



World Food Programme

SAVING
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CHANGING
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Market Monitor - Gaza

WFP Palestine Food Security Analysis

January 2026

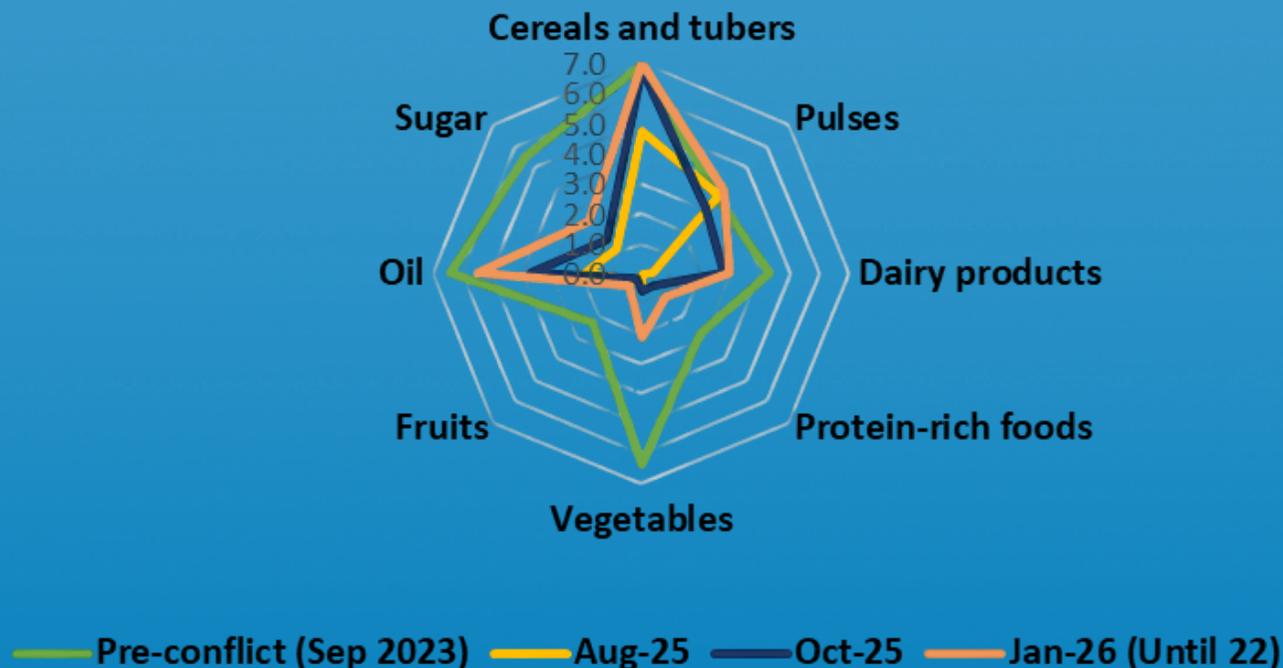
Key findings - Gaza Strip

- Prices for the majority of food items are currently **lower** than pre-ceasefire prices in the **first week of October 2025**, with reductions ranging from **38 to 96 percent**. However, most prices remain **higher than pre-crisis levels (September 2023)**, in some items by **3 to 233 percent**. While availability of goods has improved drastically since the ceasefire, with **unemployment in Gaza at over 80 percent**, the key challenge faced by households is the **lack of purchasing power** to buy many of these items (**food access**), highlighting the criticality of digital cash transfer programmes.
- Food diversity remains **far below pre-conflict levels**, yet the steady month-to-month improvements in food availability and consumption patterns point to a **slow but meaningful path toward recovery**. This trend underscores the **critical role of market revitalization and sustained humanitarian assistance** in maintaining and accelerating this progress.
- The price of **wheat flour** remained **stable** in Gaza City in the third week of January, with the price of the 25 Kg bag standing at **25 NIS**. In Deir Al-Balah it witnessed a small increase compared to the previous week, with the price of the same bag standing at **40-45 NIS**. In Khan Younis the price of the 25 Kg bag decreased from its previous price of **35 NIS** last week to **25 NIS** this week.
- Chicken eggs prices are stable at around **23-25 NIS** per cartoon (30 eggs), a price that is **way lower than pre-ceasefire levels** that reached **600 NIS** for the same cartoon. However, this price is **64-79 percent higher** than **pre-crisis levels (September 2023)**.
- Prices of chicken remain largely stable as follows: whole chicken **21 NIS** per Kg, chicken breast **12 NIS** per Kg, chicken wings **8 NIS** per Kg, chicken liver **14 NIS** per Kg, chicken thighs **20 NIS** per Kg.
- 8 Kgs of **cooking gas** were available through the official system in **limited** quantities and sold for **65 NIS**, while in the black market the price of **one Kg** reached **95 NIS** in Gaza City and **120 NIS** in Deir al-Balah.
- Data from **2720 and the Gaza Chamber of Commerce**, suggests a **decrease in January thus far in the number of humanitarian and commercial trucks** entering the Gaza Strip, compared to **December**. The daily average of **180 trucks** seen until 19 January, is not keeping par with a daily average of **250 trucks** during December, partly due to additional requirements imposed on commercial actors.
- A sizeable proportion of the **commercial** commodities entering centered on **high-monetary value, but low nutritional value items**, such as soft drinks and chocolate, whose prices dropped this week with the large influx in quantity.
- 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**.
- Digital payment fees are still standing at around **14-15 percent** compared to **35 percent in September 2025**.
- Consumption patterns continued to **improve in January**, with households averaging two meals per day compared to just one in July. However, **one in five households still consumes only one meal daily**, 17 percent have reduced daily meal portions, 44 percent have cut their number of daily meals both slightly better than in December and 25 percent continue to limit adults' food intake to prioritize children every day.
- **55 percent** of the population reported that they continue to rely on **waste burning** as an alternative to cooking gas in January, an **alarming increase** compared the **46 percent** that reported doing so in **December**. Ensuring a consistent and sufficient supply of cooking gas is therefore an urgent priority to mitigate the serious health risks associated with unsafe cooking practices.

