HIGHLIGHTS

- Wheat: The current average wheat price in main cities’ markets of Afghanistan (AFN 24.9/Kg) is slightly higher by 2.7% compared to the same time last year (November 2018) and slightly higher by 3.7% compared to the last 5-year average price of the same months (Novembers 2014 - 2018).

- Wheat flour (High Price): The current retail price (AFN 32.0kg) is slightly higher by 7.9% compared to the same month last year (November 2018), and slightly higher by 8.5% compared to the last 5-years average price of the same months.

- Rice is considered as the 2nd main staple food in Afghanistan. The current average retail price of Low Quality Rice (AFN 45.6/kg) is negligibly lower by 1.9% compared to the same month last year (November 2018), and slightly higher by 6.3% compared to the last 5-year average price of the same months. The current average price of High Quality Rice (AFN 88.6/kg) is slightly lower by 6.1% compared to the same month last year (November 2018), and slightly higher by 5.0% compared to the last 5-years average price of the same months.

- Pulses: The current retail price (AFN 76.0/kg) is slightly lower by 2.3% compared to the same month last year (November 2018), and slightly higher by 3.3% compared to the last 5-years average price of the same months.
Terms of Trade (ToT)

Casual Labor and Wheat (ToT): The Terms of Trade (ToT) between casual labor and wheat is a proxy indicator of the purchasing capacity of households mainly relying on casual labor as main income, and purchase of wheat in the market. This ToT reveals how many Kilograms of wheat can be purchased with one-day casual unskilled labor wage but does not say how many days a month a laborer can get to cover the family food needs.

Labor wage/Wheat average ToT for the reporting month was 12.7 Kgs of Wheat. On average, this ToT slightly deteriorated by 3.5% from October to November 2019, mainly due to increased wheat price (by 3.6%). The largest deterioration only occurred in Kandahar by 12.6% due to increased what price. The variation in all main cities markets was within normal range (-4.0% to 0.0%). In the last three proceeding years, this deterioration was experienced in:

- October to November 2018 (by 3.8%)
- October to November 2017 (by 1.8%)

While improved in:

- October to November 2016 (by 0.2%)

- In comparison to the same month one year ago (November 2018), this ToT slightly improved by 3.1%, mainly due to increased labor wage (by 5.4%).
- On the two-year comparison (November 2017), this ToT slightly deteriorated by 8.5%.
- Compared to the 5-years average of the same months (November 2014-2018), this ToT negligibly improved by 2.5%.

Casual Labor and High Price Wheat flour (ToT): The Terms of Trade (ToT) between casual labor and High Price Wheat Flour is a proxy indicator of the purchasing capacity of households mainly relying on casual labor as main income, and purchase of Wheat Flour in the market. This ToT reveals how many Kilograms of Wheat Flour (HP) can be purchased with one-day casual unskilled labor wage but does not say how many days a month a laborer can get to cover the family food needs.

Labor wage/Wheat flour (HP) average ToT for the reporting month was 9.8 Kgs of Wheat flour which slightly deteriorated by 4.0% from October to November 2019, mainly due to increase of high wheat flour price by 3.9%. The largest deterioration occurred in Kandahar by 12.9% and Jalalabad by 6.1% due to increased what flour price. The variation in all main cities markets was within normal range (-4.7% to 0.4%). In the last three proceeding years, this deterioration was experienced in:

- October to November 2018 (by 2.2%)
- October to November 2017 (by 1.1%)

While improved in:

- October to November 2016 (by 2.6%)

- Compared to the same month one year ago (November 2018), this ToT slightly deteriorated by 3.2%, mainly due to increase of wheat flour by 7.9%.
- On the two-year comparison (November 2017), this ToT significantly deteriorated by 17.4%.
- Compared to the 5-years average of the same months (November 2014-2018), this ToT negligibly improved by 3.3%.
Sheep and Wheat (ToT): The Terms of Trade between a one-year-old female sheep and Wheat is a proxy for the purchasing capacity of those households mainly relying on income from livestock (pastoralists). It says how many kilograms of wheat can be obtained when selling a one-year-old female sheep.

Sheep/Wheat average ToT for the reporting month was 245.5Kgs of wheat against one-year alive female sheep, which slightly deteriorated by 2.8% from October to November 2019, mainly due to increased wheat price by 3.6%. The highest deterioration only occurred in Kandahar by 14.8% due to decrease of sheep price and increase of Wheat price. The variation in other main cities markets was within normal range (-3.6% to 4.5%).

In the last three proceeding years, this deterioration was experienced in:

- October to November 2018 (by 1.1%)
- October to November 2017 (by 1.0%)
- October to November 2016 (by 0.7%)

- Compared to the same month one year ago (November 2018), this ToT slightly improved by 4.5%, which is mainly due to increase of sheep price by 5.5%.
- On the two-years comparison (November 2017) this ToT significantly deteriorated by 10.6%.
- Compared to 5-years average of the same months (November 2014 - 2018), this ToT negligibly deteriorated by 0.4%.

