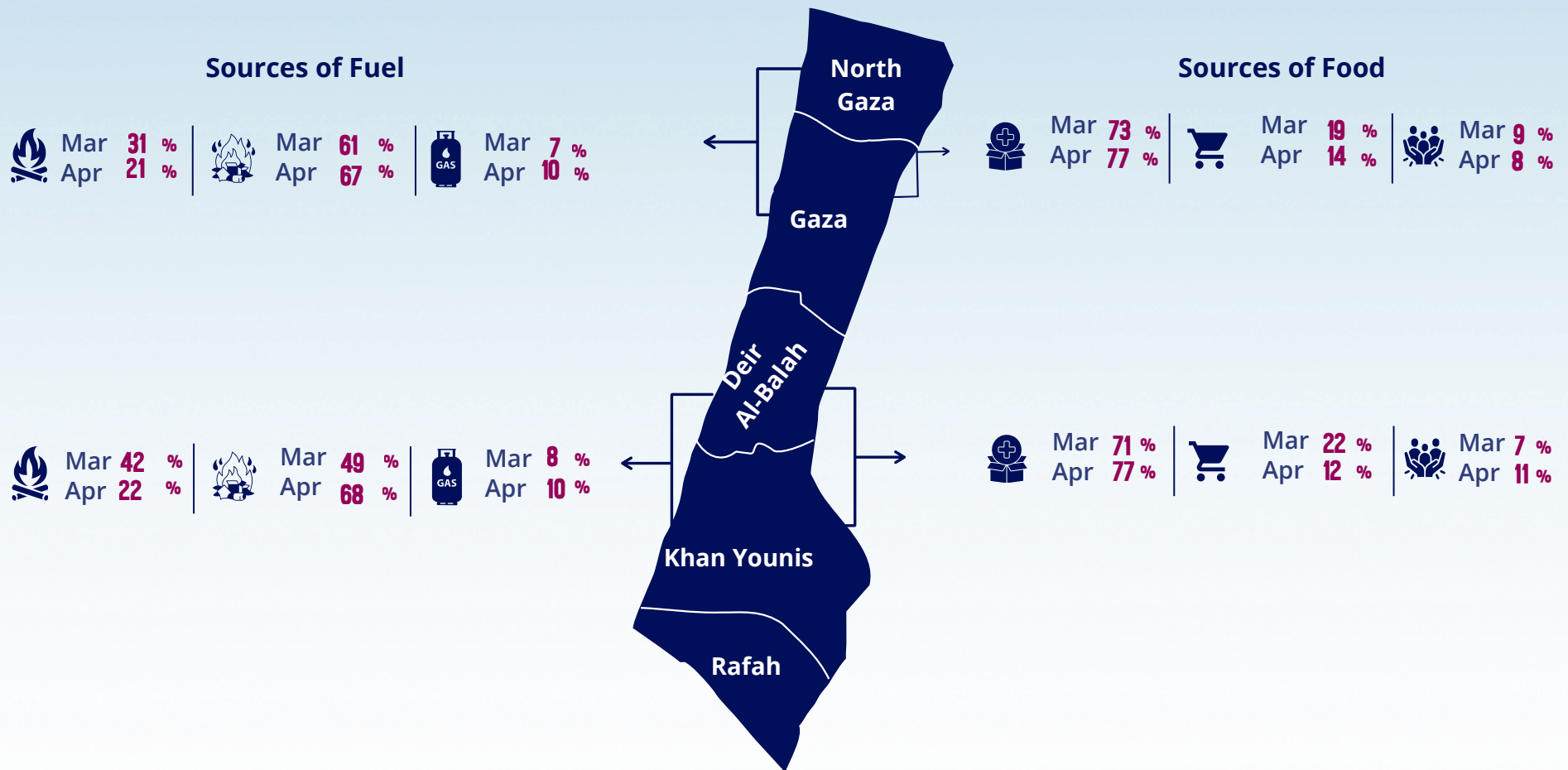
In **April** and after the announcement of a ceasefire in Iran, the numbers of commercial trucks allowed to enter on daily basis **improved** a bit with **Zikim** crossing also allowing trucks to enter for the first time since the Iran crisis on April 13<sup>th</sup>, as only Karm Abu Salem/Karem Shalom was open during that period. Nevertheless, the daily average of daily trucks both commercial and humanitarian entering in **April** was **140 trucks** which is still far below what entered in the months preceding the Iran crisis.