Food diversity - Gaza Strip

- Food consumption in Gaza continued to show signs of improvement in January 2026, driven by better market prices and increased food availability, with a noticeable recovery compared to pre-ceasefire conditions in October 2025. However, overall consumption remains far below pre-conflict levels from September 2023. The upward trend highlights the critical role of humanitarian assistance and the growing availability of food in local markets.
- Most households still depend **primarily on cereals, pulses**, and moderate amounts of dairy and oil, but some food groups are slowly recovering.
- **Dairy consumption has improved to an average of 3 days per week (compared to 4 days pre-conflict).**
- **Consumption of vegetables and fruits remains very low**; vegetables are consumed on average **2 days per week**, compared to **6 days** per week pre-conflict, while fruit consumption is very limited at **half day** per week, down from 3 days pre-conflict; the gap is still very large.
- **Protein sources (meat, poultry, eggs) consumption remains limited at 1 day** per week, compared to 3 days pre-conflict.
- **Pulses** were consumed about **4 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**

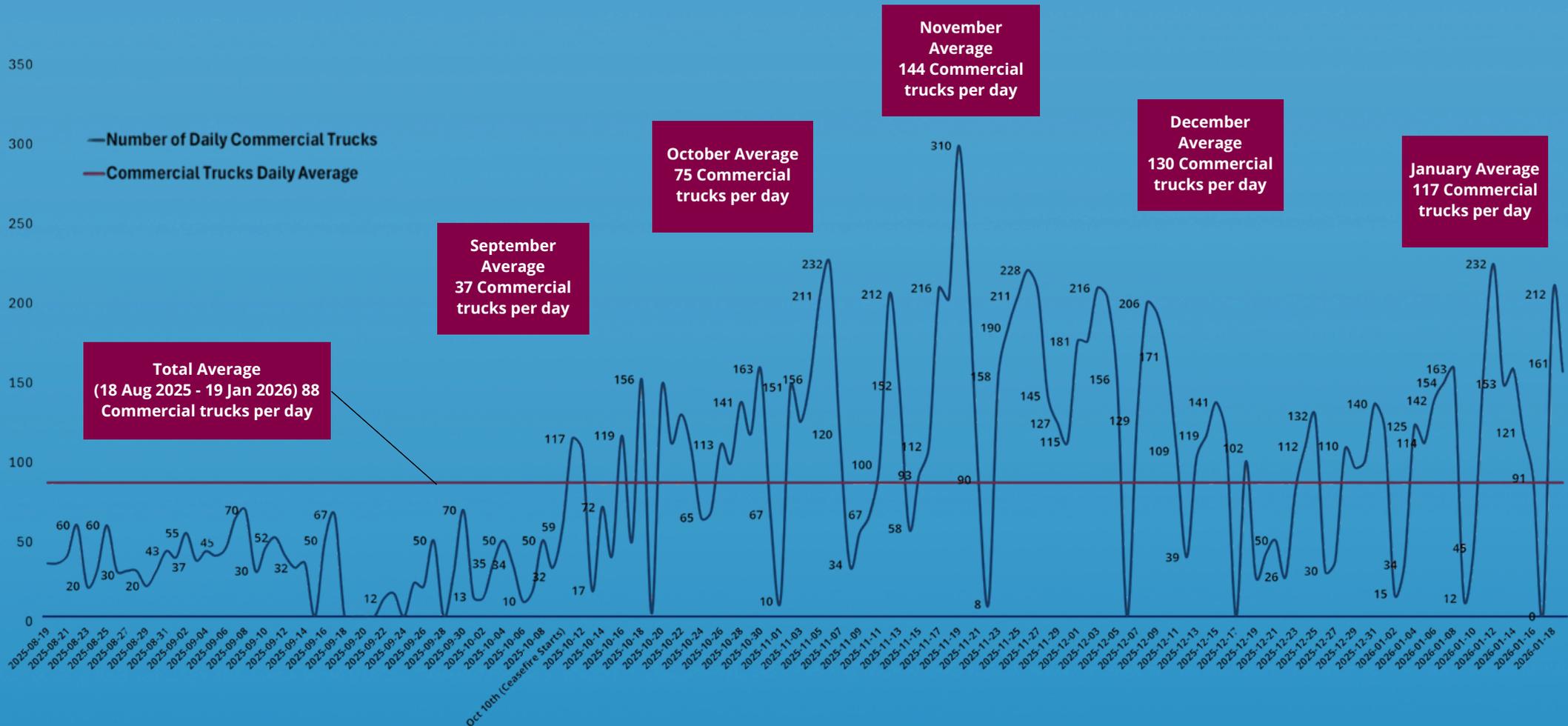


Food Availability - Gaza Strip