Sheep and High Price Wheat flour (ToT): The Terms of Trade between a one-year-old female sheep and High Price Wheat Flour is a proxy for the purchasing capacity of those households mainly relying on income from livestock (pastoralists). It says how many kilograms of Wheat Flour (HP) can be obtained when selling a one-year-old female sheep.

Sheep-Wheat flour (HP) average ToT for the reporting month was 188.6 Kgs of wheat flour against one-year alive female sheep, which slightly deteriorated by 3.4% from October to November 2019, mainly due to increased wheat flour price by 3.9%. The largest deterioration occurred in Kandahar by 15.1%, Hrat 6.9% and Jalalabad 6.1% due to decrease of sheep price in Kandahar and increase of wheat flour price in Kandahar, Jalalabad and Hrat. The variation in all other markets was within normal range (-4.7% to 1.4%). In the last three proceeding years, this deterioration was experienced in:

- October to November 2018 (by 3.8%)
- October to November 2017 (by 1.3%)
- October to November 2016 (by 1.5%)

- Compared to the same month one year ago (November 2018), this ToT slightly deteriorated by 3.6%, mainly due to increase of wheat flour by (7.9%).
- On the two-years comparison (November 2017), this ToT significantly deteriorated by 19.7%.
- Compared to 5-years average of the same months (November 2014 - 2018), this ToT slightly deteriorated by 6.4%.
Retail Price of Wheat Grain in Main Urban Cities:

The monthly average price of wheat in main cities’ markets of Afghanistan was AFN 24.9/Kg in November 2019. The average price slightly increased by 3.6% compared to the previous month (November 2019). The highest increase occurred only in Kandahar by 14.4% due to shortage of wheat in the market. The variation in all main cities was within a normal range (0.0% to 4.2%). In the last three proceeding years, this increase was experienced in:

◊ October to November 2018 (by 1.6%)
◊ October to November 2017(by 0.5%)
◊ October to November 2016 (by 0.9%)

• Compared to the same month one year ago (November 2018), the average wheat price negligibly increased by 2.7%. The highest increase occurred in Jalalabad by 16.7% and Faizabad 10.5% due to decrease of wheat flour supply from source of points (Pakistan & Kazakhstan). The variation in all main cities was within a normal range (-5.4% to 4.5%).
• On the two-years comparison (November 2017), the average price slightly increased by 6.0%.
• Compared to the last 5-years average price of the same months (Novembers 2014 - 2018), the average price negligibly increased by 3.7%.

Retail Price of Wheat flour in Main Urban Cities:

Wheat flour (High Price): The monthly average price of Wheat flour (High Price) in main cities’ markets was AFN 32.0/Kg in the reporting month (November 2019). The average price slightly increased by 3.9% compared to the previous month (October 2019). The highest increase occurred in Kandahar by 14.8% and Jalalabad 6.5% due to decrease of supply from source of point (Pakistan). The variation in all main cities was within a normal limit (0.0% to 5.0%). In the last three proceeding years, this increase was experienced in:

◊ October to November 2018 (by 0.2%)
◊ October to November 2017(by 0.5%)

While decreased in:

◊ October to November 2016 (by 1.5%)

• Compared to the same month last year (November 2018), the current average price slightly increased by 7.9%. The largest increase occurred in Mazar by (17.6%) followed by Maimana (14.8%), Kandahar (14.6%) and Jalalabad 13.8 due to decrease of supply from source of points (Pakistan and Kazakhstan). The variation in all other main cities was within a normal range (-6.4% to 9.3%).
• Compared to the same month two years ago (November 2017), the average price of wheat flour significantly increased by 15.2%.
• Compared to 5-years average price of the same months (Novembers 2014 - 2018), the average price slightly increased by 8.5%.
Wheat flour (Low Price):
The monthly average price of wheat flour (Low Price) in main urban cities’ markets was AFN 28.0/Kg in the reporting month (November 2019). The average price slightly increased by 3.9% compared to the previous month (October 2019). The largest increase occurred in Kandahar by 11.3%, Mazar 5.9% and Nili 5.3% due to decrease of supply from source of points local and International (Pakistan & Kazakhstan). The variation in all main cities was within a normal range (0.0% to 4.4%). In the last three proceeding years, this increase was experienced in;

- October to November 2018 (by 0.9%)
- October to November 2017(by 1.6%)

While decreased in:

- October to November 2016 (by 1.7%)

- Compared to the same month one year ago (November 2018), the current average price slightly increased by 7.7%. The largest increase occurred in Mazar by (17.4%), Nili (13.8%) and Kandahar 12.8% due to decrease of supply. The variation in all other main cities was within a normal range (-1.8% to 8.3%).
- Compared to the same month two years ago (November 2017), the average price significantly increased by 13.5%.
- Compared to 5-years average price of the same months (Novembers 2014 - 2018), the average price slightly increased by 6.6%.