The daily average of total trucks entering since the start of the ceasefire on October 11<sup>th</sup> until the 30<sup>th</sup> of April (224 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).

\*Source of data for commercial trucks: Palestinian Ministry of State for Relief Affairs (from Oct 1 - Nov 7) + Gaza Chamber of Commerce & Industry, for humanitarian trucks: [UN2720 Monitoring & Tracking Report](#).  
 PS: some averages were adjusted based on updates made by chamber of commerce online portal.

## MAIN FOOD & ENERGY SOURCES - GAZA STRIP

- Markets showed signs of decline in the first half of April 2026 compared to the previous month as a result of the limited commercial and humanitarian trucks entry during the Iran crisis; evidently the percentage of Gazans reporting relying on buying food items from the local markets decreased compared to last month while the percentages reporting relying mainly on Aid increased.
- 68 percent of the population reported that they continue to rely on waste burning as an alternative to cooking gas in the first half of April, an alarming increase compared the 55 percent that reported doing so in March. 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



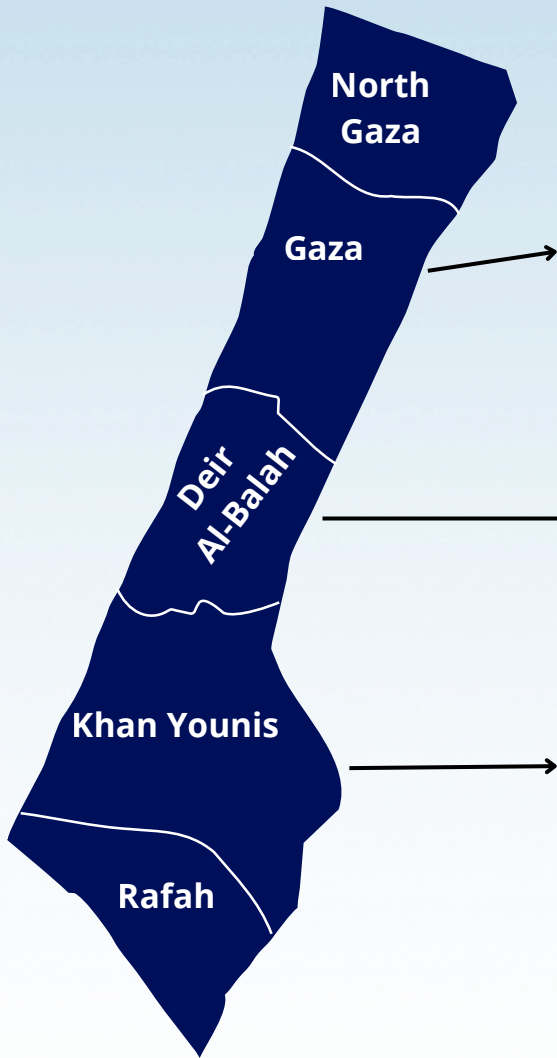
Market



Firewood

## PRICE CHANGES FOR FOOD ITEMS

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

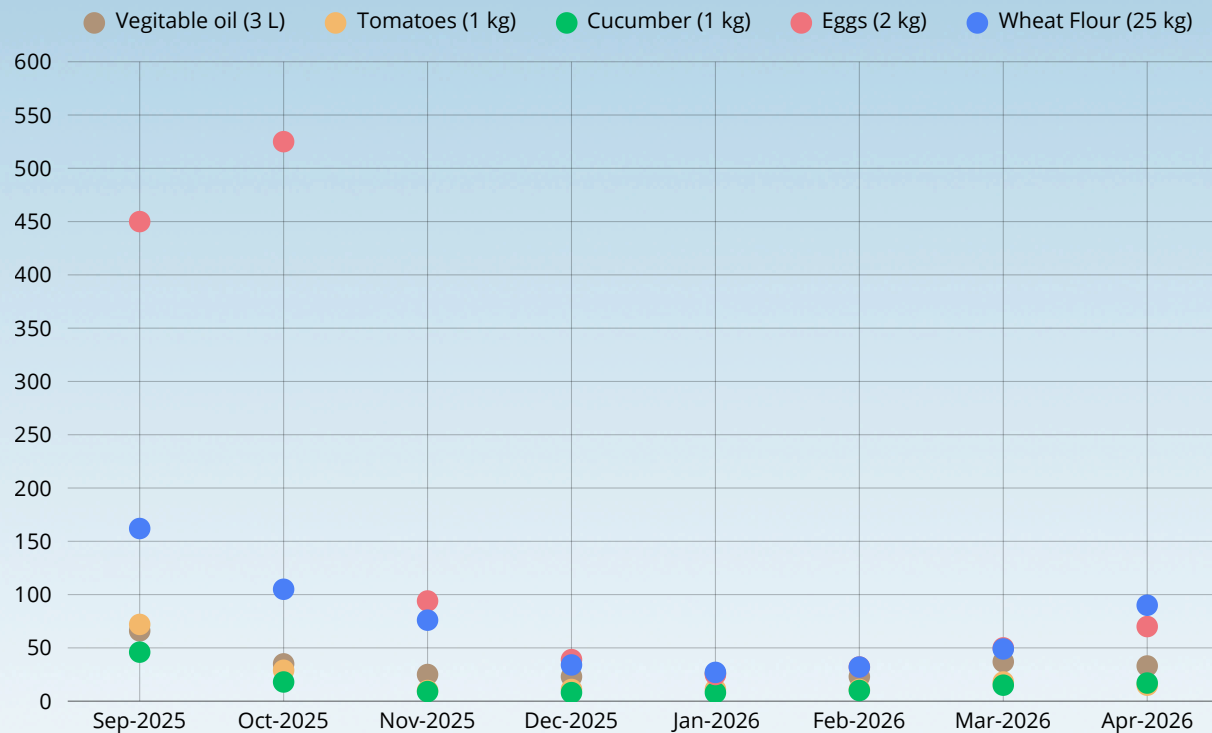


Region	Item	Unit	Apr 2026 vs Oct 2025	Apr 2026 vs Sep 2023