The number of humanitarian and commercial trucks entering the Gaza Strip witnessed a **decrease** during January 2026 compared to December 2025. As a daily average of **180 trucks** entered during January until the 19th of the month compared to the daily average of **250 trucks** per day during December. The decrease in the commercial daily average is due to the additional Israeli requirements imposed on commercial actors. The daily average of total trucks entering since the beginning of the ceasefire on October 11th until the 19th of January (290 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* (August 18 - January 19)

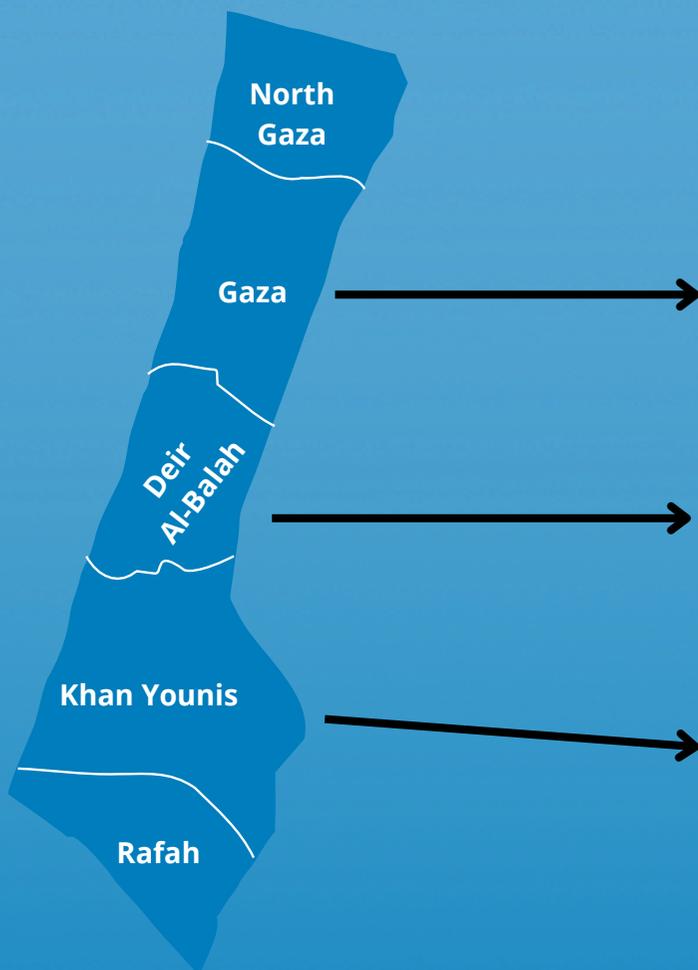


Greater number of commercial trucks can allow greater diversity of food and other items available on the market, to complement the staple commodities that humanitarian actors are bringing in, making it critical to have a sustained level of commercial goods, which also helps to drive down prices.

*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.

Price changes for food items

- Prices of main food items remained largely stable in the Gaza Strip in the third week of January; with similar patterns of change compared to the previous weeks.
- Prices for the majority of food items are currently lower than pre-ceasefire prices in the first week of October 2025. However, most prices remain higher than pre-crisis levels (September 2023).



Changes in prices in the third week of January 2026	2KG	1KG	1KG	3L	1KG	1KG	1KG	1KG	1KG	1KG
Compared to the first week of Oct 2025 (pre-ceasefire)	96% ↓	NA	NA	57% ↓	78% ↓	50% ↓	67% ↓	86% ↓	80% ↓	54% ↓
Compared to pre-conflict prices	64% ↑	100% ↑	196% ↑	26% ↓	233% ↑	100% ↑	3% ↑	47% ↓	84% ↓	5% ↓

Changes in prices in the third week of January 2026	2KG	1KG	1KG	3L	1KG	1KG	1KG	1KG	1KG	1KG
Compared to the first week of Oct 2025 (pre-ceasefire)	NA	60% ↓	78% ↓	59% ↓	68% ↓	50% ↓	67% ↓	69% ↓	38% ↓	68% ↓
Compared to pre-conflict prices	79% ↑	100% ↑	159% ↑	14% ↓	233% ↑	167% ↑	28% ↑	16% ↓	19% ↓	27% ↑

Changes in prices in the third week of January 2026	2KG	1KG	1KG	3L	1KG	1KG	1KG	1KG	1KG	1KG
Compared to the first week of Oct 2025 (pre-ceasefire)	NA	NA	NA	53% ↓	63% ↓	60% ↓	50% ↓	67% ↓	67% ↓	NA
Compared to pre-conflict prices	64% ↑	100% ↑	233% ↑	32% ↓	206% ↑	33% ↑	28% ↑	47% ↓	19% ↓	27% ↑

MAP KEY



Eggs



Eggplants



Cucumber



Sunflower oil



Tomatoes



Salt



Sugar



Wheat Flour



Rice



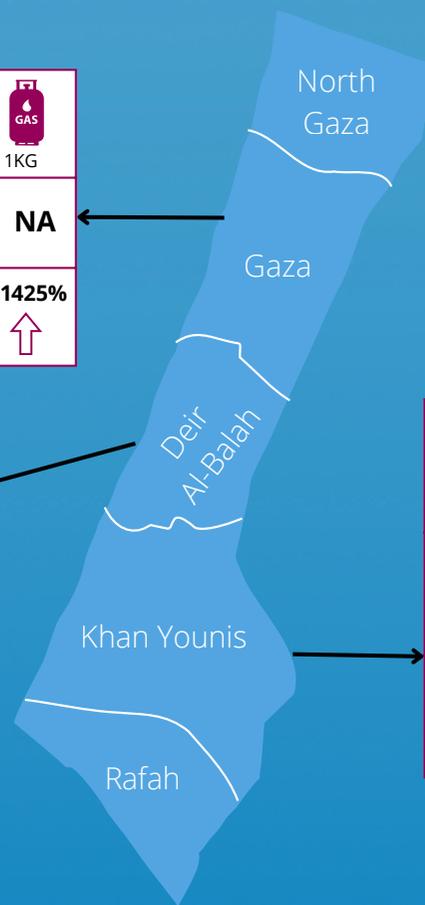
Lentils-brown

PRICE CHANGES FOR NON FOOD ITEMS

- Most non-food items continued to decrease in the third week of January compared to September 2025 (pre ceasefire), driven by the improved entry of commercial and humanitarian trucks. However, most prices remain much higher than pre-conflict (September 2023) levels, particularly for fuel and cooking gas.
- 8 Kgs of cooking gas were available through the official system in limited quantities and sold for 65 NIS, while in the black market the price of one Kg reached 95 NIS in Gaza City and 120 NIS in Deir al-Balah.

Changes in prices in January 2026	 1 KG	 1L	 40 Pcs	 100ml	 16 Pcs	 1Pcs	 1KG
Compared to September 2025 (pre-ceasefire)	25% ↓	NA	92% ↓	50% ↓	60% ↓	60% ↓	NA
Compared to pre-conflict prices (Sep-2023)	275% ↑	438% ↑	11% ↑	19% ↑	100% ↑	60% ↑	1425% ↑

Changes in prices in January 2026	 1 KG	 1L	 40 Pcs	 100ml	 16 Pcs	 1Pcs	 1KG
Compared to September 2025 (pre-ceasefire)	29% ↓	67% ↓	91% ↓	58% ↓	50% ↓	70% ↓	NA
Compared to pre-conflict prices (Sep-2023)	525% ↑	515% ↑	26% ↑	14% ↓	82% ↑	50% ↑	1510% ↑



Changes in prices in January 2026	 1 KG	 1L	 40 Pcs	 100ml	 16 Pcs	 1Pcs	 1KG
Compared to September 2025 (pre-ceasefire)	29% ↓	55% ↓	92% ↓	30% ↓	50% ↓	80% ↓	84% ↓
Compared to pre-conflict prices (Sep-2023)	400% ↑	592% ↑	37% ↑	3% ↑	108% ↑	50% ↑	1425% ↑

