Gaza Strip Digital Cash Assistance and Market Monitoring Bulletin

Gaza Strip | June 2026

Summary

In June 2026, markets across assessed areas of Gaza continued to show availability of many essential food and non-food items. While prices of food items decreased significantly compared to the spike experienced in March due to the closures related with the escalation of the conflict with Iran, the trend for non-food item prices is more mixed. Most importantly, the fact that goods are available in the market does not necessarily mean that vulnerable families can afford them. Limited income opportunities and limited purchasing power restricted families' ability to meet basic needs.

UNICEF cash assistance monitoring shows that vulnerable recipient families remained under significant pressure and continue to rely on cash support to manage daily priorities. Displacement remained a defining feature of monitored households' lives. Overall, 99% of respondents had been displaced since October 2023, and 79% were still displaced at the time of the survey. For many households, displacement was closely linked to loss of income and assets, unstable living conditions and increased reliance on assistance.

Cash assistance was the main source of income or support for 72% of respondents in the month before the survey. Households continued to face significant financial pressure, with many relying also on debt, in-kind assistance, cooked meals, or support from family and community members. Debt repayment remained an important expenditure category, reflecting how families were managing immediate needs alongside accumulated financial obligations.

The digital delivery mechanism was broadly accessible and accepted, with more than 99% of monitored households using UNICEF cash assistance through digital payments only. Unrestricted cash was also strongly preferred, with 92% of respondents saying they would prefer it for future emergency assistance because it allowed them to respond to changing needs, including food, medicine, hygiene items, children's needs, transportation and debt repayment.

While food was the most commonly reported spending category, households also reported spending across many other essential categories, including hygiene items, communication, health care and medicines, fuel and cooking energy, transport, clothing, debt repayment and child-related needs. Overall, more than 60% of expenditures were reported to be on non-food items. These patterns reflect the wide range of needs that household face, addressable only through flexible cash assistance.

Dietary diversity among young children was still low among monitored households. In the 24 hour before data collection, consumption among children aged 6–59 months was highest for grains, roots and tubers (93%) and dairy products (68%), while lower levels were reported for other fruits and vegetables (33%), legumes, nuts and seeds (31%), eggs (18%), flesh foods (10%) and vitamin A-rich fruits and vegetables (3%). For these foods, households most often reported purchasing them from markets, highlighting the importance of UNICEF cash assistance in helping families accessing them. Overall, too many children did not consume any vegetables and fruits, compromising their micronutrient intake.

A displaced father from Beit Hanoun is living with his pregnant wife and two children in Al-Kanz displacement camp in Gaza City. Before the war, he worked as a contractor and employed around 50 workers. At the time of the interview, he had no regular income and relied on assistance, debt and limited support from relatives. The family had also lost a three-year-old child, killed during the war. The latest UNICEF cash assistance helped the family repay shop debts for food, groceries, soap and children's items, and buy vegetables, meat, a phone charger, and clothes for the mother and baby. However, the transfer lasted around one week, as debt and urgent needs quickly absorbed most of the amount. The family still had to postpone buying a baby bed and repairing the shelter with tarpaulins, while also coping with water collection burdens and extreme heat inside the tent. The father described how difficult it remained to respond to his children's needs: "What hurts me most is when my son says, 'Dad, I want to buy something,' and I do not have money to buy it."

Methodology note

This bulletin presents key findings from the June 2026 Post-distribution Monitoring (PDM) of UNICEF humanitarian cash assistance in the Gaza Strip, alongside market monitoring findings from two June rounds conducted on 7–9 June and 25–28 June 2026. PDM findings are based on 403 phone-based household surveys with cash assistance recipients in Gaza, North Gaza, Deir Al-Balah and Khan Younis, complemented by qualitative household visits with selected families at their current places of residence. Currently the cash assistance programme prioritizes families with children suffering of malnutrition, families with children and parents with disability, and other child protection related cases, and therefore the sample is not representative of the overall population.

Market monitoring findings are based on 30 market visits were completed across Gaza, North Gaza, Deir Al-Balah and Khan Younis. Price and availability data were collected from 425 vendors in the first round and 454 vendors in the second round, covering 70 food and non-food items commonly used by households. Where available, multiple price observations were collected for each item from different vendors to support the calculation of median prices.