North Gaza	Eggs	2KG	88% ↓	436% ↑
	Eggplants	1KG	N/A	250% ↑
	Cucumber	1KG	N/A	530% ↑
Gaza	Sunflower oil	3L	44% ↓	3% ↓
	Tomatoes	1KG	78% ↓	233% ↑
	Salt	1KG	17% ↓	233% ↑
Deir Al-Balah	Sugar	1KG	58% ↓	28% ↑
	Wheat Flour	1KG	58% ↓	58% ↑
	Rice	1KG	60% ↓	68% ↓
Khan Younis	Lentils	1KG	38% ↓	27% ↑
	Eggs	2KG	N/A	293% ↑
	Eggplants	1KG	30% ↓	250% ↑
Rafah	Cucumber	1KG	50% ↓	493% ↑
	Sunflower oil	3LT	55% ↓	4% ↓
	Tomatoes	1KG	66% ↓	261% ↑
Rafah	Salt	1KG	50% ↓	167% ↑
	Sugar	1KG	67% ↓	28% ↑
	Wheat Flour	1KG	42% ↓	58% ↑
Rafah	Rice	1KG	38% ↓	19% ↓
	Lentils	1KG	68% ↓	27% ↑
	Eggs	2KG	N/A	N/A
Rafah	Eggplants	1KG	N/A	250% ↑
	Cucumber	1KG	N/A	530% ↑
	Sunflower oil	3LT	33% ↓	4% ↓
Rafah	Tomatoes	1KG	60% ↓	233% ↑
	Salt	1KG	0%	233% ↑
	Sugar	1KG	45% ↓	41% ↑
Rafah	Wheat Flour	1KG	13% ↑	79% ↑
	Rice	1KG	60% ↓	3% ↓
	Lentils	1KG	N/A	27% ↑

### MAP KEY



## Gaza Strip - Average Monthly Prices for Selected Food Items



Prices volatility still dominates the markets in the Gaza Strip, as shown in the figure here prices tend to change very quickly depending on the situation. Any sudden changes in the inflow of commercial and humanitarian trucks cause direct increases in the prices combined with reduced availability in many items. Even though the situation improved a bit with the announcement of the ceasefire back in October 2025, the Iran crisis and the reduction of supply that followed caused another deterioration in the markets supply and more increases and instability in the prices.