MAP KEY



Sanitary pads



Firewood



Diapers



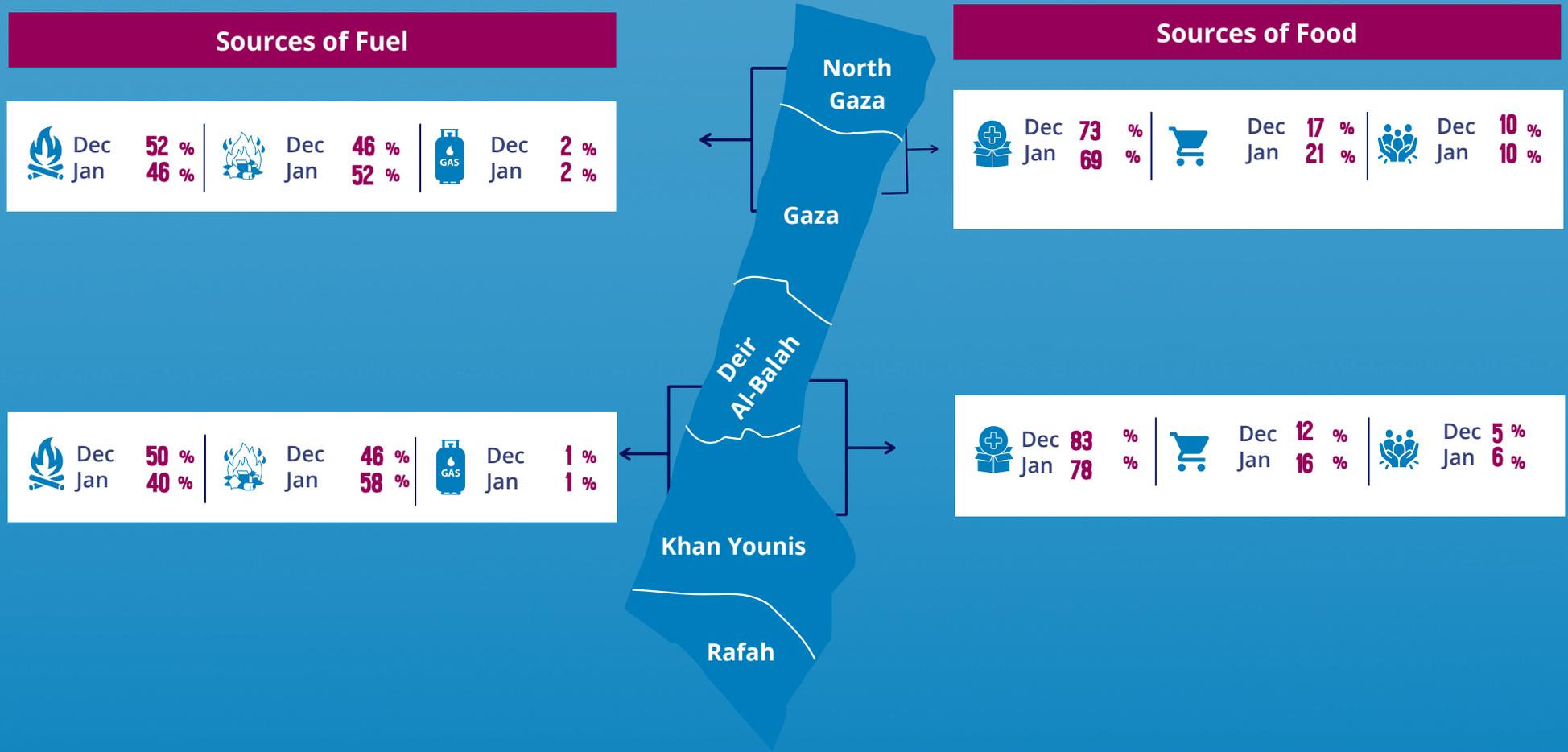
cleaning products



Toothpaste

MAIN FOOD & ENERGY SOURCES - GAZA STRIP

- Markets continued to show signs of recovery in January 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 keep the inflow of commercial and aid trucks into the Gaza Strip to maintain these improvements.
- 55 percent of the population reported that they continue to rely on waste burning as an alternative to cooking gas in January, an alarming increase compared the 47 percent that reported doing so in December. Ensuring a consistent and sufficient supply of cooking gas is therefore 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 witnessed an **improvement** in January compared to December, as **57 percent** of surveyed households in the Gaza Strip reporting facing **difficulties accessing the markets** compared to **72 percent** in December. Among them, **99 percent** reported financial struggles due to lack of cash, and **29 percent** indicated they **could not afford basic food items** despite price reductions since the start of the ceasefire.
- Households physical **access to food** showed some improvement in January, as **50 percent** of surveyed households reported **better access**, **37 percent** reported **no change**, while only **13 percent** reported **worse access**.
- Consumption patterns maintained the improvement that was registered in December as households reported **an average of two meals per day in January 2026, compared to one meal in July**. However, **one in five households still consumed only one meal daily**. Additionally, **17 percent** of surveyed households reported that they reduced the portions of their daily meals, **while 44 percent reported decreasing the number of daily meals**, which are both an improved percentages compared to December 2025 and **25 percent reported limiting the adults' food intake every day** to prioritize the children in the family, the same percentage that was observed in December.
- **48 percent** of surveyed households reported **going to bed hungry at least once** in the 30 days preceding the survey, with **11 percent** of them reporting that they experienced this more than ten times. Additionally, **39 percent** of surveyed households indicated that they had **completely run out of food at home** due to lack of resources, with **16 percent** of them reporting that they experienced this more than ten times. Almost **3 percent** of surveyed households reported **going an entire day without eating at least once** during the 30 days preceding the survey.
- **Overall, food accessibility, availability, and consumption** patterns showed continued improvements in January compared to the preceding months before the ceasefire. However, there is a risk to lose those improvements in the coming period if the levels of aid and commercial trucks entering Gaza continue to decrease.