Rafah was not included in the market monitoring because security restrictions beyond the Yellow Line made the area inaccessible to field teams. In the PDM, the governorates shown reflect beneficiaries' current place of residence. Most beneficiaries from Rafah had been displaced to other governorates and were recorded under their current location.

PDM findings reflect the experiences of monitored households, while market monitoring findings reflect conditions in assessed markets during the data collection period. They should not be interpreted as full population or market estimates for the Gaza Strip.

About UNICEF Humanitarian Cash Assistance in Gaza

Since October 2023, UNICEF has scaled up humanitarian cash assistance in Gaza to support vulnerable families with children in meeting urgent basic needs with greater choice and dignity. Building on its existing humanitarian cash transfer and social protection programming in the State of Palestine, UNICEF began providing essential cash assistance within days of the escalation and by February 2024 reached 440,000 people, including around 220,000 children. UNICEF's digitally channeled humanitarian cash assistance supports highly vulnerable families with children, including pregnant and breastfeeding women, children and adults with disabilities, children affected by malnutrition, sick and injured children, and children without parental care or at risk of exploitation and abuse. Cash assistance complements UNICEF's wider response in health, WASH, child protection, nutrition and education, by helping families address basic needs through local markets amid the ongoing humanitarian crisis. The assistance is delivered through digital channels and is supported by UNICEF systems for verification, accountability, communication with recipients, post-distribution monitoring and protection of beneficiary data. UNICEF's humanitarian cash assistance has reached approximately 1.3 million people, including more than 651,000 children, across around 213,000 families.

Through Incentive Payments schemes, UNICEF also contributed to the continuity of essential services by supporting an average of more than 5,000 workers per month. These services included solid waste management, water and fuel trucking, education continuity, routine immunization campaigns such as polio and vitamin A, as well as health mobile teams and health centers. Overall, 25,738 incentive workers were supported, helping sustain critical service delivery but also sustaining income generation for families, indirectly benefiting an estimated 150,000 people.

About the PDM and households reached

The June 2026 PDM captured the experiences of 403 UNICEF cash assistance recipients across Gaza & North Gaza, Deir Al-Balah and Khan Younis. Nearly half of the monitored sample was located in Gaza & North Gaza, while Deir Al-Balah and Khan Younis accounted for the remaining respondents (Figure 1). Women represented 63% of respondents overall, with similar patterns across Gaza & North Gaza and Khan Younis, and a slightly higher share in Deir Al-Balah (Figure 2).

Respondents' own households had a median size of five members, while the median number of people staying in the same current accommodation was six, reflecting shared living arrangements during displacement. The typical household composition included two adults aged 18 or above and three children under 18, including one child under five. In addition, 41% of households reported the presence of pregnant or lactating women. These characteristics are important for interpreting how families used cash assistance, particularly in relation to food, health, hygiene, shelter and child-related needs.

FIGURE 1: PDM RESPONDENTS BY GOVERNORATE

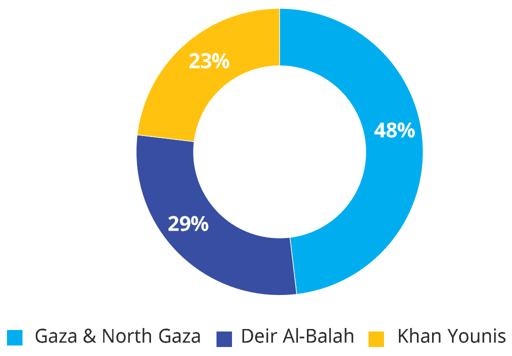
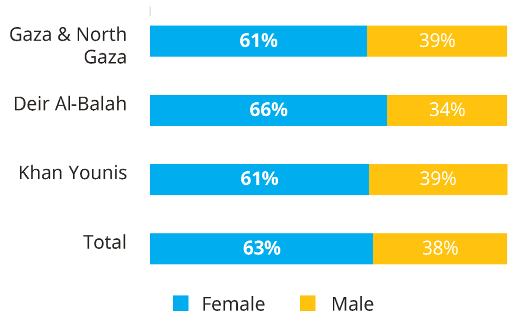


FIGURE 2: RESPONDENTS BY SEX AND GOVERNORATE



Shelter and living conditions

Shelter conditions were an important part of the household profile. Across the monitored sample, 42% of respondents were living in scattered makeshift sites, 31% in consolidated makeshift sites, and 19% in damaged apartments or residences. Smaller shares reported living in residential buildings, non-UNRWA collective centres, undamaged apartments or residences, and UNRWA/Designated Emergency Shelter (DES) collective centres, at around 2% each (Figure 3).

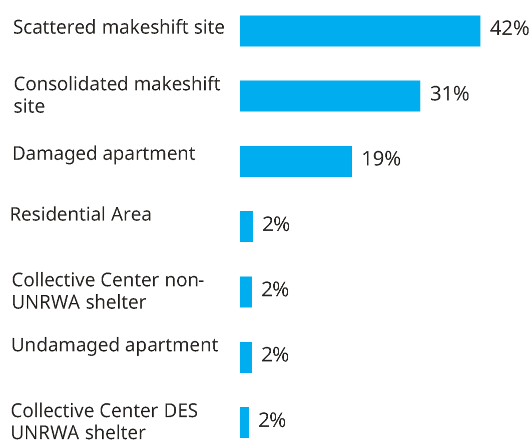
For many monitored households, shelter meant living in tents, makeshift sites, or damaged residences. These shelter types point to difficult living conditions, but the PDM figures alone do not fully capture what families were managing inside these spaces.

Qualitative household visits conducted at families' current places of residence helped illustrate these conditions in daily life. Families described heat inside tents, limited space, lack of privacy, difficulty storing belongings, and the challenge of managing basic routines such as caring for children, resting, cooking, washing and protecting household items.

In Gaza City, one father described how the heat affected life inside the tent during the day:

> *"At this time, the tent becomes like an oven; I cannot even enter it."* Father, Gaza City

FIGURE 3: SHELTER TYPE AT THE TIME OF THE PDM



In Khan Younis, a mother described how the family divided limited shelter space between adults and children, using basic materials to create some privacy:

> *"We have one tent and a small zinc-sheet shelter where the children stay, with blankets wrapped around the space for privacy."* Mother, Khan Younis

Another widowed mother in Khan Younis described living on the remains of her destroyed home, while also pointing to the need for more adequate and enclosed shelter space:

> *"I live in a tent set up on the remains of my destroyed house, I wish this tent could be expanded; it is small and makes us feel suffocated, and I wish for a wider, enclosed place."* Widowed mother, Khan Younis

Displacement remains the defining context

Repeated displacement was a defining feature of monitored households' experience. Overall, 99% of respondents reported that their household had been displaced since October 2023 (Figure 4), and 79% were still displaced at the time of the PDM (Figure 5). The median number of displacement movements was eight overall, rising to ten in Gaza & North Gaza. Among households that were still displaced at the time of the survey, the most commonly reported governorates of origin were Gaza and North Gaza, followed by Khan Younis, Rafah and Deir Al-Balah.
Household visits helped illustrate what repeated displacement meant in families' daily lives.

One Gaza City respondent described repeated displacement before settling where his family was staying at the time of the interview.

> *"I was displaced from Beit Hanoun to the south, then from the south I returned to Gaza, and I also returned to Beit Hanoun. Then I came back and settled in this place."* Father, Gaza City

Disability in monitored households

Disability was reported in a substantial share of monitored households. Overall, 39% of households reported having at least one person with a disability. Among reported persons with disabilities, the age profile was almost evenly distributed across girls aged 0–17, boys aged 0–17, and adults over 18, at 32%, 34% and 34% respectively (Figure 6). Walking difficulties were the most commonly reported disability type at 36%, followed by seeing at 18%, communicating at 14%, self-care at 13%, remembering or concentrating at 11%, and hearing at 7%.

A family interviewed in Khan Younis stands beside their current shelter, a tent set up on the remains of their destroyed home.

FIGURE 4: DISPLACED SINCE OCTOBER 2023 (%)

FIGURE 5: CURRENTLY DISPLACED (%)

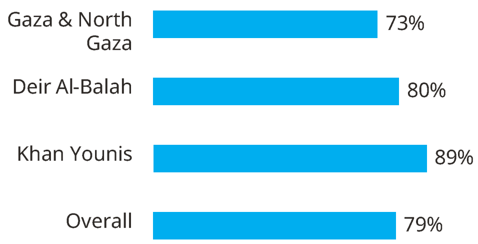


FIGURE 6: AGE PROFILE OF PERSONS WITH DISABILITIES

Digital use of assistance

More than 99% of monitored households reported using UNICEF cash assistance through digital payments only. This mirrors the wider shift in Gaza toward digital payments, driven by the shortage of cash liquidity and the growing reliance on e-wallets for everyday transactions.

> *"The cash assistance was redeemed through the PalPay wallet and not in cash because cash liquidity was not available."* Young mother, Deir Al-Balah

Digital use also depended on access to basic tools. Smartphone access was widespread: 83% of respondents personally owned a smartphone, while 15% had access through another household member. Only 3% reported no smartphone access within the household. At the time of the PDM, 81% of respondents had an active e-wallet.

> *"I have a smartphone and I know how to use it. I also use the PalPay wallet myself."* Widowed mother, North Gaza

For respondents without their own phone or active wallet, using the assistance could depend on another household member, a relative, or a service point.

Among respondents who activated an e-wallet, activation was mainly completed through PalPay/Jawwal Pay agents, including vendors and telecom shops. Overall, 78% reported using this channel, while 10% activated the wallet themselves, 8% used another vendor or service shop, and 4% received help from someone else.

FIGURE 7: SMARTPHONE ACCESS IN THE HOUSEHOLD

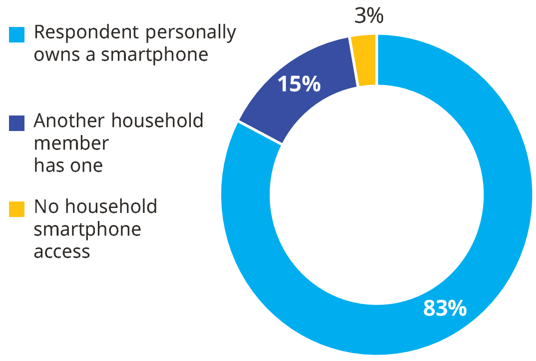


FIGURE 8: ACTIVE E-WALLET STATUS BY GOVERNORATE

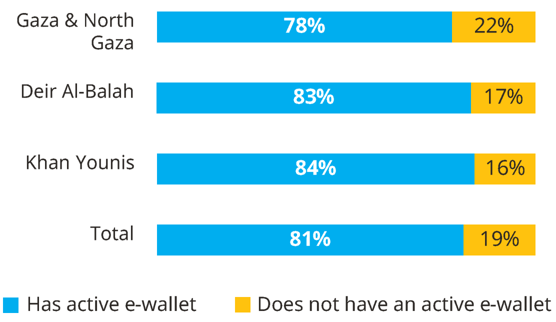
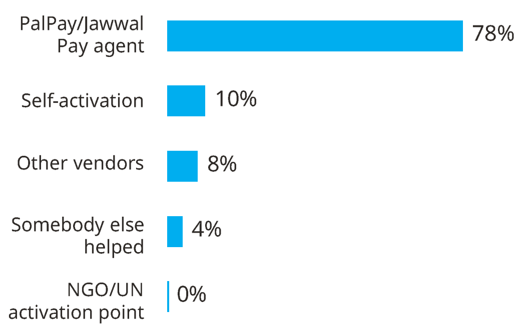