## Bread Production at Risk Again










The wheat flour crisis has eased somewhat though continued to dominate the Gazan markets in April. While the daily demand stands at 450 tons of wheat flour, only 200 tons are currently being supplied, leaving a deficit of more than 50 percent. This shortage has sharply reduced bread production, forcing near-total reliance on wheat flour from humanitarian sources. Many bakeries are closing or operating at reduced capacity, while families are lining up for hours in long queues to obtain limited bread supplies.

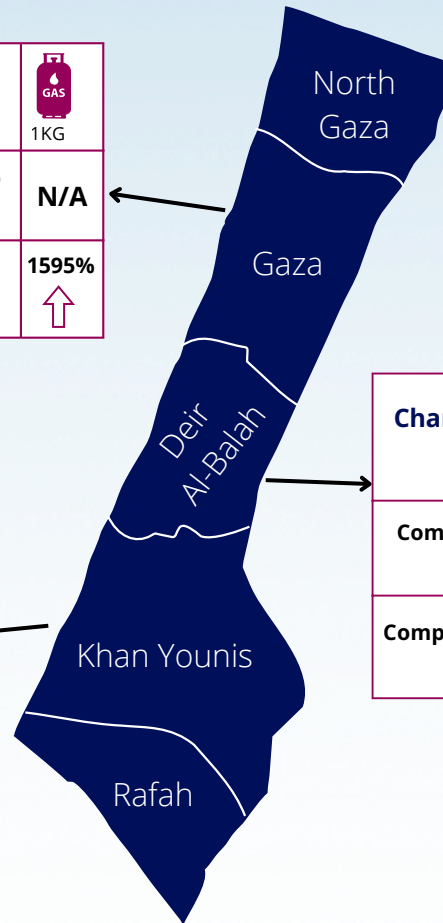
Wheat Flour prices saw a slight decrease in the last week of April in Gaza City, with the 25-kg bag sold for a maximum of 60-70 NIS, compared to 90 and 100 NIS in the previous two weeks. In Deir al-Balah, the same 25-kilogram bag of flour was sold for a price ranging between 70-80 NIS in the last week of April. In Khan Younis, shortages in the market eased through the month of April, and by late April a 25-kg bag was being sold for a maximum of 100 NIS. While prices have eased compared to previous weeks, the price of a 25kg bag of wheat flour, is higher than the desired rate of some 45 NIS.







WFP has been working to support a greater market-orientation of production, delayed slightly to allow for an easing of the markets, including bringing on some additional bakeries who are being supported with fuel provision, while they procure other key inputs from the market.








## PRICE CHANGES FOR NON FOOD ITEMS

- Most non-food items price continued to be lower in April compared to September 2025 (pre ceasefire). However, most prices remain much higher than pre-conflict (September 2023) levels, particularly for cooking gas and fuel.
- The implications of the Iran crisis also can be seen on the prices of many non-food items, as several of them witnessed increase in the prices compared to the weeks before the Iran crisis (February 2026).

