

WFP Palestine Food Security Analysis Gaza Market Monitor

May 2026



Key findings - Gaza Strip



There was relative stability in the first half of May in the Gazan markets; with the situation improving compared to April and March in terms of prices and availability. Overall, prices remain higher than they were before the start of the Iran crisis in the fourth week of February, but lower than they were before the ceasefire in the Gaza Strip in October 2025. Additionally, there are still constraints for some fresh food items, namely vegetables, as their prices quickly increase in the cases of any sudden drop in commercial and humanitarian trucks inflow.



Gaza Strip's fuel prices did not witness major changes in the first half of May, the official price of cooking gas is still at 74 NIS for the 8 kgs cylinder, however in very limited quantities and mostly it is sold per one kg for 100-120 NIS on the black market, while a liter of diesel was available for 30-35 NIS and gasoline was available in limited capacity and sold for 80-90 NIS per liter. Moreover, the price of firewood witnessed a slight increase in May and combined with the limited supply of cooking gas, the dependency on waste burning as an energy cooking source continues to be in high percentages increasing the health risks on the local population.



In the first half of May 2026, food consumption in Gaza witnessed a bit of improvement compared to April. However, overall intake remains well below pre-conflict levels, although it is better than the pre-ceasefire period (September, 2025).



The month of May showed only limited improvement in the number of humanitarian and commercial trucks entering the Gaza Strip compared to April. As a daily average of 165 trucks entered Gaza in May, up from 139 trucks per day in April. Despite this increase, the current level remains significantly below pre-Iran crisis figures recorded in January and February and falls far short of the 600 trucks per day stipulated under the October 2025 ceasefire agreement representing a 72 percent gap.



Wheat Flour prices witnessed more decreases during the month of May, reaching as low as 40 NIS for a 25 kg bag with some sources indicating that price was reached in all areas of the Gaza Strip including Deir Al Balah and Khan Younis on Sunday the 17th of May. In general, the average prices of flour with 40-70 NIS per 25 kg bag. Wheat flour from commercial sources has entered the Gaza Strip recently and in 25 kg bags. Initially, the price of commercial wheat flour bags was around 65-70 NIS. Currently, the price difference of wheat flour is determined by the expiration date.



The increased number of commercial and humanitarian trucks entry during the first half of May helped improve market access in the Gaza Strip. Evidently, 63 percent of households surveyed reported difficulties accessing markets in two weeks preceding the survey compared to 75 percent that did so in April. Among those, 93 percent of cited financial struggles due to lack of cash, and 54 percent indicated they could not afford basic food items due to their extremely high prices.



Gaza CPI decreased in April 2026 by 4.41 percent compared to March, and also witnessed a decrease by 42.8 percent compared to April 2025. However, it remained higher than pre-crisis levels (September 2023) by 173.7 percent.

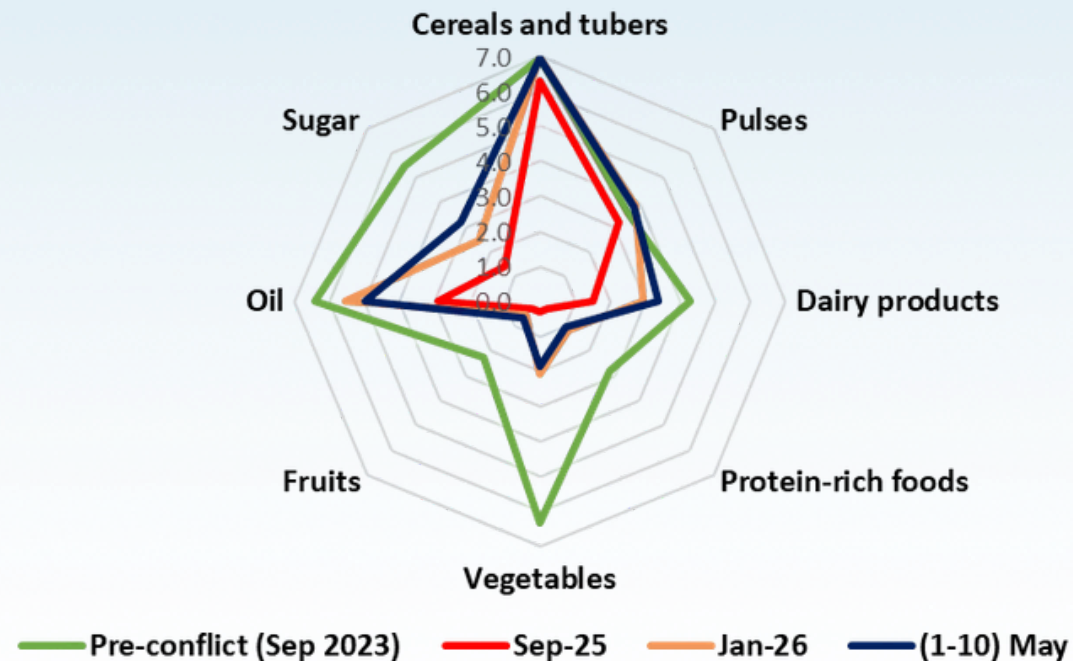


Food CPI in Gaza experienced an even larger decrease in April 2026 compared to March, as it decreased by 10.4 percent, it also witnessed a decrease by 52.1 percent compared to April 2025. However, Food CPI in Gaza remained higher than pre-crisis levels (September 2023) by 113.2 percent.

