



Omdurman Market

## Sudan Market Monitor – August 2025

### Highlights

As of July 2025, prices of major commodities showed an upward trend compared to June 2025:

- ❖ **Sorghum:** The national average price rose to SDG 2,324 per kilogram, marking a 42% increase from the previous month and 88% jump compared to July 2024.
- ❖ **Wheat Flour:** Prices surged to SDG 6,524 per kilogram, 38% higher month-on-month and 135% higher than the same time last year.
- ❖ **Goat (Livestock):** The average price edged up to SDG 203,670 per head, a 5% increase from June and 87% rise year-on-year.
- ❖ **Groundnut:** Prices climbed to SDG 105,058 per kantar, reflecting a 36% monthly increase and an 98% rise compared to July 2024.
- ❖ **WFP Local Food Basket:** The cost reached SDG 3,365 per unit, up 26% from June 2025 and 108% higher than a year ago.
- ❖ **Sudanese Pound:** The currency weakened by 11% on the parallel market, trading around SDG 2,950 per USD, representing a 31% depreciation year-on-year.

### Market and Food Security Overview - (July 2025)

In July 2025, prices of all major food items in Sudan continued to rise sharply, driving the national average cost of the WFP Local Food Basket (LFB) up by 26%, reaching SDG 3,365 per unit. This represents an exceptionally steep increase, far exceeding typical monthly fluctuations and signaling a significant upward shift in food costs. The surge is largely attributed to extreme price hikes in the El-Fashir and Kadugli markets, particularly reflected in the soaring prices of key cereals such as sorghum and wheat.

Meanwhile, the Sudanese pound continued to weaken. Compared to June, it depreciated by 11% in the parallel market and 12% in commercial banks. On a year-on-year basis, the currency has lost 31% of its value in the parallel market and 30% in commercial banks, further straining household purchasing power.

The ongoing conflict in parts of Sudan is displacing populations and disrupting essential supply chains, worsening the economic crisis and escalating humanitarian needs.

**Methodology:** Market prices are collected by WFP staff from the capitals of each state on monthly basis. The data is analysed at the state-level and national average indicators are derived from this state-level information. In addition, the CO gathers macro-economic data and indicators, including crops supply, inflation, and exchange rates, from official reports issued by government and UN agencies.

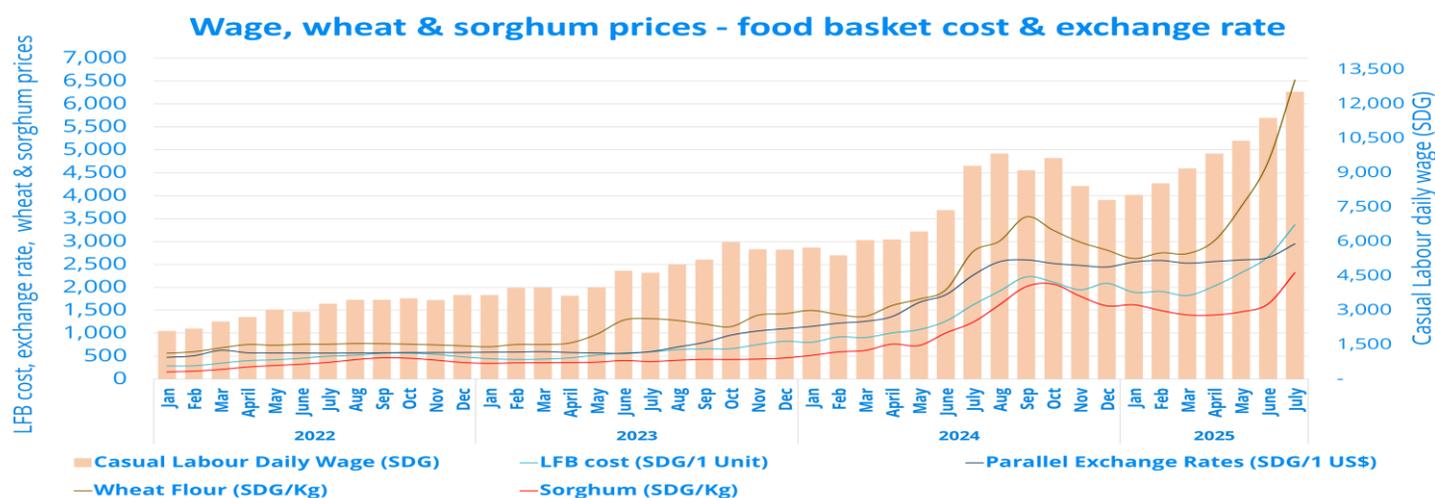
**Note:** This report issued based on July 2025 data.

## Wage Trends in Relation to Food Basket Prices, Currency Value, and Key Commodities

In July 2025, Sudan's economic situation continued to deteriorate, marked by rising prices across all major commodities. Casual labor wages increased by only 10% compared to the previous month, a rate far below the pace of inflation, leaving many labor-dependent households unable to cope with the escalating cost of living.

The cost of the local food basket surged significantly, rendering it unaffordable for a large portion of the population. Meanwhile, the Sudanese pound experienced a sharp decline in the parallel market, with its steep year-on-year depreciation further driving up the prices of food and essential goods.

Persistent supply chain disruptions and limited income-generating opportunities have kept food insecurity at critical levels, now affecting more than half of the population. The combination of high living costs and ongoing conflict continues to restrict access to adequate and nutritious food, underscoring the urgent need for sustained humanitarian assistance and economic intervention.



## WFP Local Food Basket Cost<sup>1</sup> Basic Food Prices and Food Security

In July 2025, Sudan experienced a sharp increase in the prices of basic food commodities, with the Local Food Basket (LFB) rising by 26% compared to June. This surge highlights the worsening impact of prolonged economic instability and conflict, which continue to fuel widespread food insecurity and place significant strain on households across the country.

July also coincides with Sudan's lean season, a period when food stocks typically diminish and prices climb, further intensifying the crisis. Many people are facing severe challenges in accessing sufficient food, hindered by both financial hardship and physical constraints.

Over the past year, the cost of essential food items and the LFB have nearly doubled, while wages have increased by only 35%. This growing disparity between income and living expenses underscores the deepening humanitarian crisis and the urgent need for sustained assistance and economic support.

**Table A: Trend of Basic Commodities prices and WFP Local Food Basket (Monthly average prices - July 2025)**

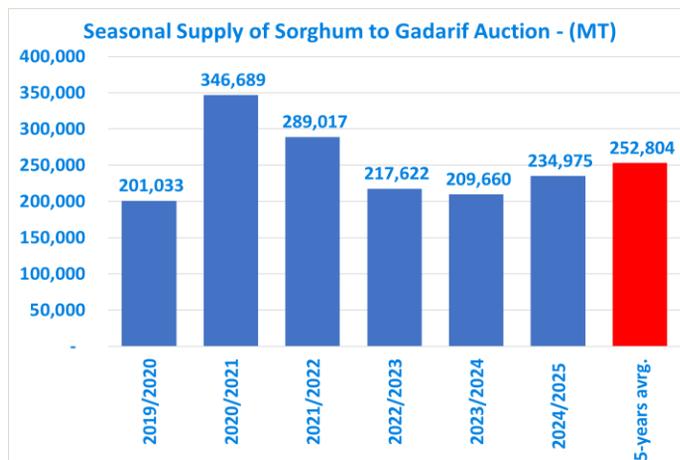
Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	1 Kg	2,324		1,640	▲ 42%	1,236	▲ 88%
Wheat Flour	1 Kg	6,524		4,739	▲ 38%	2,774	▲ 135%
Goat/sheep	One Head	203,670		194,395	▲ 5%	109,175	▲ 87%
Groundnut	1 Sack (45kg)	105,058		77,150	▲ 36%	52,991	▲ 98%
LFB	1 Unit	3,365		2,670	▲ 26%	1,616	▲ 108%

# Sorghum Market Overview - Gadaref Auction Market

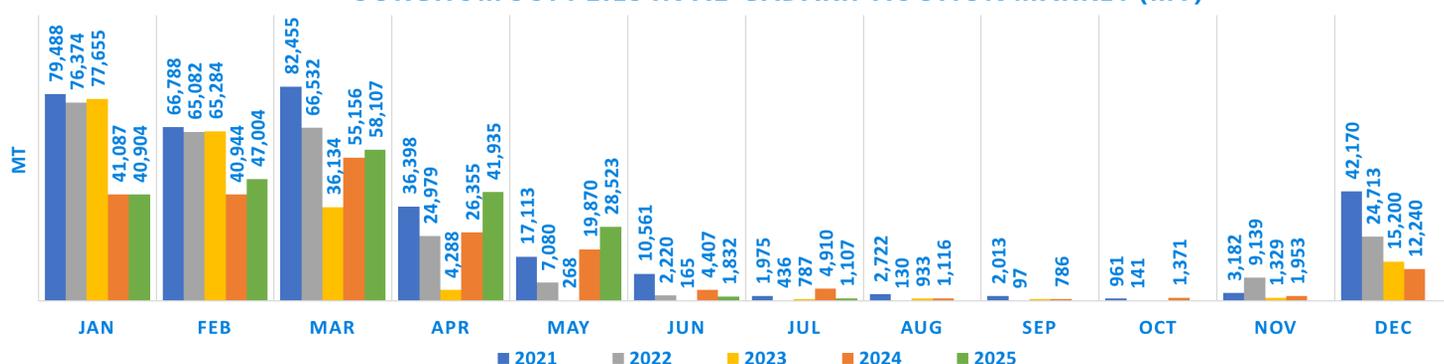
Between the 2020/2021 and 2023/2024 seasons, sorghum supply in Sudan steadily declined, reaching its lowest point in the 2023/2024 season. This downturn was primarily driven by rising input costs—especially fuel—and restricted access to farmland due to ongoing conflict.

In contrast, the 2024/2025 season witnessed a notable recovery, with supply levels surpassing those of the previous two seasons and nearing the five-year average.

Despite this rebound, broader economic pressures continue to weigh heavily on the agricultural sector. The ongoing depreciation of the Sudanese Pound is fueling inflation, increasing production costs and driving up the prices of locally produced cereals, which limits the positive impact of the recent supply improvement.

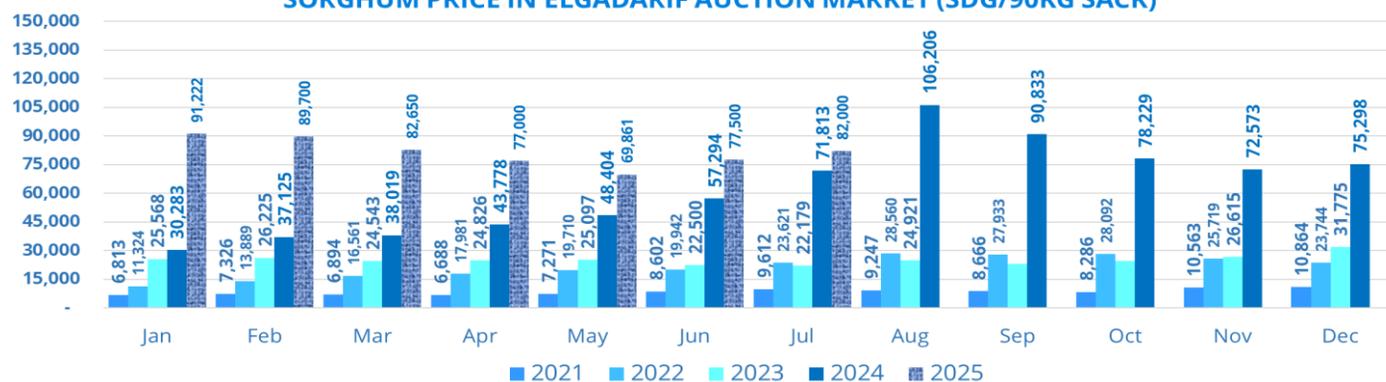


## SORGHUM SUPPLIES IN AL-GADARIF AUCTION MARKET (MT)



In July 2025, sorghum supply to the Gadaref Auction Market fell to 1,107 metric tons, down from 1,832 metric tons in June, following seasonal patterns. However, total sorghum supply for the 2024/2025 season (October–July) is 12% higher than the same period last season, though still 7% below the five-year average.

## SORGHUM PRICE IN ELGADARIF AUCTION MARKET (SDG/90KG SACK)



In July 2025, the average price of sorghum at the Gadaref Auction Market rose to SDG 82,000 per 90kg sack, marking a 6% increase from SDG 77,500 in June. Despite this moderate monthly rise, prices remain significantly elevated, 14% higher than the same period last year.

This year-on-year increase is largely driven by higher production costs, continued depreciation of the Sudanese Pound, and the ongoing impacts of conflict. However, improved supply during the 2024/2025 season, supported by expanded cultivation and abundant rains, has helped ease some pressure.

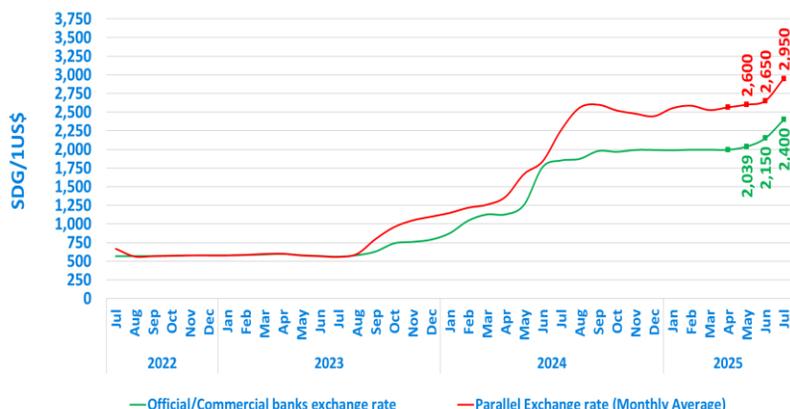
As Sudan enters the lean season, when food availability typically declines and prices rise, market dynamics are being shaped by both seasonal trends and persistent inflationary forces.

## Foreign Currency and Exchange Rate

In July 2025, the Sudanese Pound continued its downward trend in the parallel market, depreciating sharply by 11% against the US dollar to approximately SDG 2,950/USD, up from SDG 2,650/USD in June. Compared to the same period last year, the currency has lost 31% of its value.

Similarly, the average exchange rate at commercial banks declined by 12% month-on-month, reflecting a 30% depreciation year-on-year. These trends underscore the persistent volatility in Sudan's currency market, with the continued weakening of the pound contributing to rising inflation and deepening the country's broader economic crisis.

Exchange Rate (Commercial Banks versus Parallel Market)

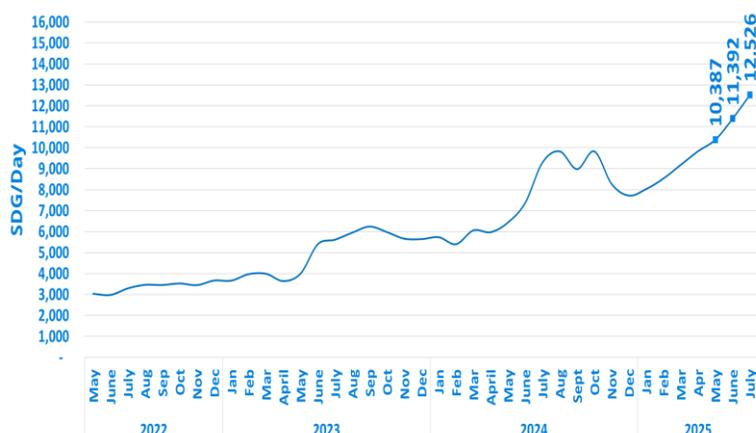


## Casual Labour Wage Rate

In July 2025, the average daily wage for casual labor in Sudan increased to SDG 12,526, reflecting a 10% rise from the previous month and a substantial 35% increase compared to July 2024. This growth is largely driven by shifts in labor supply and demand across different sectors and regions, as local labor markets respond to evolving economic conditions.

Significant regional disparities were observed. States such as River Nile, Blue Nile, Kassala, West Darfur, South Kordofan, and North Darfur reported the highest daily wages, exceeding SDG 15,000. In contrast, wages in other areas, including South Darfur, Central Darfur, Sinnar, and West Kordofan remained low, ranging between SDG 4,000 and SDG 6,000. These differences reflect limited economic activity and fewer employment opportunities in those states.

Daily Wage of Casual Labour – National Average



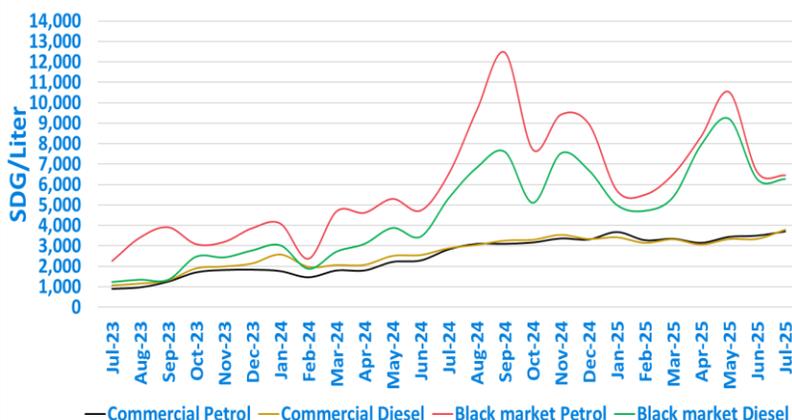
## Fuel Prices

In July 2025, commercial fuel prices in Sudan increased notably, with petrol rising by 6% and diesel by 12% compared to the previous month. In contrast, prices in the parallel market showed a slight decline in petrol (1%), while diesel remained stable.

These monthly increases are largely driven by the continued depreciation of the Sudanese Pound, which fell by approximately 11%. The rising fuel costs are expected to impact transportation and production costs, particularly in the agricultural sector, where fuel is a critical input, especially in the rainfed sector.

This trend is likely to place additional pressure on household purchasing power, particularly among vulnerable populations already facing economic hardship.

Sudan Fuel Prices - National Average



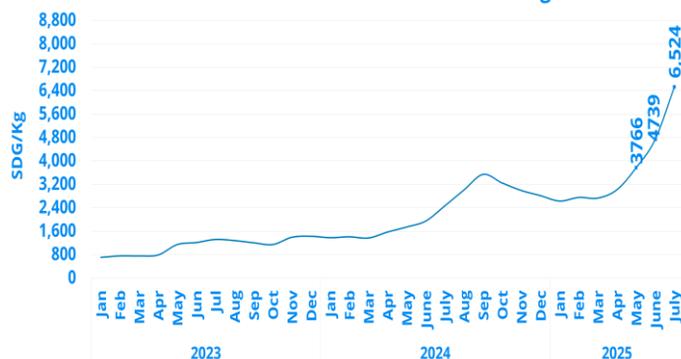
# Price Developments of Basic Commodities

## Wheat Flour

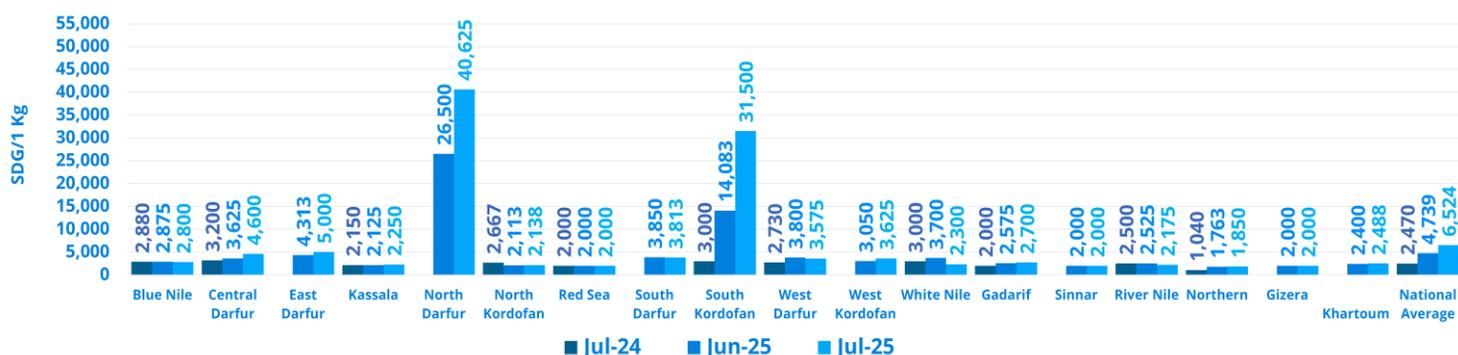
In July 2025, the national average price of wheat flour rose sharply to SDG 6,524 per kilogram, marking a 38% increase compared to previous month. This surge was mainly driven by a steep rise in prices in the El-Fashir and Kadugli markets. Compared to July 2024, prices were 164% higher, a rise partly attributed to the continued depreciation of the Sudanese pound and widespread supply chain disruptions across several states.

At the regional level, the highest prices were observed in North Darfur and South Kordofan, while the lowest were recorded in the Northern, Central, and Eastern states. These variations reflect disparities in supply availability, market demand, and prevailing security conditions.

Wheat Flour Prices - National Average



Wheat flour prices by states

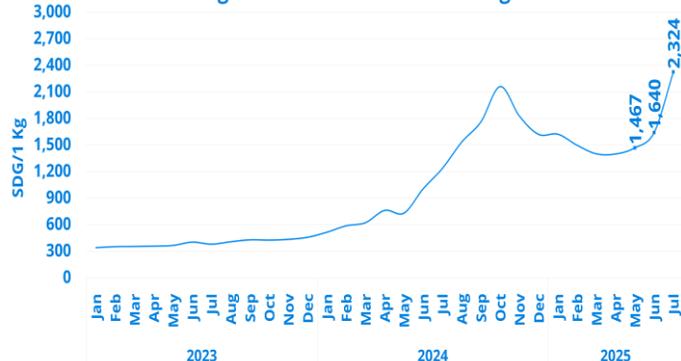


## Sorghum

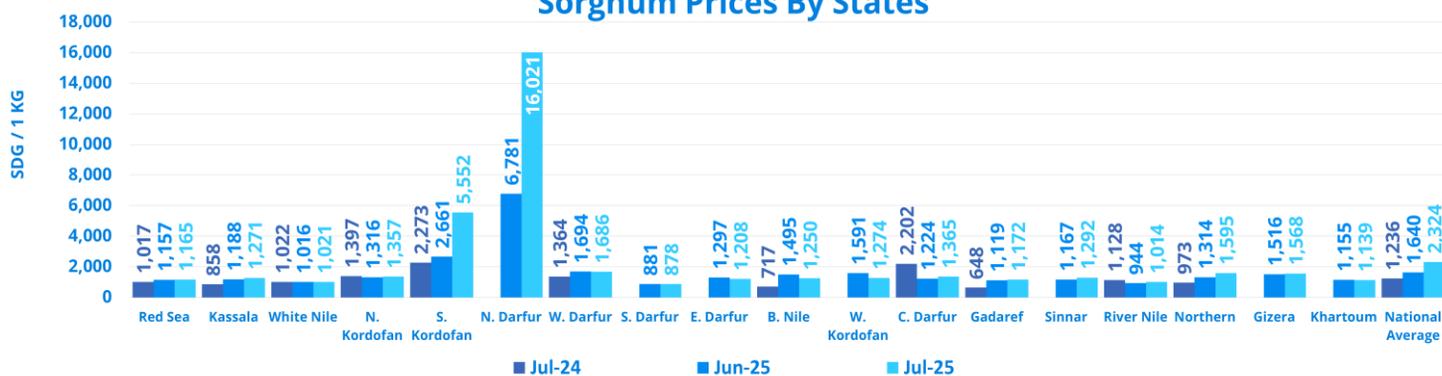
In July 2025, the national average retail price of sorghum rose sharply by 42% compared to the previous month, reaching around SDG 2,324 per kilogram. This increase was mainly driven by supply disruptions across several states, with particularly severe impacts in El-Fashir and Kadugli, where constrained supply chains led to dramatic price surges.

Year-on-year, sorghum prices have increased by 88%, reflecting sustained high production costs and repeated supply chain interruptions over the past year. Regionally, the highest prices were observed in conflict-affected areas such as North Darfur and South Kordofan, followed by West Kordofan, East Darfur, and Central Darfur. These disparities are linked to limited local production, disrupted distribution networks, and elevated transportation costs due to insecurity and logistical challenges.

Sorghum Prices - National Average



Sorghum Prices By States



# Price Developments of Basic Commodities

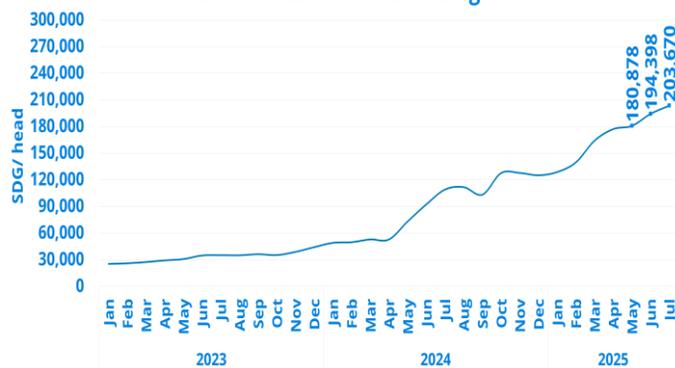
## Goat

In July 2025, the national average price of goats increased to SDG 203,670 per head, reflecting a 5% rise from the previous month and a significant 87% increase compared to July 2024.

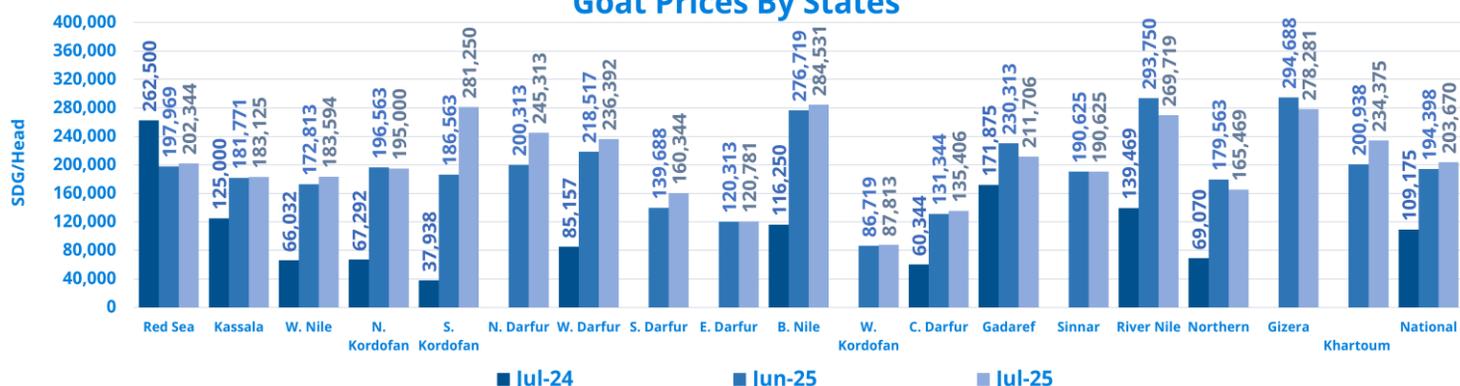
The highest prices were observed in Gezira, South Kordofan, River Nile, and Blue Nile states, followed by North and West Darfur. In contrast, lower prices were recorded in West Kordofan, South Darfur, East Darfur, and Central Darfur. These regional price differences are largely attributed to supply chain disruptions caused by ongoing conflict.

The persistent challenges facing the livestock supply continue to expose deeper structural weaknesses within the sector.

Goat Prices - National Average



Goat Prices By States

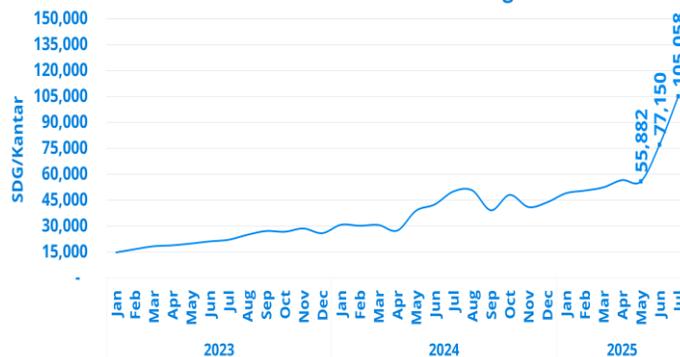


## Groundnut

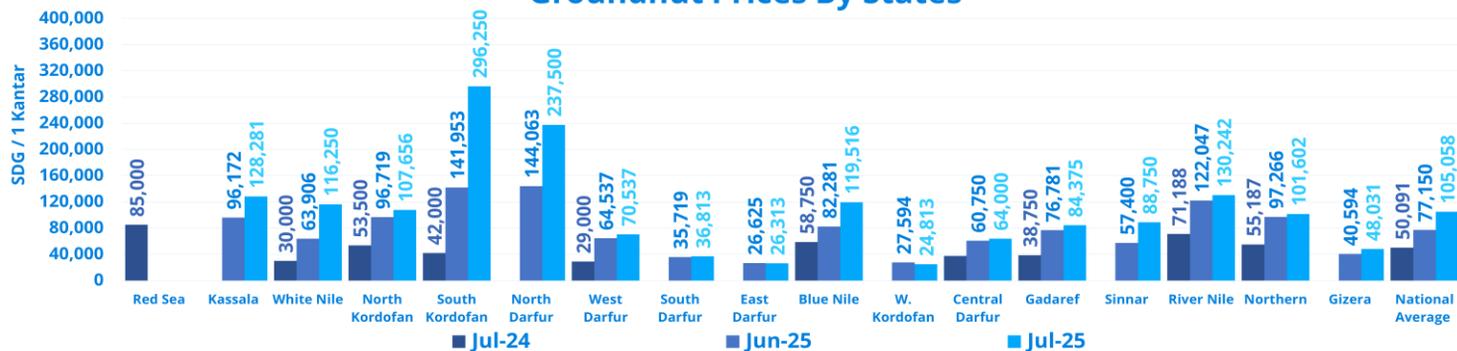
In July 2025, the national average price of groundnuts rose to SDG 105,058 per kantar, marking a 36% increase from the previous month. This surge was driven by sharp price hikes in the El-Fashir and Kadugli markets, where supply chains have been blocked, severely restricting market access. Compared to July 2024, prices increased by 110%, primarily due to elevated production costs and limited supply from key growing regions.

Regionally, the highest prices were recorded in North Darfur and South Kordofan, followed by River Nile, Kassala, and Blue Nile states. In contrast, lower prices were observed in South Darfur, East Darfur, and West Kordofan. These regional disparities highlight ongoing market volatility, shaped by supply chain disruptions and differences in local production capacity.

Groundnuts - National Average



Groundnut Prices By States



# Annexes

## Annex1: Variations in the Prices - July 2025 versus June 2025 and July 2024

### Table 1: Blue Nile

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,250		1,500	▼ -17%	717	▲ 74%
Wheat flour	Kg	2,800		2,875	▼ -3%	2,880	▼ -3%
Goat/sheep meat	Kg	24,875		24,000	▲ 4%	12,000	▲ 107%
Groundnut oil	L	4,700		9,600	▼ -51%	5,300	▼ -11%
LFB cost	1 Unit	2,304		2,110	▲ 9%	1,474	▲ 56%

### Table 2: Kassala

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,271		1,200	▲ 6%	858	▲ 48%
Wheat flour	Kg	2,250		2,125	▲ 6%	1,500	▲ 50%
Goat/sheep meat	Kg	30,500		29,000	▲ 5%	20,000	▲ 53%
Groundnut oil	L	8,875		9,750	▼ -9%	6,500	▲ 37%
LFB cost	1 Unit	1,858		2,063	▼ -10%	1,630	▲ 14%

### Table 3: Gadaref

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,172		708	▲ 65%	648	▲ 81%
Wheat flour	Kg	2,700		2,575	▲ 5%	2,000	▲ 35%
Goat/sheep meat	Kg	32,000		27,750	▲ 15%	18,000	▲ 78%
Groundnut oil	L	9,750		9,000	▲ 8%	4,000	▲ 144%
LFB cost	1 Unit	2,021		1,976	▲ 2%	1,264	▲ 60%

### Table 4: Red Sea

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,165		1,175	▼ -1%	1,017	▲ 15%
Wheat flour	Kg	2,000		2,000	↔ 0%	2,000	↔ 0%
Goat/sheep meat	Kg	28,000		28,000	↔ 0%	20,000	▲ 40%
Groundnut oil	L	10,000		9,925	▲ 1%	7,300	▲ 37%
LFB cost	1 Unit	1,945		1,949	↔ 0%	1,551	▲ 25%

### Table 5: South Kordofan

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	5,552		2,916	▲ 90%	2,271	▲ 144%
Wheat flour	Kg	31,500		14,083	▲ 124%	3,000	▲ 950%
Goat/sheep meat	Kg	46,000		36,000	▲ 28%	7,800	▲ 490%
Groundnut oil	L	41,000		14,833	▲ 176%	5,000	▲ 720%
LFB cost	1 Unit	11,991		5,359	▲ 124%	2,266	▲ 429%

## Annex1: Variations in the Prices - July 2025 versus June 2025 and July 2024

### Table 6: North Kordofan

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,357		1,292	▲ 5%	1,397	▼ -3%
Wheat flour	Kg	2,138		2,113	▲ 1%	2,667	▼ -20%
Goat/sheep meat	Kg	20,750		21,000	▼ -1%	10,667	▲ 95%
Groundnut oil	L	7,688		8,100	▼ -5%	10,800	▼ -29%
LFB cost	1 Unit	2,047		1,912	▲ 7%	2,051	↔ 0%

### Table 7 White Nile

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,021		1,000	▲ 2%	1,022	▲ 0%
Wheat flour	Kg	2,300		3,700	▼ -38%	3,000	▼ -23%
Goat/sheep meat	Kg	30,000		14,000	▲ 114%	10,667	▲ 181%
Groundnut oil	L	8,150		4,500	▲ 81%	4,200	▲ 94%
LFB cost	1 Unit	2,109		1,528	▲ 38%	1,608	▲ 31%

### Table 8: West Kordofan

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,274		1,550	▼ -18%	NA	NA
Wheat flour	Kg	3,625		3,050	▲ 19%	NA	NA
Goat/sheep meat	Kg	12,000		9,500	▲ 26%	NA	NA
Groundnut oil	L	3,600		3,913	▼ -8%	NA	NA
LFB cost	1 Unit	1,586		2,072	▼ -23%	NA	NA

### Table 9: West Darfur

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,686		934	▲ 81%	1,364	▲ 24%
Wheat flour	Kg	3,575		3,800	▼ -6%	2,730	▲ 31%
Goat/sheep meat	Kg	10,000		13,500	▼ -26%	8,500	▲ 18%
Groundnut oil	L	6,000		5,000	▲ 20%	2,900	▲ 107%
LFB cost	1 Unit	1,798		1,486	▲ 21%	1,467	▲ 23%

### Table 10: Central Darfur

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,365		950	▲ 44%	2,202	▼ -38%
Wheat flour	Kg	4,600		3,625	▲ 27%	3,200	▲ 44%
Goat/sheep meat	Kg	13,875		13,750	▲ 1%	8,000	▲ 73%
Groundnut oil	L	5,225		4,450	▲ 17%	3,900	▲ 34%
LFB cost	1 Unit	1,728		1,605	▲ 8%	1,611	▲ 7%

## Annex1: Variations in the Prices - July 2025 versus June 2025 and July 2024

### Table 11: Northern State

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,595		1,054	▲ 51%	973	▲ 64%
Wheat flour	Kg	1,850		1,763	▲ 5%	1,040	▲ 78%
Goat/sheep meat	Kg	28,625		27,375	▲ 5%	13,667	▲ 109%
Groundnut oil	L	7,413		8,813	▼ -16%	4,133	▲ 79%
LFB cost	1 Unit	1,790		1,793	↔ 0%	1,372	▲ 31%

### Table 12: River Nile

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,014		1,058	▼ -4%	1,128	▼ -10%
Wheat flour	Kg	2,175		2,525	▼ -14%	2,500	▼ -13%
Goat/sheep meat	Kg	36,750		35,000	▲ 5%	18,000	▲ 104%
Groundnut oil	L	5,200		4,800	▲ 8%	4,000	▲ 30%
LFB cost	1 Unit	1,802		1,650	▲ 9%	1,459	▲ 24%