Changes in prices in April 2026	 1KG	 1L	 40 Pcs	 100ml	 16 Pcs	 1Pcs	 1KG
Compared to September 2025 (pre-ceasefire)	0%	N/A	84% ↓	50% ↓	60% ↓	60% ↓	N/A
Compared to pre-conflict prices (Sep-2023)	500% ↑	515% ↑	122% ↑	19% ↑	100% ↑	60% ↑	1595% ↑



Changes in prices in April 2026	 1KG	 1L	 40 Pcs	 100ml	 16 Pcs	 1Pcs	1KG
Compared to September 2025 (pre-ceasefire)	0%	79% ↓	88% ↓	17% ↓	35% ↓	65% ↓	N/A
Compared to pre-conflict prices (Sep-2023)	775% ↑	285% ↑	77% ↑	72% ↑	136% ↑	75% ↑	1341% ↑

Changes in prices in April 2026	 1KG	 1L	 40 Pcs	 100ml	 16 Pcs	 1Pcs	 1KG
Compared to September 2025 (pre-ceasefire)	0%	65% ↓	87% ↓	30% ↓	50% ↓	73% ↓	N/A
Compared to pre-conflict prices (Sep-2023)	600% ↑	438% ↑	119% ↑	3% ↑	108% ↑	100% ↑	1764% ↑

### MAP KEY



Sanitary pads



Firewood



Diapers



Toothpaste

# Access to the Food and Market



- Market access in the Gaza Strip showed small signs of deterioration in the first half of April 2026 compared to the previous month as a result of the limited commercial and humanitarian trucks entry in the previous month and during the Iran crisis. Evidently, 77 percent of surveyed households reported difficulties accessing markets in two weeks preceding the survey. Among those, 96 percent cited financial struggles due to lack of cash, and 83 percent indicated they could not afford basic food items due to the increase in the price in April 2026.
- Physical access to food also showed decline in April compared to March, as only 15 percent of surveyed households reported better access compared to 24 percent in the previous month, 35 percent reported no change. Alarming, **half of them** reported worse access in April.
- Consumption patterns showed continued progress in April as surveyed households reported an average of 1.9 meals per day in April 2026, compared to one meal per day in July 2025. However, 19 percent of surveyed households reported consuming only one meal daily. Additionally, 12 percent of surveyed households reduced their daily meal portions, 46 percent decreased the number of their daily meals, and 24 percent limited adults' food intake to prioritize children every day.
- 37 percent of surveyed households reported going to bed hungry at least once in the 30 days preceding the survey, with 11 percent experiencing this more than ten times. 41 percent reported completely running out of food at home, with 19 percent experiencing this more than ten times. Nearly 3 percent reported going an entire day without eating at least once during the same period.

# Market Functionality



- With the decreased number of commercial trucks that entered during the Iran crisis, retailers in the Gaza Strip experienced more challenges in restocking, as a result 66 percent of surveyed retailers reported that their stock levels are below normal.
- Supply chain constraints remain a pressing issue. 45 percent of surveyed shops reported difficulties due to lack of suppliers, while 42 percent indicated that restocking costs are prohibitively high.
- 82 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 continued to disrupt market operations in April, as 73 percent of surveyed shops reported cash shortages. This persisting issue limits their ability to restock even when goods are available.
- Storage infrastructure remains inadequate. 21 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 steady at 12 percent in the first half of April. While most shops no longer demand fees on digital payments from customers.
- Stock capacity trends showed the negative impact of the decreased number of commercial trucks entering the Gaza Strip during the Iran crisis in the past 40 days, as 71 percent of surveyed shops reported holding less than 40 percent of their capacity, while only 28 percent reported holding between 40–80 percent.



**WFP Palestine**  
[www.wfp.org/countries/Palestine](http://www.wfp.org/countries/Palestine)

**Country Director: Shaun Hughes**  
**Contact: Salah Lahham, Head of VAM,**  
[Salah.Lahham@wfp.org](mailto:Salah.Lahham@wfp.org)

**Prepared by WFP Palestine Vulnerability**  
**Analysis and Mapping (VAM) Unit**

## ANNEX A

### Market prices in Gaza Strip<sup>1</sup>

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 Feb 2026	Fourth Week of March	First Week of April	Second Week of April	Third Week of April	Fourth Week of Apr	Fourth Week of Apr/Third Week of Apr	Fourth Week of Apr/First week of Oct 2025	Fourth Week of Apr/Fourth week of Feb 2026	Fourth Week of Apr/ Pre-Crisis (Sep 2023)
Chickpeas	1 KG	5.4	13	6	9	8	8	7.5	7	-7%	-46%	17%	30%
Cucumbers	1 KG	2.7	N/A	12	10	15	15	11	17	55%	N/A	42%	530%
Dry fava beans	1 KG	7	30	5	6	6	7	6	5	-17%	-83%	0%	-29%
Eggplants	1 KG	4	N/A	16	17	14	15	10	14	40%	N/A	-13%	250%
Eggs	2 KG	14	600	45	N/A	100	40	87	75	-14%	-88%	67%	436%
Egyptian rice	1 KG	6.2	5	1	1	1	1	1	2	100%	-60%	100%	-68%
Flour	25 KG	47.5	180	35	70	100	80	70	75	7%	-58%	114%	58%
Bread	1 KG	2.58	10	5	7	7	7	7	8	14%	-20%	60%	210%
Lentils-Brown	1 KG	6.3	13	10	9	8	8	8	8	0%	-38%	-20%	27%
Red-Lentils	1 Kg	5	5	1	1	3	2	1.5	1.5	0%	-70%	50%	-70%
Potatoes	1 KG	2.5	25	5	9	8	8	7	9	29%	-64%	80%	260%
Dry onions	1 KG	3.2	50	5	9	10	9	7	9	29%	-82%	80%	181%
Sunflower oil	3 L	31	54	24	39	30	30	30	30	0%	-44%	25%	-3%
Tomatoes	1 KG	3.6	55	15	19	13	15	14	12	-14%	-78%	-20%	233%
Salt	1 KG	1.5	6	5	4	3.5	6	6	5	-17%	-17%	0%	233%
Sugar	1 KG	3.9	12	5	5	4.5	5	5	5	0%	-58%	0%	28%

<sup>1</sup> The price comparison covers the pre-crisis prices in September 2023, the pre-ceasefire phase in the first week of October 2025, the fourth week of February 2026 and the third week of April 2026.

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

Item	Unit	Sep 23	Feb 25	Sep 25	Jan 26	Feb 26	Mar 26	Apr 26	Apr/Mar	Apr 26/ Sep 25	Apr 26/ Sep 23
<b>Energy</b>											
Wood	1 KG	1	2	6	5	5	6	6	0%	0%	500%
Coal	1 KG	4	15	20	15	12	12	13	-28%	-35%	225%
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	80	100	100	0%	N/A	1595%
Diesel	1 Liter	6.5	30	N/A	35	35	35	35	0%	N/A	438%
Gasoline	1 Liter	6.8	N/A	N/A	50	N/A	N/A	50	N/A	N/A	635%
<b>Hygiene Items</b>											
Sanitary Pads	16 pads	4	3	20	8	6	8	8	0%	-60%	100%
Baby Diapers	Cartoon (40 diapers)	18	25	250	20	20	25	40	60%	-84%	122%
Toilet Paper	1 roll	1	2	10	2	1	2	4	100%	-60%	300%
Detergent	1 Liter	6.5	15	35	17	15	16	20	25%	-43%	208%
Tissues	1 pack	2	5	20	4	4	4	5	25%	-75%	150%
Toothpaste	100 ml	4.2	5	10	5	4	5	5	0%	-50%	19%
Toothbrush	1 brush	2	1	2	1	1	1	1	0%	-50%	-50%
Hair Shampoo	750 ml	9	15	70	12	10	10	15	50%	-79%	67%
Bleach (chlorine)	1 Liter	1.5	7	15	10	15	15	15	0%	0%	900%
Hand Soap	1 Piece	2.5	2	10	4	3	3	4	33%	-60%	60%
<b>Medical Items</b>											
Paracetamol	12 pills	3	3	10	5	5	5	5	0%	-50%	67%
Iodine Solution	120 ml	7	10	15	9	8	8	8	0%	-47%	14%
<b>Other</b>											
Drinking Water	1.5 Liter	1	3	N/A	3	3	4	4	0%	N/A	300%
Tent	24 M2	N/A	500	N/A	400	350	400	400	0%	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 Feb 2026	Fourth Week of March	First Week of April	Second Week of April	Third Week of April	Fourth Week of April	Fourth Week of Apr/Third Week of Apr	Fourth Week of Apr/First week of Oct 2025	Fourth Week of Apr/Fourth week of Feb 2026	Fourth Week of Apr/ Pre-Crisis (Sep 2023)
Chickpeas	1 KG	5.4	9	8	8	7	8	8	8	0%	-11%	0%	48%
Cucumbers	1 KG	2.7	32	12	9	18	20	14	16	14%	-50%	33%	493%
Dry fava beans	1 KG	7.0	15	5	6	6	7	7	8	14%	-47%	60%	14%
Eggplants	1 KG	4.0	20	16	15	15	14	13	14	8%	-30%	-13%	250%
Eggs	2 KG	14.0	N/A	N/A	N/A	N/A	40	55	70	27%	N/A	N/A	400%
Egyptian rice	1 KG	6.2	8	2	4	4	5	5	5	0%	-38%	150%	-19%
Flour	25 KG	47.5	130	50	75	100	85	75	75	0%	-42%	50%	58%
Bread	1 KG	2.58	N/A	5	7	7	7	7	7	0%	N/A	40%	171%
Lentils-Brown	1 KG	6.3	25	10	8	9	7	8	8	0%	-68%	-20%	27%
Red-Lentils	1 Kg	5.0	8	1	3	3	3	3	2	-33%	-75%	100%	-60%
Potatoes	1 KG	2.5	30	6	10	9	9	6	9	50%	-70%	50%	260%
Dry onions	1 KG	3.2	35	6	10	10	9	7	9	29%	-74%	50%	181%
Sunflower oil	3 L	31.3	66	30	45	32	30	30	30	0%	-55%	0%	-4%
Tomatoes	1 KG	3.6	38	14	20	15	15	14	13	-7%	-66%	-7%	261%
Salt	1 KG	1.5	8	5	5	4	6	5	4	-20%	-50%	-20%	167%
Sugar	1 KG	3.9	15	5	5	5	6	5	5	0%	-67%	0%	28%