Market Functionality

- With the unstable and decreased levels of commercial trucks flow into Gaza in January; retailers are facing stock levels shortages. With **46 percent** of surveyed retailers in Gaza City, **97 percent** in Khan Younis, and **15 percent** in Deir Al-Balah reporting that their **stock levels are down**.
- **50 percent** of the surveyed shops reported that they still suffer from the **lack of suppliers**, while **38 percent** of them indicated that the restocking costs are too high.
- Drastic price fluctuations is still a major issue that hinders the markets, as **81 percent** of surveyed shops reporting this issue in January; this price instability makes it harder for people to purchase and for shops to keep essential goods in stock.
- The shortage of cash liquidity continued to disrupt market operations in January, albeit in a smaller percentage than December, as **49 percent** of surveyed shops reported cash shortages this month, compared to **74 percent** in December.
- Digital payments and cash withdrawal fees in January are still standing at around **14-15 percent**.
- January showed continued improvements in the stock capacity of surveyed shops in the Gazan markets, with **56 percent** of surveyed shops reporting that they currently hold less than 40 percent of their stock capacity compared to the **80 percent** that reported this in in the **first half of October**. Meanwhile, **43 percent** of them reporting that they hold 40-80 percent of stock capacity compared to only **20 percent in the first half of October**.

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

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)	Second Week of Dec	Third Week of Dec	Fourth Week of Dec	First Week of Jan	Second Week of Jan	Third Week of Jan	Third Week of Jan/Second Week of Jan	Third Week of Jan/First week of Oct 2025	Third Week of Jan/ Pre-crisis (Sep 2023)
Chickpeas	1 KG	5.4	13	6	5	7	7	6	6	0%	-54%	11%
Cucumbers	1 KG	2.7	N/A	8	8	12	10	6	8	33%	N/A	196%
Dry fava beans	1 KG	7	30	8	8	8	8	8	8	0%	-73%	14%
Eggplants	1 KG	4	N/A	7	8	7	8	8	8	0%	N/A	100%
Eggs	2 KG	14	600	40	30	27	24	24	23	-4%	-96%	64%
Egyptian rice	1 KG	6.2	5	2	1	2	2	2	1	-50%	-80%	-84%
Flour	25 KG	47.5	180	40	25	25	25	25	25	0%	-86%	-47%
Bread	1 KG	2.58	10	6	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	8	5	8	7	6	6	0%	-54%	-5%
Red-Lentils	1 Kg	5	5	1	1	1	1	1	1	0%	-80%	-80%
Potatoes	1 KG	2.5	25	3	4	4	3.5	3.5	3	-14%	-88%	20%
Dry onions	1 KG	3.2	50	3	3	3	3.5	4	4	0%	-92%	25%
Sunflower oil	3 L	31	54	21	21	24	27	27	23	-15%	-57%	-26%
Tomatoes	1 KG	3.6	55	8	9	12	10	10	12	20%	-78%	233%
Salt	1 KG	1.5	6	3	2	3	3	3	3	0%	-50%	100%
Sugar	1 KG	3.9	12	3.5	3	4	5	5	4	-20%	-67%	3%

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 third week of January 2026.

