Local rice and sorghum are the most consumed food products by poor households in Mauritania followed by imported wheat which is a substitute that these households turn to the most. Local rice is grown in the river valley (in the southern regions of Trarza, Brakna, Gorgol and Guidimakha). Sorghum is produced in all areas of production (rainfed) and in flood-recession areas. However, a significant portion is imported from Mali and Senegal. Mauritania depends greatly on food imports (70% in a good agricultural year and 85% in a bad year) than on internal production. Nouakchott is the principal collection market for imported products and also the distribution market where traders acquire supplies for the secondary markets referenced below. Cooking oil is consumed mainly in urban areas. The sale of animals is a lifestyle in all areas and an important source of income and food.

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