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

Item	Unit	Sep 23	Feb 25	Sep 25	Jan 26	Feb 26	Mar 26	Apr 26	Apr/Mar	Apr 26/ Sep 25	Apr 26/ Sep 23
<b>Energy</b>											
Wood	1 KG	0.8	2	7	5	4	6	7	17%	0%	775%
Coal	1 KG	4	17	35	10	10	12	11	-8%	-69%	175%
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	95	75	100	85	-15%	N/A	1341%
Diesel	1 Liter	6.5	25	120	40	30	35	30	-14%	-75%	362%
Gasoline	1 Liter	6.8	100	N/A	120	N/A	75	100	33%	N/A	1371%
<b>Hygiene Items</b>											
Sanitary Pads	16 pads	5.5	8	20	10	6	10	13	30%	-35%	136%
Baby Diapers	Cartoon (40 diapers)	19.8	25	280	25	25	25	35	40%	-88%	77%
Toilet Paper	1 roll	1	3	15	2	1.5	3	6	100%	-60%	500%
Detergent	1 Liter	5	15	20	20	20	20	18	-10%	-10%	260%
Tissues	1 pack	2.3	5	18	4	4	4	7	75%	-61%	204%
Toothpaste	100 ml	5.8	8	12	5	6	6	10	67%	-17%	72%
Toothbrush	1 brush	4.5	2	3	2	2	2	4	100%	33%	-11%
Hair Shampoo	750 ml	4.5	15	90	12	12	14	18	29%	-80%	300%
Bleach (chlorine)	1 Liter	3	15	15	5	8	12	12	0%	-20%	300%
Hand Soap	1 Piece	2	3	10	3	1.5	3	3.5	17%	-65%	75%
<b>Medical Items</b>											
Paracetamol	12 pills	4	3	10	6	5	5	5	0%	-50%	25%
Iodine Solution	120 ml	5	10	12	8	6	8	7	-13%	-42%	40%
<b>Other</b>											
Drinking Water	1.5 Liter	2	3	N/A	4	4	5	5.5	10%	N/A	175%
Tent	24 M2	N/A	250	1500	350	1500	500	N/A	N/A	N/A	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 Feb	Fourth Week of March	First Week of April	Second Week of April	Third Week of April	Fourth Week of April	Fourth Week of Apr/Third Week of Apr	Fourth Week of Apr/First week of Oct 2025	Fourth Week of Apr/Fourth week of Feb 2026	Fourth Week of Apr/ Pre-Crisis (Sep 2023)
Chickpeas	1 KG	5.4	8	9	6	6	6	6	7	17%	-13%	-22%	30%
Cucumbers	1 KG	2.7	N/A	13	12	15	15	14	17	21%	N/A	31%	530%
Dry fava beans	1 KG	7	15	6	7	7	7	7	8	14%	-47%	33%	14%
Eggplants	1 KG	4	N/A	17	18	17	20	15	14	-7%	N/A	-18%	250%
Eggs	2 KG	14	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Egyptian rice	1 KG	6.2	15	3	5	5	6	6	6	0%	-60%	100%	-3%
Flour	25 KG	47.5	75	50	75	90	85	100	85	-15%	13%	70%	79%
Bread	1 KG	2.6		5	4	5	5	5	7	40%	N/A	40%	171%
Lentils-Brown	1 KG	6.3	N/A	8	8	8	8	8	8	0%	N/A	0%	27%
Red-Lentils	1 Kg	5	4	1	1	1	1	1	2	100%	-50%	100%	-60%
Potatoes	1 KG	2.5	15	8	10	10	8	9	9	0%	-40%	13%	260%
Dry onions	1 KG	3.2	35	8	12	11	11	10	9	-10%	-74%	13%	181%
Sunflower oil	3 L	31.1	45	27	45	36	36	33	30	-9%	-33%	11%	-4%
Tomatoes	1 KG	3.6	30	14	20	16	15	15	12	-20%	-60%	-14%	233%
Salt	1 KG	1.5	5	5	2	3	3	4	5	25%	0%	0%	233%
Sugar	1 KG	3.9	10	5	5	5	5	5	5.5	10%	-45%	10%	41%