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

Item	Unit	Sep 23	Feb 25	September 25	October 25	November 25	December 25	January 26	Jan 26 / Dec 25	Jan 26 / Sep 25	Jan 26 / Sep 23
Energy											
Wood	1 KG	1	2	6	5	4	5	5	0%	-17%	400%
Coal	1 KG	4	15	20	15	20	20	15	-25%	-25%	275%
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	N/A	80	90	90	0%	N/A	1425%
Diesel	1 Liter	6.5	30	N/A	65	40	50	35	-30%	N/A	438%
Gasoline	1 Liter	6.8	N/A	N/A	400	N/A	50	50	0%	N/A	635%
Hygiene Items											
Sanitary Pads	16 pads	4	3	20	10	10	10	8	-20%	-60%	100%
Baby Diapers	Cartoon (40 diapers)	18	25	250	50	25	20	20	0%	-92%	11%
Toilet Paper	1 roll	1	2	10	5	1.5	2	2	-25%	-85%	50%
Detergent	1 Liter	6.5	15	35	15	17	15	17	13%	-51%	162%
Tissues	1 pack	2	5	20	12	5	5	4	-20%	-80%	100%
Toothpaste	100 ml	4.2	5	10	6	5	6	5	-17%	-50%	19%
Toothbrush	1 brush	2	1	2	2	1	2	1	-50%	-50%	-50%
Hair Shampoo	750 ml	9	15	70	25	15	14	12	-14%	-83%	33%
Bleach (chlorine)	1 Liter	1.5	7	15	15	10	5	10	100%	-33%	567%
Hand Soap	1 Piece	2.5	2	10	5	4	5	4	-20%	-60%	60%
Medical Items											
Paracetamol	12 pills	3	3	10	10	5	5	5	0%	-50%	67%
Iodine Solution	120 ml	7	10	15	10	10	10	9	-10%	-40%	29%
Other											
Drinking Water	1.5 Liter	1	3	N/A	N/A	5	5	3	-40%	N/A	200%
Tent	24 M2	N/A	500	N/A	1000	500	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)	Second Week of Dec	Third Week of Dec	Fourth Week of Dec	First Week of Jan	Second Week of Jan	Third Week of Jan	Third Week of Jan/Second Week of Jan	Third Week of Jan/First week of Oct 2025	Third Week of Jan/ Pre-crisis (Sep 2023)
Chickpeas	1 KG	5.4	9	8	6	7	8	7	8	14%	-11%	48%
Cucumbers	1 KG	2.7	32	8	9	11	6	8	7	-13%	-78%	159%
Dry fava beans	1 KG	7.0	15	8	8	6	6	6	6	0%	-60%	-14%
Eggplants	1 KG	4.0	20	7	5	5	5	5	8	60%	-60%	100%
Eggs	2 KG	14.0	N/A	40	30	30	30	28	25	-11%	N/A	79%
Egyptian rice	1 KG	6.2	8	3	5	5	5	5	5	0%	-38%	-19%
Flour	25 KG	47.5	130	40	40	35	40	35	40	14%	-69%	-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	10	8	10	8	8	8	0%	-68%	27%
Red-Lentils	1 Kg	5.0	8	1	3	4	4	3	4	33%	-50%	-20%
Potatoes	1 KG	2.5	30	3	3	4	4	4	4	0%	-87%	60%
Dry onions	1 KG	3.2	35	3	4	4	3.5	4	4	0%	-89%	25%
Sunflower oil	3 L	31.3	66	27	24	24	27	30	27	-10%	-59%	-14%
Tomatoes	1 KG	3.6	38	12	12	11	12	13	12	-8%	-68%	233%
Salt	1 KG	1.5	8	4	3	4	4	3	4	33%	-50%	167%
Sugar	1 KG	3.9	15	3.5	3	4	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	September 25	October 25	November 25	December 25	January 26	Jan 26 / Dec 25	Jan 26 / Sep 25	Jan 26 / Sep 23
Energy											
Wood	1 KG	0.8	2	7	7	5	4	5	25%	-29%	525%
Coal	1 KG	4	17	35	35	30	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	N/A	85	90	95	6%	N/A	1510%
Diesel	1 Liter	6.5	25	120	70	50	50	40	-20%	-67%	515%
Gasoline	1 Liter	6.8	100	N/A	400	90	120	120	0%	N/A	1665%
Hygiene Items											
Sanitary Pads	16 pads	5.5	8	20	20	10	10	10	0%	-50%	82%
Baby Diapers	Cartoon (40 diapers)	19.8	25	280	50	25	20	25	25%	-91%	26%
Toilet Paper	1 roll	1	3	15	8	2	2	2	-25%	-90%	50%
Detergent	1 Liter	5	15	20	15	13	13	20	54%	0%	300%
Tissues	1 pack	2.3	5	18	10	5	4	4	0%	-78%	74%
Toothpaste	100 ml	5.8	8	12	8	5	5	5	0%	-58%	-14%
Toothbrush	1 brush	4.5	2	3	2	1	2	2	0%	-33%	-56%
Hair Shampoo	750 ml	4.5	15	90	15	10	10	12	20%	-87%	167%
Bleach (chlorine)	1 Liter	3	15	15	15	13	5	5	0%	-67%	67%
Hand Soap	1 Piece	2	3	10	5	4	3	3	0%	-70%	50%
Medical Items											
Paracetamol	12 pills	4	3	10	10	5	5	6	20%	-40%	50%
Iodine Solution	120 ml	5	10	12	10	10	10	8	-20%	-33%	60%
Other											
Drinking Water	1.5 Liter	2	3	N/A	N/A	5	4	4	0%	N/A	100%
Tent	24 M2	N/A	250	1500	1600	600	400	350	-13%	-77%	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)	Second Week of Dec	Third Week of Dec	Fourth Week of Dec	First Week of Jan	Second Week of Jan	Third Week of Jan	Third Week of Jan/Second Week of Jan	Third Week of Jan/First week of Oct 2025	Third Week of Jan/ Pre-crisis (Sep 2023)
Chickpeas	1 KG	5.4	8	7	5	5	5	5	5	0%	-38%	-7%
Cucumbers	1 KG	2.7	N/A	8	8	9	9	9	8	-11%	N/A	196%
Dry fava beans	1 KG	7	15	8	8	8	8	8	7	-13%	-53%	0%
Eggplants	1 KG	4	N/A	5	5	8	8	8	8	0%	N/A	100%
Eggs	2 KG	14	N/A	45	30	25	25	25	23	-8%	N/A	64%
Egyptian rice	1 KG	6.2	15	5	5	5	5	5	5	0%	-67%	-19%
Flour	25 KG	47.5	75	35	30	20	20	35	25	-29%	-67%	-47%
Bread	1 KG	2.6		5	4	3	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	2	2	1	2	1	1	0%	-75%	-80%
Potatoes	1 KG	2.5	15	2.5	3	3	3	3	3	0%	-80%	20%
Dry onions	1 KG	3.2	35	3	3	3	3	3	3	0%	-91%	-6%
Sunflower oil	3 L	31.1	45	21	21	21	33	27	21	-22%	-53%	-32%
Tomatoes	1 KG	3.6	30	9	9	10	10	12	11	-8%	-63%	206%
Salt	1 KG	1.5	5	3	2	2	2	3	2	-33%	-60%	33%
Sugar	1 KG	3.9	10	4	4	4	6	6	5	-17%	-50%	28%