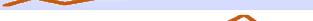
### Table 13: North Darfur

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	16,021		11,322	▲ 42%	1,617	▲ 891%
Wheat flour	Kg	40,625		26,500	▲ 53%	2,667	▲ 1423%
Goat/sheep meat	Kg	30,000		38,125	▼ -21%	NA	NA
Groundnut oil	L	41,875		23,300	▲ 80%	NA	NA
LFB cost	1 Unit	17,910		13,428	▲ 33%	NA	NA

### Table 14: South Darfur

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	878		1,256	▼ -30%	1,418	▲ -38%
Wheat flour	Kg	3,813		3,850	▼ -1%	1,883	▲ 102%
Goat/sheep meat	Kg	14,175		13,538	▲ 5%	NA	NA
Groundnut oil	L	4,075		3,613	▲ 13%	NA	NA
LFB cost	1 Unit	1,973		1,798	▲ 10%	NA	NA

### Table 15: East Darfur

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,208		1,400	▼ -14%	1,533	▼ -21%
Wheat flour	Kg	5,000		4,313	▲ 16%	NA	NA
Goat/sheep meat	Kg	12,000		13,500	▼ -11%	NA	NA
Groundnut oil	L	3,833		3,250	▲ 18%	NA	NA
LFB cost	1 Unit	1,835		1,873	▼ -2%	NA	NA

## Annex1: Variations in the Prices - July 2025 versus June 2025 and July 2024

**Table 16: Khartoum**

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,139		1,000	▲ 14%	1,167	▼ -2%
Wheat flour	Kg	2,488		2,400	▲ 4%	1,417	▲ 76%
Goat/sheep meat	Kg	23,500		25,250	▼ -7%	NA	NA
Groundnut oil	L	11,500		9,000	▲ 28%	NA	NA
LFB cost	1 Unit	1,929		1,737	▲ 11%	NA	NA

**Table 17: Gizera**

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,568		1,438	▲ 9%	NA	NA
Wheat flour	Kg	2,000		2,000	↔ 0%	NA	NA
Goat/sheep meat	Kg	25,500		29,750	▼ -14%	NA	NA
Groundnut oil	L	5,500		5,375	▲ 2%	NA	NA
LFB cost	1 Unit	2,059		2,028	▲ 2%	NA	NA

**Table 18: Sinnar**

Commodity	Unit	Current SDG	Yearly Trend	Previous Month		Previous Year	
				SDG	Variation	SDG	Variation
Sorghum	Kg	1,292		1,167	▲ 11%	866	▲ 49%
Wheat flour	Kg	2,000		2,000	↔ 0%	1,800	▲ 11%
Goat/sheep meat	Kg	28,125		23,075	▲ 22%	NA	NA
Groundnut oil	L	6,250		6,000	▲ 4%	NA	NA
LFB cost	1 Unit	1,891		1,563	▲ 21%	NA	NA

## Annex 2:

# Variations in the Prices of WFP LFB - July 2025, Versus June 2025 & July 2024

**Table 19: National Average**

Commodity	Unit	Current	Yearly Trend	Previous Month		Previous Year	
		SDG		SDG	Variation	SDG	Variation
Sorghum	Kg	2,871		1,829	▲ 57%	1,330	▲ 116%
Onion	Kg	6,039		2,805	▲ 115%	1,849	▲ 227%
Vegetable oil (groundnut)	L	10,591		7,957	▲ 33%	5,276	▲ 101%
Cow meat	Kg	18,282		17,238	▲ 6%	10,373	▲ 76%
Goat/sheep meat	Kg	24,815		23,451	▲ 6%	13,391	▲ 85%
Powder milk	Kg	24,607		25,899	▼ -5%	15,963	▲ 54%
Dry tomatoes	Kg	14,228		13,589	▲ 5%	5,994	▲ 137%
Sugar	Kg	8,007		7,941	▲ 1%	3,081	▲ 160%
Pulses - fabi beans	Kg	9,673		8,022	▲ 21%	4,836	▲ 100%
Iodised salt	Kg	6,294		4,896	▲ 29%	1,490	▲ 322%
Wheat flour	1 Unit	6,524		4,739	▲ 38%	2,774	▲ 135%

# Annex 2

## 1 Note on the Components of the WFP local Food Basket and In-kind basket

The WFP LFB basket consists of eight food items designed to provide 2,100 kcal per person per day. The cost of the WFP LFB basket is used in CFSA analysis and reports to calculate purchasing power and affordability for beneficiaries, such as determining how many food baskets households can afford.

**Table 19: Components and quantities of the WFP LFP**

Full ration 2,100 Kcal	Sorghum	Onion	Vegetable oil	Cow meat	Goat meat	Milk powder	Dry tomatoes	Sugar
g/pc/day	450	50	25	5	5	25	25	40

The in-kind food basket includes four food items: Cereal (sorghum), Vegetable Oil (groundnut oil), Pulses (faba beans), and iodized salt. These items are distributed by WFP as in-kind assistance, either as a full or half ration, depending on resources. The cost of these in-kind items is used to calculate the Transfer Value for CBT (Cash-Based Transfers).

**Table 20: Components and quantities of the in-kind food basket**

Modality In-kind (Full ration)	Cereals	Pulses	Vegetable Oil	Salt
g/pc/day	475	60	30	10

For more information:

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