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

Item	Unit	Sep 23	Feb 25	September 25	Jan 26	Feb 26	Mar 26	Apr 26	Apr/Mar	Apr 26/ Sep 25	Apr 26/ Sep 23
<b>Energy</b>											
Wood	1 KG	1	3	7	5	5	7	7	0%	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	90	70	100	110	10%	-80%	1764%
Diesel	1 Liter	6.5	30	100	45	25	35	35	0%	-65%	438%
Gasoline	1 Liter	6.8	120	400	140	75	80	90	13%	-78%	1224%
<b>Hygiene Items</b>											
Sanitary Pads	16 pads	4.8	8	20	10	10	10	10	0%	-50%	108%
Baby Diapers	Cartoon (40 diapers)	18.3	25	300	25	30	35	40	14%	-87%	119%
Toilet Paper	1 roll	1.8	3	12	1	1	3	3	0%	-75%	67%
Detergent	1 Liter	5	15	30	12	13	15	16	7%	-47%	220%
Tissues	1 pack	2.3	5	20	3	5	4	4	0%	-80%	74%
Toothpaste	100 ml	6.8	8	10	7	7	7	7	0%	-30%	3%
Toothbrush	1 brush	1.5	2	4	3	3	3	3.5	17%	-13%	133%
Hair Shampoo	750 ml	12.5	15	85	14	15	15	15	0%	-82%	20%
Bleach (chlorine)	1 Liter	1.5	15	20	12	13	12	12	0%	-40%	700%
Hand Soap	1 Piece	2	3	15	3	3	4	4	0%	-73%	100%
<b>Medical Items</b>											
Paracetamol	12 pills	1	8	7	5	5	5	5	0%	-29%	400%
Iodine Solution	120 ml	3	10	12	13	13	12	12	0%	0%	300%
<b>Other</b>											
Drinking Water	1.5 Liter	2	5	12	4	4	4	4	0%	-67%	100%
Tent	24 M2	N/A	N/A	2500	350	400	350	400	14%	-84%	N/A