Food diversity - Gaza Strip

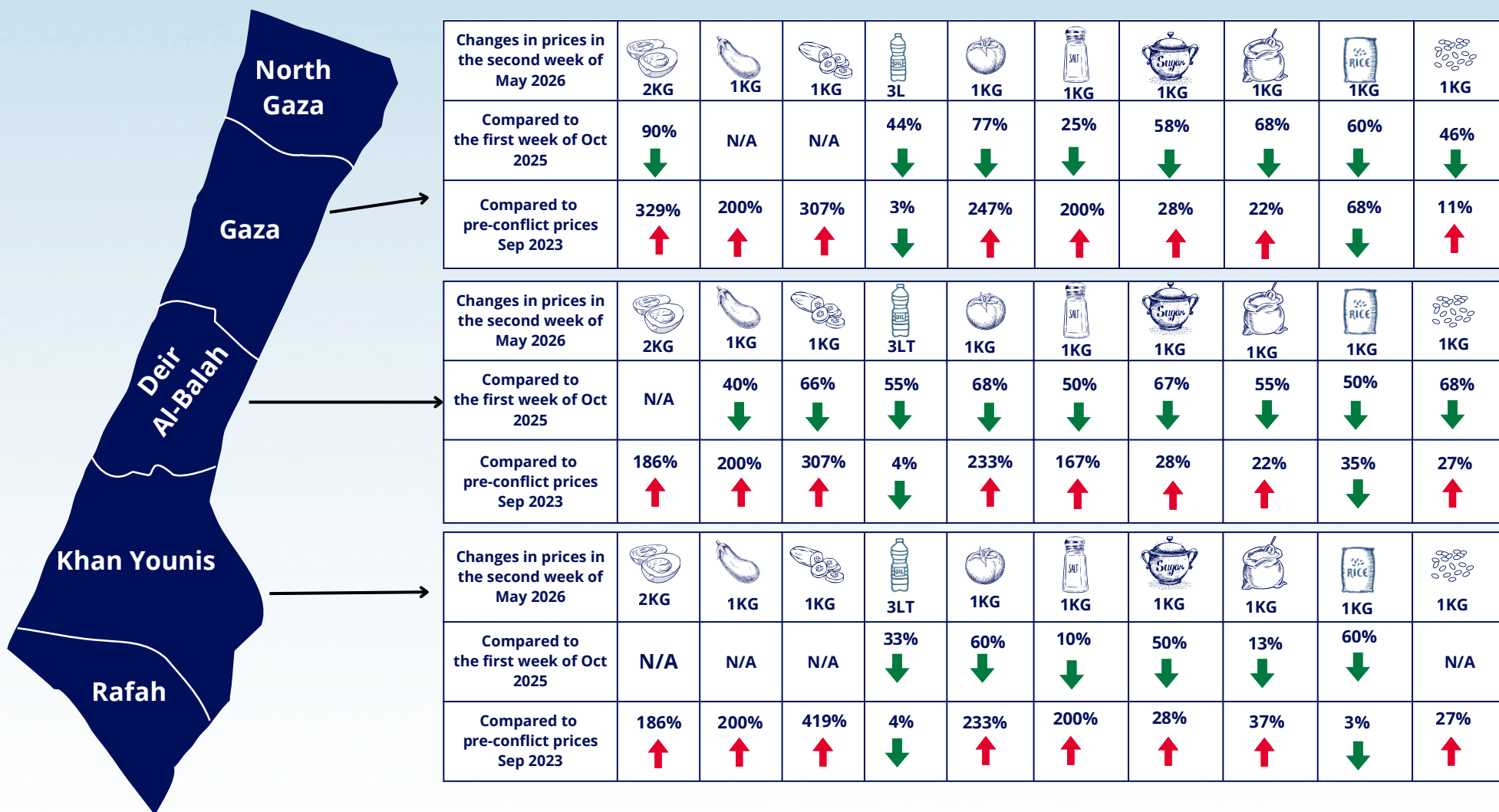
- In the first half of May 2026, food consumption in Gaza witnessed a bit of improvement compared to April. However, fruit and rich protein sources were consumed only once a week or less, raising serious risks of malnutrition. While cereals remain stable and pulses provide some resilience, affordability and access to fresh foods continue to shrink, leaving vulnerable groups, especially children at heightened nutritional risk. Overall intake remains well below pre-conflict levels, though it is better than the pre-ceasefire period.
- **Dairy:** averaging 3 days per week, unchanged from April but below the 4 days pre-conflict.
- **Vegetables:** 2 day per week against 1.4 day in April, and 6 days pre-Gaza conflict.
- **Fruit:** down to less than 1 day per week, far below the 2.3 days pre-conflict.
- **Protein (meat, poultry, eggs):** extremely limited at 1 day per week, compared to 3 days/week pre-conflict.
- **Pulses:** consumed about 3.8 days per week, close to pre-conflict levels, acting as a substitute protein source.
- **Cereals:** steady at 7 days per week, consistent with pre-conflict averages, highlighting their role as the staple food.

Average food consumption: number of days per week that households consume different food groups.

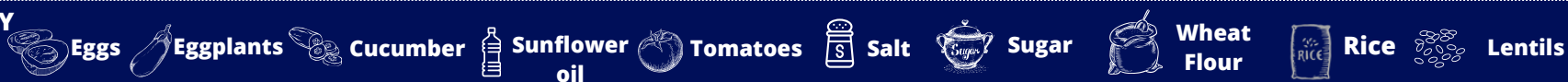


PRICE CHANGES FOR FOOD ITEMS

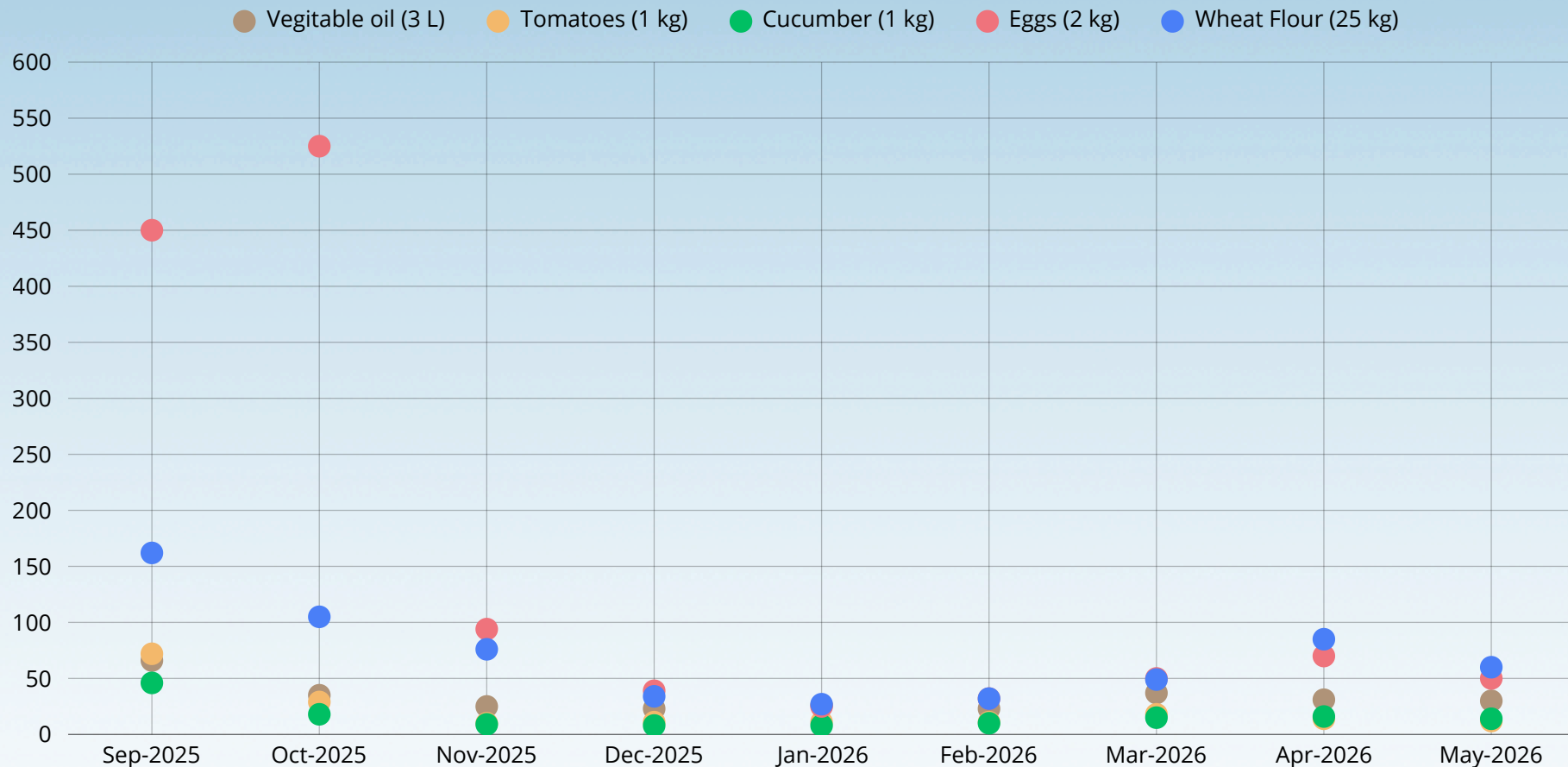
- Prices of main food items witnessed some decreases in the second week of May compared to the previous weeks. However, most prices remain higher than what they were before Iran crisis (February 2026) and pre-crisis levels (September 2023).
- Prices for the majority of food items remain lower than pre-ceasefire levels in the first week of October 2025.



MAP KEY



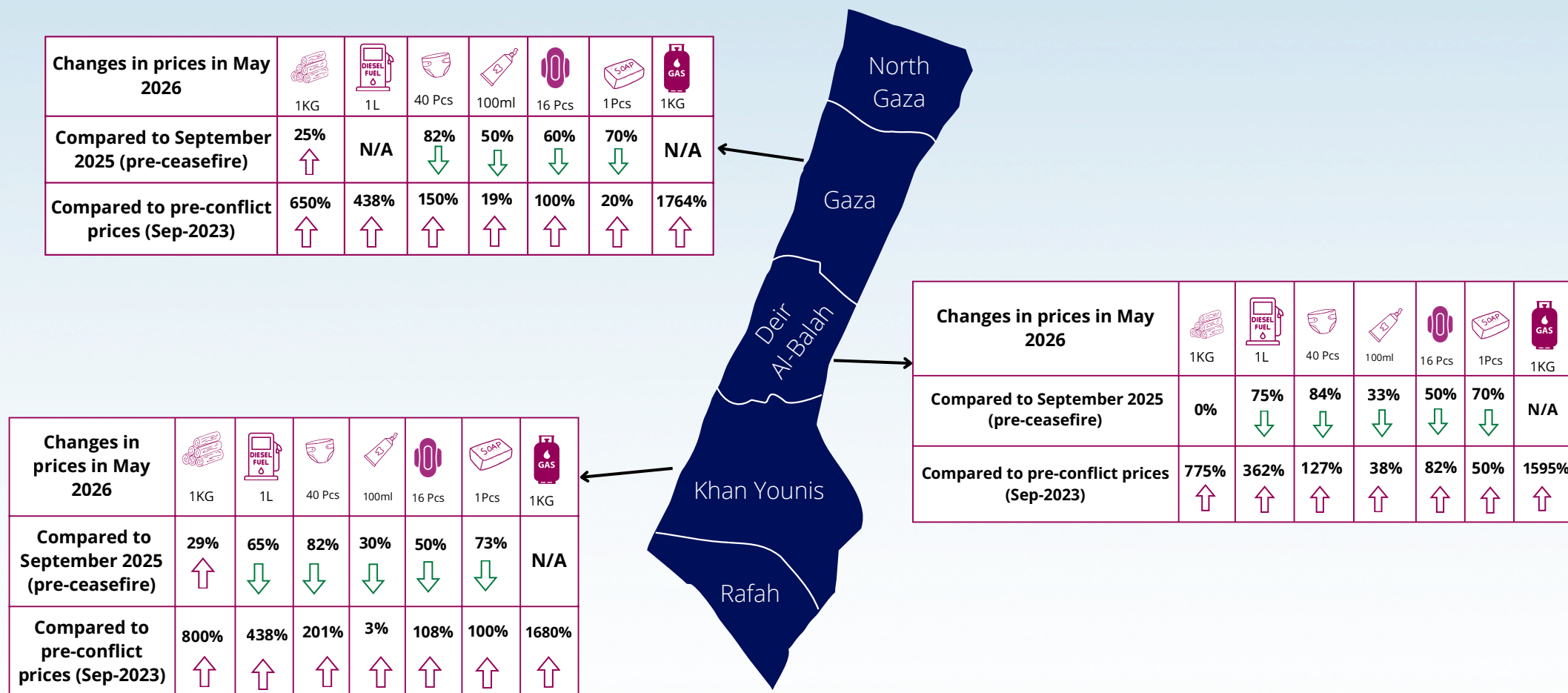
Gaza Strip - Average Monthly Prices for Selected Food Items



Prices volatility continues to be a pressing issue in the Gaza Strip's markets. As shown in the above figure; any sudden decrease in the inflow of commercial and humanitarian trucks causes instant increases in the prices in addition to reduced availability in many items. The decreased entry of trucks in the months of March and April caused increases in the prices as compared to the previous months. However, things slowly started to improve in the second half of April and in the first half of May, as the increased number of commercial and humanitarian trucks caused prices to stabilize again.

PRICE CHANGES FOR NON FOOD ITEMS

- Most non-food items price continued to be lower in May compared to September 2025 (pre ceasefire), except for firewood which experienced a slight increase in the first half of May.
- Overall, most prices of non food items remain much higher than pre-conflict (September 2023) levels, particularly for cooking gas and fuel.



MAP KEY



Sanitary pads



Firewood

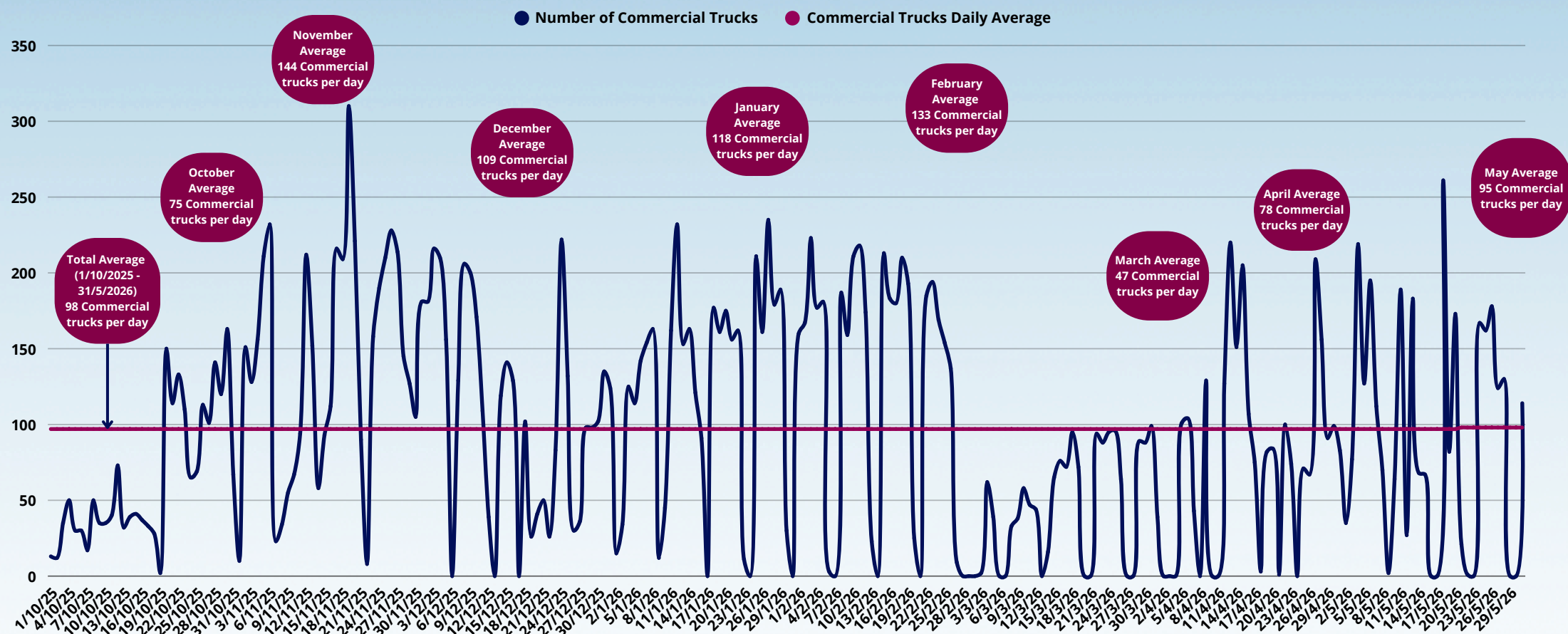


Diapers



Toothpaste

Commercial Trucks Flow - Gaza Strip* (October 1, 2025 - May 31, 2026)



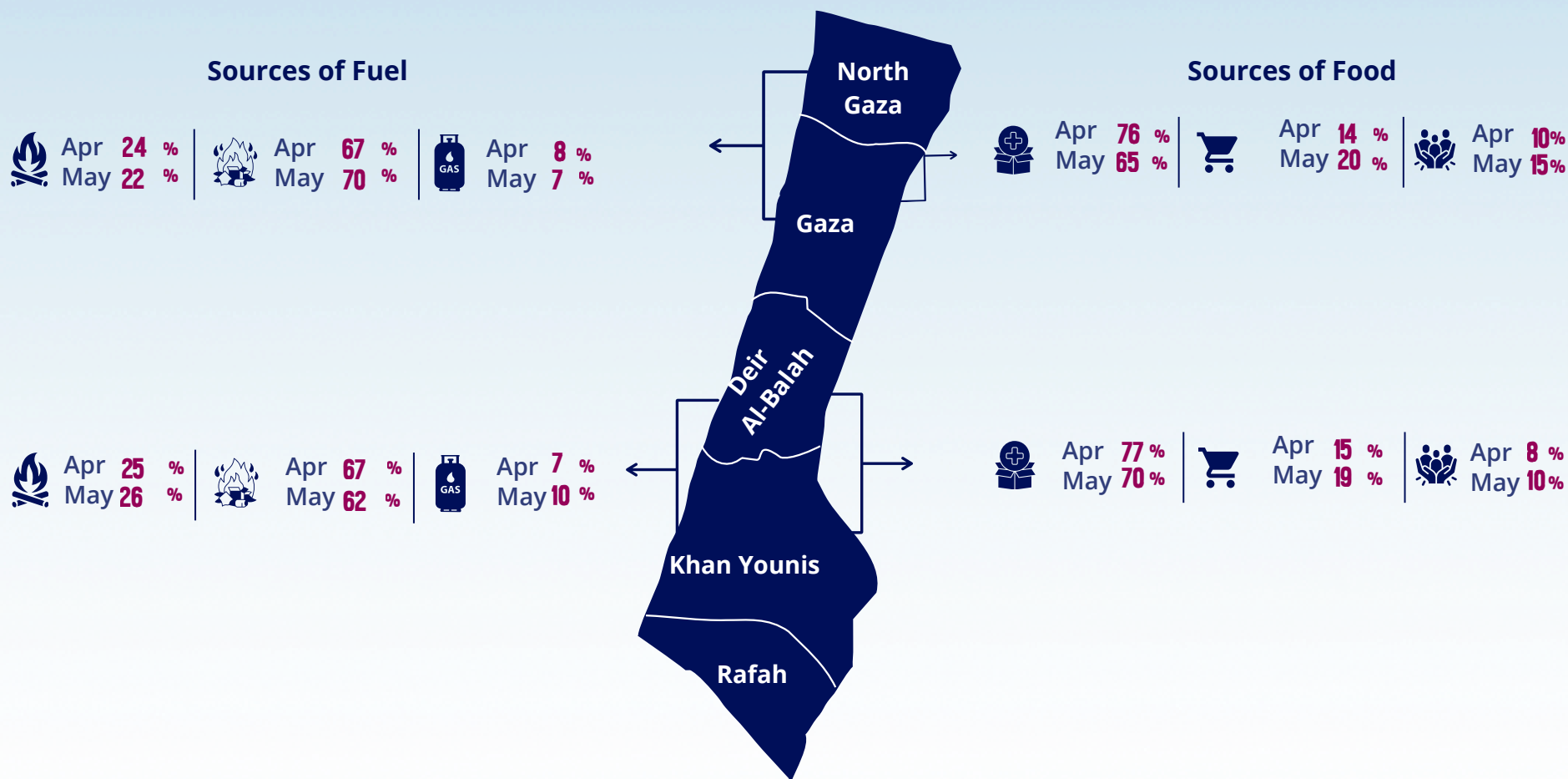
The month of May showed **only limited improvement** in the number of humanitarian and commercial trucks entering the Gaza Strip compared to April. As a daily average of **165** trucks entered Gaza in May, up from **139** trucks per day in April. Despite this increase, the current level remains significantly below pre-Iran crisis figures recorded in January and February and falls far short of the 600 trucks per day stipulated under the October 2025 ceasefire agreement representing a **72 percent gap**.

Zikim crossing which was closed during the Iran crisis (February and March) was only re-opened on April 13th, is currently registering limited activity compared to the main crossing (Kerem Shalom/Karm Abu Salem), which is limiting the overall commercial activity including the one from the Egyptian corridor. The overall daily average since the ceasefire of both commercial and humanitarian trucks (**223** trucks per day) is also still **below** the **500** trucks per day average that used to enter before crisis (September 2023), and the daily average agreed upon as part of the ceasefire (**600** trucks per day).

*Source of data for commercial trucks: Palestinian Ministry of State for Relief Affairs (from Oct 1 - Nov 7) + Gaza Chamber of Commerce & Industry, for humanitarian trucks: [UN2720 Monitoring & Tracking Report](#).
 PS: some averages were adjusted based on updates made by chamber of commerce online portal.

MAIN FOOD & ENERGY SOURCES - GAZA STRIP

- Markets showed some signs of improvement in the first half of May 2026 compared to the previous month as a result of the improved commercial and humanitarian trucks entry. As a result, the percentage of people that reported relying on buying food items from the local markets increased compared to last month while the percentages of those that reported relying mainly on humanitarian aid decreased.
- 66 percent of the population reported that they continue to rely on waste burning as an alternative to cooking gas in the first half of May, which is understandable given the very limited quantities that enter of cooking gas and the very high price it is sold for. That is why ensuring a consistent and sufficient supply of cooking gas is 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 Food and Market

- The increased number of commercial and humanitarian trucks during the first half of May helped improve the market access in the Gaza Strip compared to the previous month. Evidently, 63 percent of households surveyed reported difficulties accessing markets in two weeks preceding the survey compared to 75 percent that did so in April. Among those, 93 percent of households surveyed cited financial struggles due to lack of cash, and 54 percent indicated they could not afford basic food items due to their extremely high prices.
- Physical access to food also showed small improvements in May compared to April, as 20 percent of the households surveyed reported better access compared to 16 percent that did so in the previous month. However, 39 percent reported no change and 42 percent reported worse access.
- Consumption patterns showed continued progress in May as surveyed households reported an average of 2 meals per day, compared to one meal per day in July 2025. Still, 17 percent of households surveyed reported consuming only one meal daily. Additionally, 9 percent of households surveyed reported that they reduced their daily meal portions, 39 percent said that they decreased the number of their daily meals, and 15 percent indicated that they limited the adults' food intake each day to prioritize children.
- The food security situation remains far from secure in the Gaza Strip, as 36 percent of households surveyed reported going to bed hungry at least once in the 30 days preceding the survey, with 23 percent experiencing this more than ten times. 41 percent of households surveyed reported completely running out of food at home, with 19 percent experiencing this more than ten times. Nearly 5 percent reported going an entire day without eating at least once during the same period.



Market Functionality



- The improved number of commercial trucks that entered during the first half of May slightly improved the market stocks' capacity; however, 68 percent of retailers surveyed reported that their stock levels are below normal.
- Supply chain constraints continue to be a pressing issue, as 45 percent of shops surveyed reported difficulties due to lack of suppliers, while 34 percent indicated that restocking costs are prohibitively high.
- 89 percent of the shops surveyed cited drastic price fluctuations, making it harder for households to purchase goods and for retailers to plan stock management.
- The Cash liquidity shortages problem continued to hinder market operations although to a lesser extent in May, as 57 percent of the shops surveyed reported cash shortages compared to 73 percent that reported this issue in the first half of April.
- Storage infrastructure problems remain a pressing issue in the Gazan markets, as 22 percent of surveyed shops highlighted weaknesses in cooling and insulation facilities, reducing the shelf life of perishable goods and limiting the diversity of food items available to consumers.
- Cash withdrawal fees witnessed a small decrease reaching 11 percent in the first half of May compared to 12 percent in April. While most shops no longer demand fees on digital payments from customers.
- Stock capacity trends slightly improved in May compared to April with the increased commercial trucks entry, evidently 57 percent of surveyed shops reported holding less than 40 percent of their capacity compared to the 71 percent reported in April. Moreover, 42 percent reported holding between 40–80 percent of their capacity compared to only 28 percent in April.



WFP Palestine

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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)	Fourth Week of Feb 2026	Second Week of April	Third Week of April	Fourth Week of Apr	First Week of May	Second Week of May	Second Week of May/First Week of May	Second Week of May/First week of Oct 2025	Second Week of May /Fourth week of Feb 2026	Second Week of May/ Pre-Crisis (Sep 2023)
Chickpeas	1 KG	5.4	13	6	8	7.5	7	7	7	0%	-46%	17%	30%
Cucumbers	1 KG	2.7	N/A	12	15	11	17	15	11	-36%	N/A	-8%	307%
Dry fava beans	1 KG	7	30	5	7	6	5	5	6	17%	-80%	20%	-14%
Eggplants	1 KG	4	N/A	16	15	10	14	12	12	0%	N/A	-25%	200%
Eggs	2 KG	14	600	45	40	87	75	75	60	-25%	-90%	33%	329%
Egyptian rice	1 KG	6.2	5	1	1	1	2	2	2	0%	-60%	100%	-68%
Flour	25 KG	47.5	180	35	80	70	75	65	58	-12%	-68%	66%	22%
Bread	1 KG	2.58	10	5	7	7	8	8	8	0%	-20%	60%	210%
Lentils-Brown	1 KG	6.3	13	10	8	8	8	7	7	0%	-46%	-30%	11%
Red-Lentils	1 Kg	5	5	1	2	1.5	1.5	1.5	1.5	0%	-70%	50%	-70%
Potatoes	1 KG	2.5	25	5	8	7	9	7	7.5	7%	-70%	50%	200%
Dry onions	1 KG	3.2	50	5	9	7	9	7	8	13%	-84%	60%	150%
Sunflower oil	3 L	31	54	24	30	30	30	30	30	0%	-44%	25%	-3%
Tomatoes	1 KG	3.6	55	15	15	14	12	12	12.5	4%	-77%	-17%	247%
Salt	1 KG	1.5	6	5	6	6	5	5	4.5	-11%	-25%	-10%	200%
Sugar	1 KG	3.9	12	5	5	5	5	5	5	0%	-58%	0%	28%

¹ The price comparison covers the pre-crisis prices in September 2023, the pre-ceasefire phase in the first week of October 2025, the fourth week of February 2026 and the second week of May 2026.

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

Item	Unit	Sep 23	Feb 25	Sep 25	Feb 26	Mar 26	Apr 26	May 26	May/Apr	May 26/ Sep 25	May 26/ Sep 23
Energy											
Wood	1 KG	1	2	6	5	6	6	8	25%	25%	650%
Coal	1 KG	4	15	20	12	12	13	12	-8%	-40%	200%
Charging from solar Energy	1 hour	N/A	1	1	1	1	1	2	100%	100%	N/A
Cooking Gas	1 KG	5.9	50	N/A	80	100	100	110	10%	N/A	1764%
Diesel	1 Liter	6.5	30	N/A	35	35	35	35	0%	N/A	438%
Gasoline	1 Liter	6.8	N/A	N/A	N/A	N/A	50	79	58%	N/A	1062%
Hygiene Items											
Sanitary Pads	16 pads	4	3	20	6	8	8	8	0%	-60%	100%
Baby Diapers	Cartoon (40 diapers)	18	25	250	20	25	40	45	13%	-82%	150%
Toilet Paper	1 roll	1	2	10	1	2	4	4	0%	-60%	300%
Detergent	1 Liter	6.5	15	35	15	16	20	15	-25%	-57%	131%
Tissues	1 pack	2	5	20	4	4	5	5	0%	-75%	150%
Toothpaste	100 ml	4.2	5	10	4	5	5	5	0%	-50%	19%
Toothbrush	1 brush	2	1	2	1	1	1	1	0%	-50%	-50%
Hair Shampoo	750 ml	9	15	70	10	10	15	14	-7%	-80%	56%
Bleach (chlorine)	1 Liter	1.5	7	15	15	15	15	15	0%	0%	900%
Hand Soap	1 Piece	2.5	2	10	3	3	4	3	-25%	-70%	20%
Medical Items											
Paracetamol	12 pills	3	3	10	5	5	5	5	0%	-50%	67%
Iodine Solution	120 ml	7	10	15	8	8	8	10	25%	-33%	43%
Other											
Drinking Water	1.5 Liter	1	3	N/A	3	4	4	5.5	38%	N/A	450%
Tent	24 M2	N/A	500	N/A	350	400	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)	Fourth Week of Feb 2026	Second Week of April	Third Week of April	Fourth Week of April	First Week of May	Second Week of May	Second Week of May/First Week of May	Second Week of May/First week of Oct 2025	Second Week of May /Fourth week of Feb 2026	Second Week of May/ Pre- Crisis (Sep 2023)
Chickpeas	1 KG	5.4	9	8	8	8	8	8	6	-33%	-33%	-25%	11%
Cucumbers	1 KG	2.7	32	12	20	14	16	14	11	-27%	-66%	-8%	307%
Dry fava beans	1 KG	7.0	15	5	7	7	8	7	7	0%	-53%	40%	0%
Eggplants	1 KG	4.0	20	16	14	13	14	13	12	-8%	-40%	-25%	200%
Eggs	2 KG	14.0	N/A	N/A	40	55	70	60	40	-50%	N/A	N/A	186%
Egyptian rice	1 KG	6.2	8	2	5	5	5	4	4	0%	-50%	100%	-35%
Flour	25 KG	47.5	130	50	85	75	75	65	58	-12%	-55%	16%	22%
Bread	1 KG	2.58	N/A	5	7	7	7	7.5	7	-7%	N/A	40%	171%
Lentils- Brown	1 KG	6.3	25	10	7	8	8	8	8	0%	-68%	-20%	27%
Red-Lentils	1 Kg	5.0	8	1	3	3	2	3	3.5	14%	-56%	250%	-30%
Potatoes	1 KG	2.5	30	6	9	6	9	8	8	0%	-73%	33%	220%
Dry onions	1 KG	3.2	35	6	9	7	9	9	8	-13%	-77%	33%	150%
Sunflower oil	3 L	31.3	66	30	30	30	30	30	30	0%	-55%	0%	-4%
Tomatoes	1 KG	3.6	38	14	15	14	13	12	12	0%	-68%	-14%	233%
Salt	1 KG	1.5	8	5	6	5	4	4	4	0%	-50%	-20%	167%
Sugar	1 KG	3.9	15	5	6	5	5	5	5	0%	-67%	0%	28%

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

Item	Unit	Sep 23	Feb 25	Sep 25	Feb 26	Mar 26	Apr 26	May 26	May/Apr	May 26/ Sep 25	May 26/ Sep 23
Energy											
Wood	1 KG	0.8	2	7	4	6	7	7	0%	0%	775%
Coal	1 KG	4	17	35	10	12	11	12	9%	-66%	200%
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	75	100	85	100	18%	N/A	1595%
Diesel	1 Liter	6.5	25	120	30	35	30	30	0%	-75%	362%
Gasoline	1 Liter	6.8	100	N/A	N/A	75	100	80	-20%	N/A	1076%
Hygiene Items											
Sanitary Pads	16 pads	5.5	8	20	6	10	13	10	-23%	-50%	82%
Baby Diapers	Cartoon (40 diapers)	19.8	25	280	25	25	35	45	29%	-84%	127%
Toilet Paper	1 roll	1	3	15	1.5	3	6	4	-33%	-73%	300%
Detergent	1 Liter	5	15	20	20	20	18	28	56%	40%	460%
Tissues	1 pack	2.3	5	18	4	4	7	6	-14%	-67%	161%
Toothpaste	100 ml	5.8	8	12	6	6	10	8	-20%	-33%	38%
Toothbrush	1 brush	4.5	2	3	2	2	4	2	-50%	-33%	-56%
Hair Shampoo	750 ml	4.5	15	90	12	14	18	15	-17%	-83%	233%
Bleach (chlorine)	1 Liter	3	15	15	8	12	12	10	-17%	-33%	233%
Hand Soap	1 Piece	2	3	10	1.5	3	3.5	3	-14%	-70%	50%
Medical Items											
Paracetamol	12 pills	4	3	10	5	5	5	5	0%	-50%	25%
Iodine Solution	120 ml	5	10	12	6	8	7	7	0%	-42%	40%
Other											
Drinking Water	1.5 Liter	2	3	N/A	4	5	5.5	5	-9%	N/A	150%
Tent	24 M2	N/A	250	1500	1500	500	N/A	400	N/A	-73%	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)	Fourth Week of Feb	Second Week of April	Third Week of April	Fourth Week of April	First Week of May	Second Week of May	Second Week of May/First Week of May	Second Week of May/First week of Oct 2025	Second Week of May /Fourth week of Feb 2026	Second Week of May/ Pre- Crisis (Sep 2023)
Chickpeas	1 KG	5.4	8	9	6	6	7	7	8	14%	0%	-11%	48%
Cucumbers	1 KG	2.7	N/A	13	15	14	17	18	14	-22%	N/A	8%	419%
Dry fava beans	1 KG	7	15	6	7	7	8	8	8	0%	-47%	33%	14%
Eggplants	1 KG	4	N/A	17	20	15	14	14	12	-14%	N/A	-29%	200%
Eggs	2 KG	14	N/A	N/A	N/A	N/A	N/A	N/A	40	N/A	N/A	N/A	186%
Egyptian rice	1 KG	6.2	15	3	6	6	6	2	2	0%	-87%	-33%	-68%
Flour	25 KG	47.5	75	50	85	100	85	75	65	-13%	-13%	30%	37%
Bread	1 KG	2.6		5	5	5	7	8	8	0%	N/A	60%	210%
Lentils- Brown	1 KG	6.3	N/A	8	8	8	8	8	8	0%	N/A	0%	27%
Red-Lentils	1 Kg	5	4	1	1	1	2	1	1	0%	-75%	0%	-80%
Potatoes	1 KG	2.5	15	8	8	9	9	9	8	-11%	-47%	0%	220%
Dry onions	1 KG	3.2	35	8	11	10	9	8	8	0%	-77%	0%	150%
Sunflower oil	3 L	31.1	45	27	36	33	30	30	30	0%	-33%	11%	-4%
Tomatoes	1 KG	3.6	30	14	15	15	12	11	12	9%	-60%	-14%	233%
Salt	1 KG	1.5	5	5	3	4	5	5	4.5	-10%	-10%	-10%	200%
Sugar	1 KG	3.9	10	5	5	5	5.5	5.5	5	-9%	-50%	0%	28%

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

Item	Unit	Sep 23	Feb 25	September 25	Feb 26	Mar 26	Apr 26	May 26	May/Apr	May 26/ Sep 25	May 26/ Sep 23
Energy											
Wood	1 KG	1	3	7	5	7	7	9	29%	29%	800%
Coal	1 KG	6.3	15	N/A	12	12	12	13	8%	N/A	106%
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	70	100	110	105	-5%	-81%	1680%
Diesel	1 Liter	6.5	30	100	25	35	35	35	0%	-65%	438%
Gasoline	1 Liter	6.8	120	400	75	80	90	90	0%	-78%	1224%
Hygiene Items											
Sanitary Pads	16 pads	4.8	8	20	10	10	10	10	0%	-50%	108%
Baby Diapers	Cartoon (40 diapers)	18.3	25	300	30	35	40	55	38%	-82%	201%
Toilet Paper	1 roll	1.8	3	12	1	3	3	4	33%	-67%	122%
Detergent	1 Liter	5	15	30	13	15	16	16	0%	-47%	220%
Tissues	1 pack	2.3	5	20	5	4	4	4	0%	-80%	74%
Toothpaste	100 ml	6.8	8	10	7	7	7	7	0%	-30%	3%
Toothbrush	1 brush	1.5	2	4	3	3	3.5	4.0	14%	0%	167%
Hair Shampoo	750 ml	12.5	15	85	15	15	15	16	7%	-81%	28%
Bleach (chlorine)	1 Liter	1.5	15	20	13	12	12	18	50%	-10%	1100%
Hand Soap	1 Piece	2	3	15	3	4	4	4	0%	-73%	100%
Medical Items											
Paracetamol	12 pills	1	8	7	5	5	5	5	0%	-29%	400%
Iodine Solution	120 ml	3	10	12	13	12	12	12	0%	0%	300%
Other											
Drinking Water	1.5 Liter	2	5	12	4	4	4	5	25%	-58%	150%
Tent	24 M2	N/A	N/A	2500	400	350	400	400	0%	-84%	N/A