Retail Price of Rice in Main Urban Cities:

Rice (High Quality):
The monthly average price of rice (High Quality) in main cities’ markets was AFN 88.6/Kg in the reporting month (November 2019) which negligibly decreased by 0.7% compared to the previous month (November 2019). The variation in all main cities was within a normal range (-2.5% to 0.9%). In the last three proceeding years, this decrease was experienced in,

- October to November 2018 (by 0.8%)
- October to November 2016(by 0.4%)

While increased in:

- October to November 2017 (by 0.4%)

- Compared to the same month one year ago (November 2018), the average price slightly decreased by 6.1%. The largest decrease occurred in Kandahar by 17.5% and Jalalabad (13.9%) due to increase of supply from sources of point (Pakistan). The variation in all main cities was within a normal range (-9.1% to 2.9%).
- Compared to the same month two years ago (November 2017), the average price slightly increased by 4.0%.
- Compared to 5-years average price of some months (Novembers 2014 - 2018), the average price slightly increased by 5.0%.

Rice (Low Quality):
The monthly average price of Rice (Low Quality) in main cities’ markets was AFN 45.6/Kg in the reporting month (October 2019), which remained the same compared to the previous month (October 2019). The variation in all main cities was within a normal range (-3.4% to 0.8%). In the last three proceeding years, this was not experienced, while decreased in;

- October to November 2018 (by 1.5%)
- October to November 2017(by 1.2%)
- October to November 2016 (by 0.9%)
• Compared to the same month one year ago (November 2018), the average price negligibly decreased by 1.9%. The variation in all main cities was within a normal range (-9.4% to 3.6%).
• Compared to the same month two years ago (November 2017), the average price slightly increased by 3.2%.
• Compared to 5-years average price of same months (Novembers 2014-2018), the average price slightly increased by 6.3%.

**Retail Price of Cooking Oil in Main Urban Cities:**

The monthly average price of cooking oil in main cities’ markets was AFN 82.0/Kg in the reporting month (November 2019), which has negligibly increased by 1.5% compared to previous month (October 2019). The variation in all main cities was within a normal range (0.0% to 4.9%). In the last three proceeding years, this was experienced in:

◦ October to November 2018 (by 2.1%)
◦ October to November 2017 (by 0.2%)

While decreased in:

◦ October to November 2016 (by 0.7%)

• Compared to the same month one year ago (November 2018), the average price negligibly decreased by 1.5%. The highest decrease only occurred in Kabul by 16.4% due to increase of supply. The variation in all main cities was within a normal range (-6.0% to 6.2%).
• Compared to the same month two years ago (November 2017), the average price negligibly decreased by 0.7%
• Compared to 5-years average of the same months (Novembers 2014-2018), the average price negligibly increased by 2.2%.

**Retail Price of Pulses, Salt, Sugar and No. of days averagely worked by a labourer:**

**Pulses:** The monthly average price of pulses in November 2019 in main cities’ markets was AFN 76.0/Kg which has negligibly decreased by 0.6% compared to the previous month (November 2019).

• Compared to the same time last year (November 2018), the price of pulses slightly by 2.3%, the highest decrease occurred in Jalalabad by 15.9%, Kandahar (15.3%) and Kabul 10.9% mainly due to increased supply. The variation in all other main cities was within a normal range (-3.4% to 3.8%).
• Compared to the same time two years ago (November 2017), the price of pulses significantly decreased by 12.5%.
• Compared to 5-years average of the same months (Novembers 2014-2018), the prices of pulses increased slightly by 3.3%.

**Salt:** The monthly average price of salt in November 2019 in main cities’ markets was AFN 14.5/Kg, slightly decreased by 2.3% compared to the previous month (October 2019). The current average price of salt negligibly increased by 0.5% compared to the same month last year (November 2018), and slightly increased by 2.7% compared to the same month two years ago (November 2017).

**Sugar:** The monthly average price of sugar in October 2019 in main cities’ markets was AFN 43.7/Kg, negligibly decreased by 1.6% compared to the previous month (October 2019). The current average price of sugar slightly increased by 3.9% compared to the same month last year (November 2018) due to decrease of supply, and slightly decreased by 6.1% compared to the same month two years ago (November 2017).
Number of days averagely worked by a labourer: The monthly average number of days worked by a laborer during November 2019 was reported at 9.6 days. The highest number of working days were in Kabul, Hirat and Kandahar (12 days), followed by Nili (10 days), Maimana, Mazar and Jalalabad (8 days) and Faizabad (6.5 days) which significantly decreased by 14.0% compared to the previous month (October 2019).

- Compared to the same month last year (November 2018), the average number of working days slightly increased by 2.2% (0.2 day).
- Compared to the same month two years ago (November 2017), the average number of working days for main cities significantly decreased by 18.6% (2.2 days).

Market Watch: