



World Food Programme

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# Market Monitor - Gaza

WFP Palestine Food Security Analysis

August 2025

## Key findings - Gaza Strip

- Prices in the Gaza Strip markets have witnessed a **significant decline** in the month of August compared to July **by 20-98 percent**; this was mainly due to the entry of humanitarian aid convoys combined with the **entry of commercial trucks** that contained various goods some of which have been missing from the markets for a long time. However, despite this decrease, prices remain **out of reach for most people**, and are still higher by **14-3114 percent** than pre-crisis levels (September 2023) and by **14-1900 percent** than ceasefire (February 2025) levels.
- By August 2025, food diversity in Gaza reached to one of its **lowest points** since the conflict began, with diets **reduced almost entirely to cereal and pulses**, while dairy, vegetables, fruits, and proteins had **disappeared completely** from household consumption.
- Commercial trucks that were allowed to enter contained various goods like **Sugar** and **Feta Cheese**. Other items included: **dates, rice, ghee, coffee, Nescafe, noodles, chocolates, soda beverages, hookah tobacco, crackers (biscuits) and vegetable oil**. The commercial goods entering tend to be those of **high monetary value that can bring profit**, rather than **high nutritious value that can improve food security**, for example coffee, salty snacks and processed cheese, rather than for example vegetables and dairy products.
- Despite the entry of aid convoys and commercial trucks, the market remains **weak**, and **people are still suffering from severe food insecurity**. With **95 percent** of surveyed households reported going to bed hungry over the 30 days prior to the survey, and **77 percent** experiencing this **more than ten times**. Moreover, households were consuming **only one and half meal per day** on average compared to **one meal in July**.
- For the first time in over six months, **frozen chicken** was allowed into the Gaza Strip at the start of the third week of August. In Deir al-Balah it was reportedly sold for **130 NIS per KG**, and in Gaza City for **120 NIS**.
- Wheat flour prices decreased by **84 percent** compared to last month, going down from around **1125 NIS** per 25KG bag in the second half of July to **175 NIS** per 25KG bag in the fourth week of August. Additionally, following the influx of goods the price of Sugar also decreased by **98 percent**, and after reaching **600 NIS** per KG at one point in July, it dropped to **13-15 NIS** per KG.
- Noticeably, **tomatoes** and **dry onions** were not among vegetables that witnessed a price decrease; as their prices **increased again** during the last week of August due to the **very limited amounts available**, and they **even** went **missing** from the markets in Gaza City during the last days of August.
- Digital payments and cash withdrawal fees witnessed a **noticeable drop** ranging between **30-35 percent** after reaching as high as **50 percent** at some point in the month before, this was mainly due store owners purchasing new goods that entered through digital payments and the increasing number of people using digital payments which **reduced** the reliance on cash.
- Prices in the market **vary** for the same items, depending on whether the payment method is cash or using online applications. The price of the product increases by **10-20 NIS** if the sale is by online apps. For example, the price of 1KG of sugar in cash ranges between **13-15 NIS**, while by the apps, it ranges between **18-20 NIS**.
- Cooking gas is nearly unavailable, **forcing two-thirds of households to burn waste for food preparation**, which poses significant health and safety risks.

## Food diversity - Gaza Strip

By August 2025, food consumption in Gaza showed a slight improvement compared to July, largely driven by the arrival of humanitarian aid convoys and the entry of commercial trucks carrying food items; some of which had been absent from local markets for months. Despite this, the situation remained critical, with overall food access still very low. Dietary diversity reached one of its worst levels since the conflict began, as soaring prices and the limited flow of both humanitarian and commercial supplies. **By this stage, most households' diets consisted of cereals and pulses.**

- Dairy products have remained **unavailable** since their complete collapse in June, dropping from a pre-conflict average of four days of consumption per week to none.
- Vegetable consumption less than one day, compared to six days before the conflict, while fruit consumption has become **nonexistent**.
- Protein sources, such as meat, poultry, and eggs have **disappeared** entirely from household diets, down from an average of three days per week prior to the conflict.
- Only pulses and bread remain **somewhat available**. Pulses are still consumed about four days per week, similar to pre-conflict levels. However, bread consumption has **declined** to just five days per week; compared to pre-conflict average of seven days.

Fig 1. Pre-conflict average food consumption

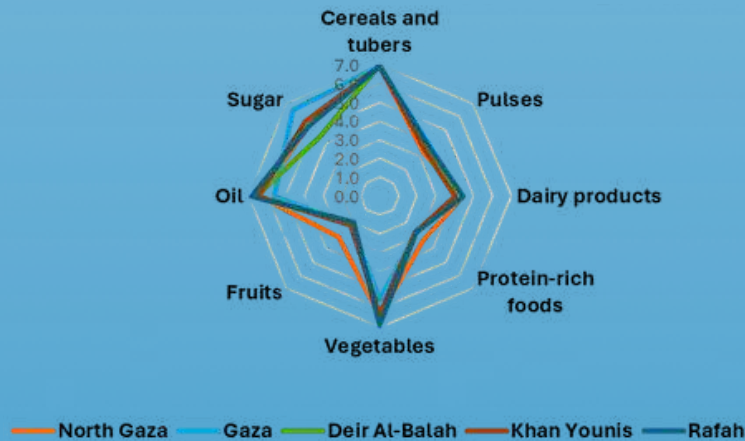
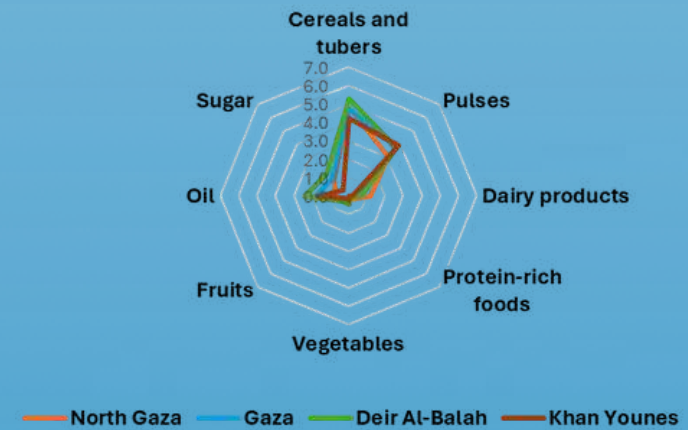


Fig 2. August 2025 average food consumption



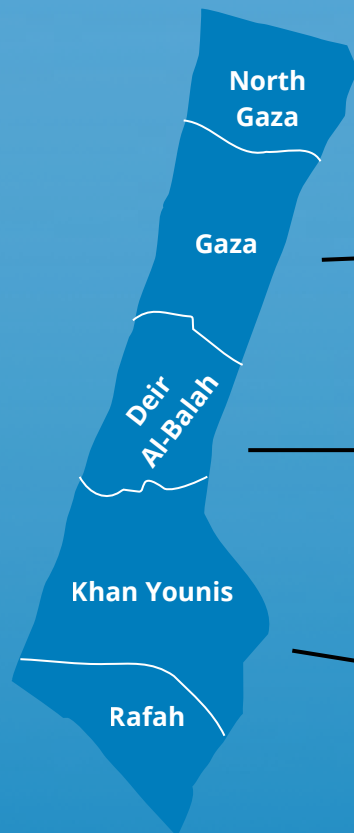
## Food Availability - Gaza Strip



Even with the entry of commercial trucks in August after being barred from entry for just under a year, following the announcement of the Israeli government of its approval of a new mechanism to resume the entry of goods into the Gaza Strip via the private sector in a gradual and controlled manner. The amount of aid entering the Strip is still **insufficient** to meet the scale of needs. Moreover, almost all aid convoys are **looted** on their way inside the Gaza Strip.

## Price changes for food items

- Prices of most essential food items in the Gaza Strip markets witnessed a **decrease since the start of August** with the entry of humanitarian aid convoys and commercial trucks that contained significant quantities of various goods some of which have been missing from the markets for a long time.
- The main commodities that entered through commercial trucks included: **wheat flour, dates, rice, ghee, coffee, Nescafe, noodles, chocolates, soda beverages, hookah tobacco, crackers (biscuits) and vegetable oil.**
- Compared to the fourth week of July, most of the prices have decreased but still, they are significantly higher than pre-crisis (September 2023) by **100-3534** percent and ceasefire (February) prices by **25-1940 percent**, and this showcases the noticeable effect of commercial and aid entry to the markets.
- Meat, frozen foods, dairy products, fruits, and many kinds of vegetables are still **unavailable** in the markets, and have been unavailable for a very long time.



Changes in prices in the fourth week of August	2KG	1KG	1KG	3L	1KG	1KG	1KG	1KG	1KG	1KG
Compared to the fourth week of February	1700% ↑	50% ↑	233% ↑	122% ↑	1471% ↑	300% ↑	117% ↑	400% ↑	150% ↑	100% ↑
Compared to pre-conflict prices	3114% ↑	275% ↑	1011% ↑	94% ↑	2956% ↑	433% ↑	233% ↑	268% ↑	19% ↓	27% ↑

Changes in prices in the fourth week of August	2KG	1KG	1KG	3LT	1KG	1KG	1KG	1KG	1KG	1KG
Compared to the fourth week of February	N/A	50% ↑	400% ↑	275% ↑	1900% ↑	75% ↑	150% ↑	400% ↑	233% ↑	88% ↑
Compared to pre-conflict prices	N/A	275% ↑	1381% ↑	188% ↑	2678% ↑	367% ↑	285% ↑	426% ↑	61% ↑	138% ↑








Changes in prices in the fourth week of August	2KG	1KG	1KG	3LT	1KG	1KG	1KG	1KG	1KG	1KG
Compared to the fourth week of February	N/A	64% ↑	400% ↑	178% ↑	1043% ↑	25% ↑	117% ↑	250% ↑	400% ↑	88% ↑
Compared to pre-conflict prices	N/A	350% ↑	1381% ↑	141% ↑	2122% ↑	233% ↑	233% ↑	268% ↑	142% ↑	138% ↑








### MAP KEY

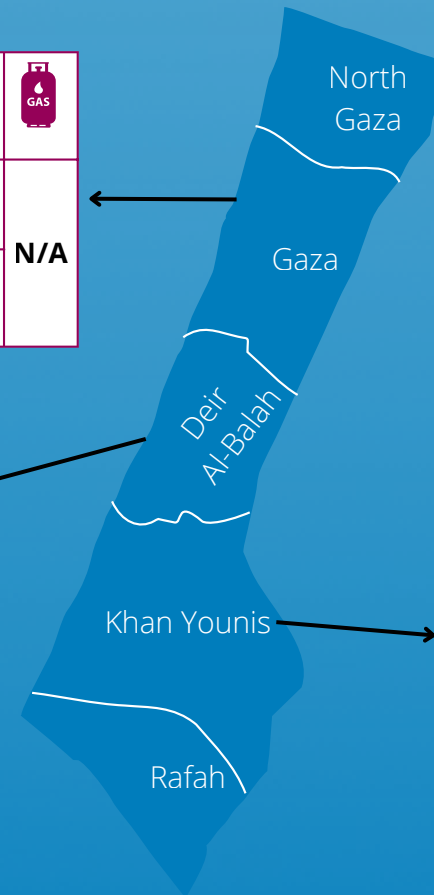









## PRICE CHANGES FOR NON FOOD ITEMS

- Most non-food items witnessed a **decrease in prices** compared to the month of July after the entry of commercial trucks this month.
- However, almost all prices continue to be higher than **ceasefire** prices (Feb, 2025) **pre crisis** prices (Sep, 2023).
- Official cooking gas distribution is still **suspended**, with Diesel and Gasoline also almost largely unavailable in the markets with some local made quantities sold for relatively low prices **45-50 NIS/Liter** and Israeli Gasoline for **350 NIS/Liter** in the black market.
- With the entry of commercial trucks that contained several hygiene items, baby diapers prices decrease after reaching unprecedented highs in July.

Changes in prices in August 2025	 1KG	 1L	 40Pcs	 100ml	 1Pcs	 1Pcs	
Compared to February 2025	250% ↑	267% ↑	700% ↑	100% ↑	400% ↑	150% ↑	N/A
Compared to pre-conflict prices (Sep-2023)	600% ↑	1592% ↑	1011% ↑	138% ↑	275% ↑	100% ↑	N/A

Changes in prices in August 2025	 1KG	 1L	 40Pcs	 100ml	 1Pcs	 1Pcs	
Compared to February 2025	250% ↑	320% ↑	540% ↑	88% ↑	150% ↑	400% ↑	N/A
Compared to pre-conflict prices (Sep-2023)	775% ↑	1515% ↑	708% ↑	159% ↑	264% ↑	650% ↑	N/A



Changes in prices in August 2025	 1KG	 1L	 40 Pcs	 100 ml	 1Pcs	 1Pcs	
Compared to February 2025	200% ↑	300% ↑	700% ↑	25% ↑	88% ↑	1067% ↑	N/A
Compared to pre-conflict prices (Sep-2023)	800% ↑	1746% ↑	993% ↑	47% ↑	213% ↑	1650% ↑	N/A

### MAP KEY



Sanitary pads



Firewood



Diapers



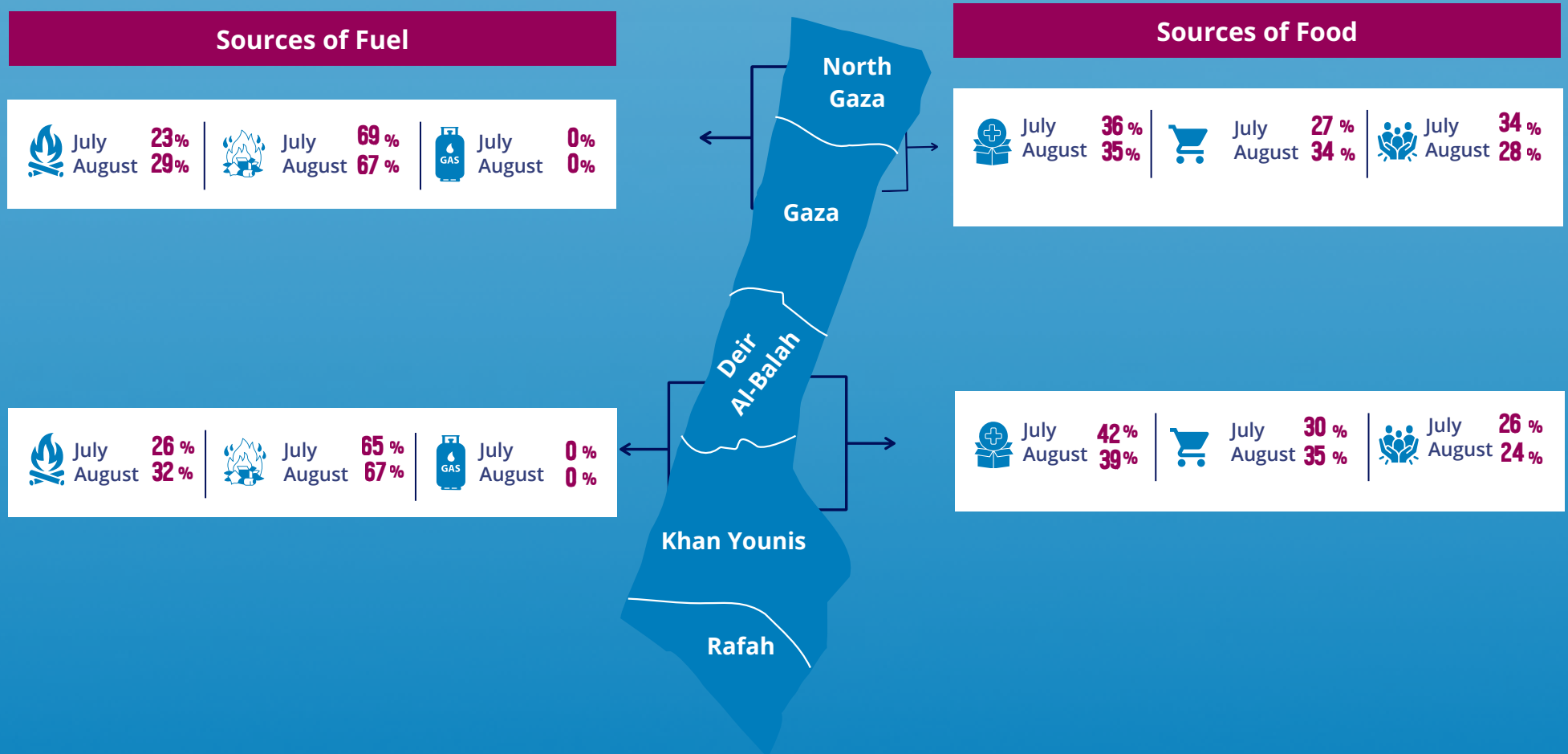
cleaning products



Toothpaste

## MAIN FOOD & ENERGY SOURCES - GAZA STRIP

- The proportion of households **relying primarily on humanitarian aid remains relatively low**, constrained by the limited entry of assistance. At the same time, local markets **are not a reliable alternative due to acute shortages and rapidly escalating prices**.
- Access to cooking fuel is particularly critical, as cooking gas is nearly unavailable, compelling **approximately two-thirds of households to resort to burning waste materials for food cooking**, a source poses serious health and safety risks.



### MAP KEY



Humanitarian aid



Assistance from friends & family



Waste burning



Cooking gas



Market



Firewood

## Access to the Market

- As of August 2025, **most households** across the Gaza Strip are still facing extreme difficulties accessing markets. Of the surveyed households, **76 percent** in North Gaza, **67 percent** in Gaza City, **69 percent** in Deir al-Balah, and **64 percent** in Khan Younis reported that they were unable to reach the markets.
- More than **94 percent** of surveyed households that reported being unable to reach markets are facing severe financial hardship due to a lack of cash. Additionally, **60 percent** of them stated that skyrocketing food prices have left them unable to afford even basic items.
- Access to food across the Gaza Strip **slightly improved** for some households in August compared to July due to the entry of commercial and aid convoys this month, with **30 percent** of them reporting that they had better access to food in August compared to July, while another **20 percent** said that they witnessed no change. However, **50 percent** reported having worse access this month compared to July.
- **On average, households were consuming only one and half meal per day compared to one meal in July.** Moreover, **81 percent** of them said that they reduced the size of their daily meals and 89 percent reduced number of meals every day, while more than **63 percent** restricted adults' food intake each day prioritizing their children.
- **95 percent** of households reported going to bed hungry over the 30 days prior to the survey, with **77 percent** experiencing this more than ten times. Additionally, **92 percent** said they had completely run out of food in their homes due to lack of resources, with **73 percent** experiencing this more than ten times. About **39 percent** reported going an entire day without eating at least once during the past 30 days.
- Alarming, **77 percent** of households reported facing safety risks while trying to obtain food.

## Market Functionality

- Retailers in Gaza continue to face **severe shortages**, with stock levels down by **80 percent** in North Gaza, by **78 percent** in Gaza city, by **90 percent** in Khan Younis, and by **31 percent** in Deir Al-Balah.
- **41 percent** of the surveyed shops reported that they have no suppliers, and **42 percent** of them indicated that the restocking costs are too high.
- **87 percent** of shops in North Gaza, **86 percent** of shops in Gaza City, **91 percent** in Khan Younis, and **78 percent** in Deir Al-Balah reported drastic price fluctuations in the markets; this price instability makes it harder for people to purchase and for shops to keep essential goods in stock.
- A severe shortage of cash liquidity is still disrupting market operations, with more than **74 percent** of surveyed shops reporting **cash shortages**. This cash shortage prevents many retailers from restocking or paying their suppliers.
- Digital payments and cash withdrawal fees witnessed a **noticeable drop** ranging between **30-35 percent** after reaching as high as **50 percent** at some point last month. This was mainly due to store owners purchasing new goods that entered via commercial trucks through digital payments and also the increasing number of people using digital payments which **reduced** the reliance on cash.
- The entry of some commercial trucks in the month of August did not improve the stock capacity of shops in the Gazan markets, with most surveyed shops reporting that they currently hold **less than 40 percent** of their stock capacity. Essential items are in **very short supply**, and most items in commercial trucks were non essential food items, highlighting the Gaza market's fragility and its risk of collapse.

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## 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 23- Pre- crisis	First half of Jan-25 (Before Ceasefire)	Fourth week of Feb- 25 (cease fire)	First week of Mar-25 (After closure)	Fourth Week of July	First Week of August	Second Week of August	Third Week of August	Fourth Week of August	4th Week of August/4th Week of July	4th Week of August/4th week of Feb	4th Week of August/ Pre- crisis (Sep 2023)
Chickpeas	1 KG	5.4	35	4	5	50	30	15	8	7	-86%	75%	30%
Cucumbers	1 KG	2.7	70	9	18	75	75	N/A	35	30	-60%	233%	1011%
Dry fava beans	1 KG	7.0	18	7	12	30	25	10	10	8	-73%	14%	14%
Eggplants	1 KG	4.0	67	10	20	35	45	25	15	15	-57%	50%	275%
Eggs	2 KG	14.0	405	25	30	600	600	510	450	450	-25%	1700%	3114%
Egyptian rice	1 KG	6.2	15	2	3	65	40	20	7	5	-92%	150%	-19%
Flour	25 KG	47.5	45	35	70	1250	875	375	300	175	-86%	400%	268%
Lentils- Brown	1 KG	6.3	15	4	7	60	40	13	10	8	-87%	100%	27%
Red-Lentils	1 Kg	5.0	3	1	2	55	30	10	5	7	-87%	600%	40%
Potatoes	1 KG	2.5	35	6	18	60	55	25	20	N/A	N/A	N/A	N/A
Dry onions	1 KG	3.2	43	6	10	80	120	60	55	120	50%	1900%	3650%
Sunflower oil	3 L	31.0	120	27	30	240	180	85	75	60	-75%	122%	94%
Tomatoes	1 KG	3.6	55	7	11	90	110	110	90	110	22%	1471%	2956%
Salt	1 KG	1.5	2	2	4	10	10	8	8	8	-20%	300%	433%
Sugar	1 KG	3.9	35	6	8	600	215	25	14	13	-98%	117%	233%

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

**Table 2: Prices of Key non-food items in Northern Governorates (NIS)**

Item	Unit	Sep 23	Feb 25	Apr 25	May 25	June 25	July 25	August 25	Aug 25 / Jul 25	Aug 25 / Feb 25	Aug 25 / Sep 23
<b>Energy</b>											
Wood	1 KG	1.0	2.0	4.0	4.0	6.5	7.0	7.0	0%	250%	600%
Coal	1 KG	4.0	15.0	20.0	20.0	30.0	30.0	20.0	-33%	33%	400%
Charging from solar Energy	1 hour	N/A	1.0	1.0	1.0	1.0	1.0	1.0	0%	0%	N/A
Cooking Gas	1 KG	5.9	50.0	300.0	300.0	N/A	N/A	N/A	N/A	N/A	N/A
Diesel	1 Liter	6.5	30.0	65.0	65.0	75.0	120.0	110.0	-8%	267%	1592%
Gasoline	1 Liter	6.8	N/A	N/A	N/A	90.0	N/A	N/A	N/A	N/A	N/A
<b>Hygiene Items</b>											
Sanitary Pads	16 pads	4.0	3.0	8.0	8.0	8.0	15.0	15.0	0%	400%	275%
Baby Diapers	Cartoon (40 diapers)	18.0	25.0	70.0	70.0	320.0	400.0	200.0	-50%	700%	1011%
Toilet Paper	1 roll	1.0	2.0	5.0	5.0	12.0	15.0	10.0	-33%	400%	900%
Detergent	1 Liter	6.5	15.0	25.0	25.0	40.0	20.0	30.0	50%	100%	362%
Tissues	1 pack	2.0	5.0	15.0	15.0	20.0	25.0	25.0	0%	400%	1150%
Toothpaste	100 ml	4.2	5.0	5.0	5.0	7.0	7.0	10.0	43%	100%	138%
Toothbrush	1 brush	2.0	1.0	2.0	2.0	2.0	2.0	2.0	0%	100%	0%
Hair Shampoo	750 ml	9.0	15.0	25.0	25.0	40.0	70.0	45.0	-36%	200%	400%
Bleach (chlorine)	1 Liter	1.5	7.0	15.0	15.0	20.0	20.0	15.0	-25%	114%	900%
Hand Soap	1 Piece	2.5	2.0	5.0	5.0	10.0	15.0	5.0	-67%	150%	100%
<b>Medical Items</b>											
Paracetamol	12 pills	3.0	3.00	5.00	5.00	5.0	5.0	10.0	100%	233%	233%
Iodine Solution	120 ml	7.0	10.00	10.00	10.00	10.0	15.0	15.0	0%	50%	114%
<b>Other</b>											
Drinking Water	1.5 Liter	1.0	3.0	7.0	7.0	12.0	15.0	N/A	N/A	N/A	N/A
Tent	24 M2	N/A	500.0	N/A	N/A	1500.0	1000.0	1800.0	80%	260%	N/A

### Deir Al Balah

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

Item	Unit	Sep 23- Pre- crisis	First half of Jan-25 (Before Ceasefire)	Fourth week of Feb- 25 (cease fire)	First week of Mar-25 (After closure)	Fourth Week of July	First Week of August	Second Week of August	Third Week of August	Fourth Week of August	4th Week of August/4th Week of July	4th Week of August/4th week of Feb	4th Week of August/ Pre- crisis (Sep 2023)
Chickpeas	1 KG	5.4	18	5	8	50	40	25	20	10	-80%	100%	85%
Cucumbers	1 KG	2.7	18	8	15	75	75	N/A	30	40	-47%	400%	1381%
Dry fava beans	1 KG	7.0	15	7	9	15	20	15	10	11	-27%	57%	57%
Eggplants	1 KG	4.0	19	10	20	40	45	N/A	20	15	-63%	50%	275%
Eggs	2 KG	14.0	100	25	35	750	750	N/A	N/A	N/A	N/A	N/A	N/A
Egyptian rice	1 KG	6.2	14	3	3	70	50	20	15	10	-86%	233%	61%
Flour	25 KG	47.5	500	50	70	1125	750	500	375	250	-78%	400%	426%
Lentils- Brown	1 KG	6.3	20	8	9	40	40	20	15	15	-63%	88%	138%
Red-Lentils	1 Kg	5.0	15	3	3	40	40	15	10	5	-88%	67%	0%
Potatoes	1 KG	2.5	17	7	20	50	65	30	30	30	-40%	329%	1100%
Dry onions	1 KG	3.2	22	5	10	100	180	70	60	40	-60%	700%	1150%
Sunflower oil	3 L	31.3	40	24	33	180	195	105	105	90	-50%	275%	188%
Tomatoes	1 KG	3.6	17	5	10	100	100	100	85	100	0%	1900%	2678%
Salt	1 KG	1.5	14	4	5	10	10	5	5	7	-30%	75%	367%
Sugar	1 KG	3.9	12	6	7	600	250	35	18	15	-98%	150%	285%

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

Item	Unit	Sep 23	Feb 25	Apr 25	May 25	June 25	July 25	August 25	Aug 25 / Jul 25	Aug 25 / Feb 25	Aug 25 / Sep 23
<b>Energy</b>											
Wood	1 KG	0.8	2.0	5.0	4.0	7.0	7.0	7.0	0%	250%	775%
Coal	1 KG	4.0	17.0	25.0	25.0	30.0	40.0	25.0	-38%	47%	525%
Charging from solar Energy	1 hour	N/A	1.0	1.0	1.0	1.0	1.0	1.0	0%	0%	N/A
Cooking Gas	1 KG	5.9	35.0	280.0	N/A	N/A	450.0	N/A	N/A	N/A	N/A
Diesel	1 Liter	6.5	25.0	65.0	N/A	85.0	130.0	105.0	-19%	320%	1515%
Gasoline	1 Liter	6.8	100.0	70.0	N/A	120.0	N/A	340.0	N/A	240%	4900%
<b>Hygiene Items</b>											
Sanitary Pads	16 pads	5.5	8.0	15.0	18.0	20.0	20.0	20.0	0%	150%	264%
Baby Diapers	Cartoon (40 diapers)	19.8	25.0	65.0	100.0	320.0	400.0	160.0	-60%	540%	708%
Toilet Paper	1 roll	1.0	3.0	12.0	15.0	16.0	20.0	15.0	-25%	400%	1400%
Detergent	1 Liter	5.0	15.0	18.0	20.0	25.0	25.0	25.0	0%	67%	400%
Tissues	1 pack	2.3	5.0	18.0	N/A	20.0	25.0	25.0	0%	400%	987%
Toothpaste	100 ml	5.8	8.0	12.0	10.0	12.0	12.0	15.0	25%	88%	159%
Toothbrush	1 brush	4.5	2.0	3.0	3.0	4.0	4.0	3.0	-25%	50%	-33%
Hair Shampoo	750 ml	4.5	15.0	30.0	30.0	40.0	60.0	125.0	108%	733%	2678%
Bleach (chlorine)	1 Liter	3.0	15.0	25.0	20.0	15.0	20.0	15.0	-25%	0%	400%
Hand Soap	1 Piece	2.0	3.0	8.0	10.0	15.0	25.0	15.0	-40%	400%	650%
<b>Medical Items</b>											
Paracetamol	12 pills	4	3.0	4.0	8.0	8.0	8.0	8.0	0%	167%	100%
Iodine Solution	120 ml	5	10.0	10.0	10.0	12.0	15.0	15.0	0%	50%	200%
<b>Other</b>											
Drinking Water	1.5 Liter	2	3.0	6.0	8.0	10.0	8.0	3.0	-63%	0%	50%
Tent	24 M2	N/A	250.0	1000.0	N/A	1800.0	1000.0	N/A	N/A	N/A	N/A