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

Item	Unit	Sep 23	Feb 25	September 25	October 25	November 25	December 25	January 26	Jan 26 / Dec 25	Jan 26 / Sep 25	Jan 26 / Sep 23
Energy											
Wood	1 KG	1	3	7	7	4	5	5	11%	-29%	400%
Coal	1 KG	6.3	15	N/A	N/A	15	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	N/A	100	100	90	-10%	-84%	1425%
Diesel	1 Liter	6.5	30	100	70	55	50	45	-10%	-55%	592%
Gasoline	1 Liter	6.8	120	400	320	100	120	140	17%	-65%	1959%
Hygiene Items											
Sanitary Pads	16 pads	4.8	8	20	15	15	15	10	-33%	-50%	108%
Baby Diapers	Cartoon (40 diapers)	18.3	25	300	60	30	30	25	-17%	-92%	37%
Toilet Paper	1 roll	1.8	3	12	10	2	1	1	0%	-92%	-44%
Detergent	1 Liter	5	15	30	20	13	12	12	0%	-60%	140%
Tissues	1 pack	2.3	5	20	10	6	5	3	-40%	-85%	30%
Toothpaste	100 ml	6.8	8	10	10	8	8	7	-13%	-30%	3%
Toothbrush	1 brush	1.5	2	4	3	5	4	3	-25%	-25%	100%
Hair Shampoo	750 ml	12.5	15	85	20	14	15	14	-7%	-84%	12%
Bleach (chlorine)	1 Liter	1.5	15	20	10	10	10	12	20%	-40%	700%
Hand Soap	1 Piece	2	3	15	5	5	3	3	0%	-80%	50%
Medical Items											
Paracetamol	12 pills	1	8	7	8	6	5	5	0%	-29%	400%
Iodine Solution	120 ml	3	10	12	15	15	15	13	-13%	8%	333%
Other											
Drinking Water	1.5 Liter	2	5	12	N/A	5	5	4	-20%	-67%	100%
Tent	24 M2	N/A	N/A	2500	2400	650	350	350	0%	-86%	N/A