## Khan Younis

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

Item	Unit	Sep 23- Pre-crisis	First half of Jan-25 (Before Ceasefire)	Fourth week of Feb- 25 (cease fire)	First week of Mar-25 (After closure)	Fourth Week of July	First Week of August	Second Week of August	Third Week of August	Fourth Week of August	4th Week of August/4th Week of July	4th Week of August/4th week of Feb	4th Week of August/ Pre-crisis (Sep 2023)
Chickpeas	1 KG	5.4	17	6	8	50	35	20	20	15	-70%	150%	178%
Cucumbers	1 KG	2.7	21	8	15	N/A	N/A	N/A	40	40	N/A	400%	1381%
Dry fava beans	1 KG	7.0	17	7	8	N/A	N/A	N/A	N/A	10	N/A	43%	43%
Eggplants	1 KG	4.0	20	11	15	N/A	N/A	N/A	35	18	N/A	64%	350%
Eggs	2 KG	14.0	105	23	28	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Egyptian rice	1 KG	6.2	17	3	5	85	50	25	25	15	-82%	400%	142%
Flour	25 KG	47.5	500	50	70	1250	875	375	375	175	-86%	250%	268%
Lentils- Brown	1 KG	6.3	20	8	9	50	45	20	15	15	-70%	88%	138%
Red-Lentils	1 Kg	5.0	15	3	3	50	45	20	5	5	-90%	67%	0%
Potatoes	1 KG	2.5	18	7	22	55	50	30	15	15	-73%	114%	500%
Dry onions	1 KG	3.2	16	5	9	100	120	65	45	25	-75%	400%	681%
Sunflower oil	3 L	31.1	45	27	30	240	180	105	90	75	-69%	178%	141%
Tomatoes	1 KG	3.6	16	7	10	100	90	80	80	80	-20%	1043%	2122%
Salt	1 KG	1.5	14	4	5	5	8	5	5	5	0%	25%	233%
Sugar	1 KG	3.9	14	6	7	N/A	250	30	15	13	N/A	117%	233%

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

Item	Unit	Sep 23	Feb 25	Apr 25	May 25	June 25	July 25	August 25	Aug 25 / Jul 25	Aug 25 / Feb 25	Aug 25 / Sep 23
<b>Energy</b>											
Wood	1 KG	1.0	3.0	5.0	5.0	7.0	7.0	9.0	29%	200%	800%
Coal	1 KG	6.3	15.0	20.0	25.0	100.0	N/A	N/A	N/A	N/A	N/A
Charging from solar Energy	1 hour	N/A	1.0	1.0	1.0	1.0	1.0	1.0	0%	0%	N/A
Cooking Gas	1 KG	5.9	35.0	300	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Diesel	1 Liter	6.5	30.0	60.0	100.0	80.0	130.0	120.0	-8%	300%	1746%
Gasoline	1 Liter	6.8	120.0	300.0	130.0	100.0	N/A	380.0	N/A	217%	5488%
<b>Hygiene Items</b>											
Sanitary Pads	16 pads	4.8	8.0	12.0	17.0	18.0	20.0	15.0	-25%	88%	213%
Baby Diapers	Cartoon (40 diapers)	18.3	25.0	75.0	90.0	280.0	600.0	200.0	-67%	700%	993%
Toilet Paper	1 roll	1.8	3.0	7.0	10.0	20.0	30.0	10.0	-67%	233%	456%
Detergent	1 Liter	5.0	15.0	40.0	40.0	30.0	20.0	30.0	50%	100%	500%
Tissues	1 pack	2.3	5.0	12.0	N/A	30.0	N/A	15.0	N/A	200%	552%
Toothpaste	100 ml	6.8	8.0	8.0	10.0	10.0	10.0	10.0	0%	25%	47%
Toothbrush	1 brush	1.5	2.0	4.0	4.0	5.0	5.0	4.0	-20%	100%	167%
Hair Shampoo	750 ml	12.5	15.0	25.0	30.0	60.0	75.0	100.0	33%	567%	700%
Bleach (chlorine)	1 Liter	1.5	15.0	18.0	20.0	25.0	25.0	35.0	40%	133%	2233%
Hand Soap	1 Piece	2.0	3.0	7.0	8.0	15.0	25.0	35.0	40%	1067%	1650%
<b>Medical Items</b>											
Paracetamol	12 pills	1.0	8.0	5.0	5.0	5.0	10.0	7.0	-30%	-13%	600%
Iodine Solution	120 ml	3.0	10.0	10.0	10.0	10.0	15.0	15.0	0%	50%	400%
<b>Other</b>											
Drinking Water	1.5 Liter	2.0	5.0	N/A	8.0	10.0	10.0	13.0	30%	160%	550%
Tent	24 M2	N/A	N/A	900.0	1900.0	1300	1600	3000	88%	N/A	N/A