FIGURE 9: WHERE E-WALLETS WERE ACTIVATED



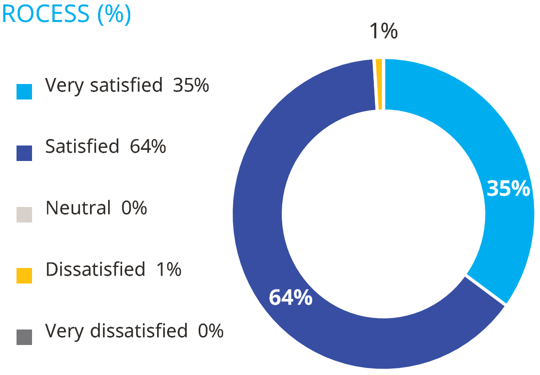
Satisfaction with redemption

Most respondents reported a positive experience with receiving and redeeming UNICEF cash assistance, with 99% saying they were either satisfied or very satisfied (Figure 10). Among the 1% who expressed dissatisfaction, the concern was not related to the distribution process or the cash modality, but to the amount, which they felt was insufficient to meet their needs.

Field-visit qualitative interviews were consistent with this finding. Beneficiaries described the redemption process as smooth, respectful, and supported by staff at approved redemption points when needed.

> *"The process was completed without problems, respectfully and smoothly. They treat people with respect."* Father, Gaza City

FIGURE 10: SATISFACTION WITH THE REDEMPTION PROCESS (%)



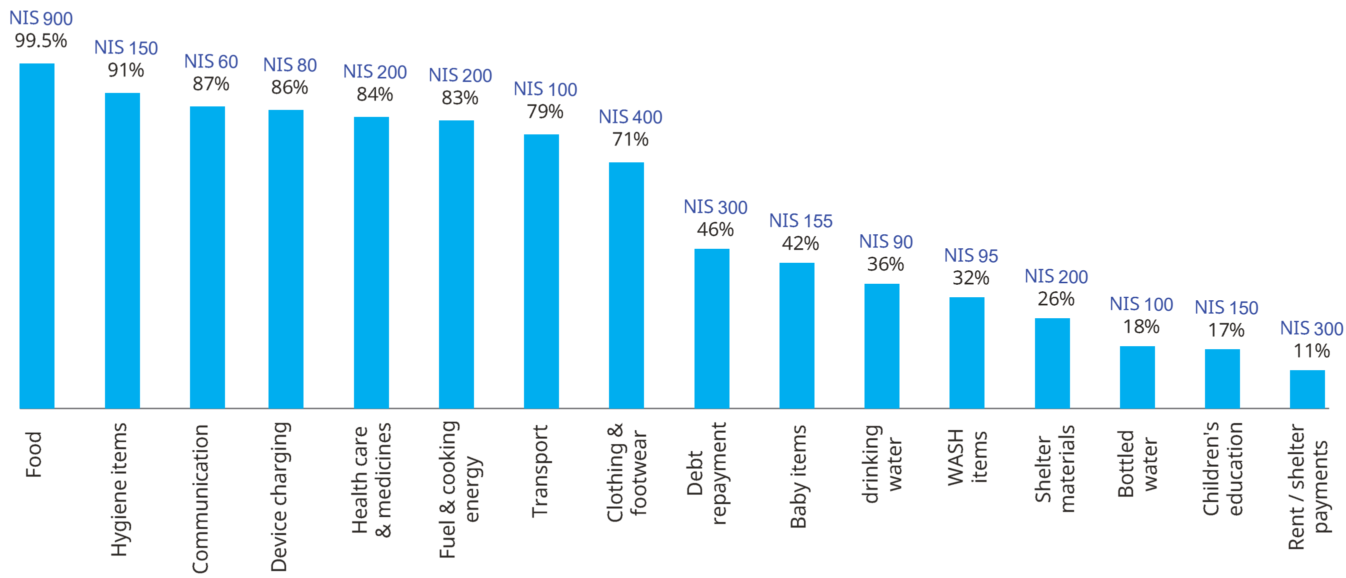
Household spending priorities in the month of assistance

Household monthly expenses refer to the 30 days before the survey, covering the latest UNICEF cash assistance cycle. Figure 11 shows the percentage of monitored households reporting each expense category and the median amount spent among households that reported that expense. Food remained the main monthly expense, reported by almost all households, with a median expense of NIS 900. Clothing and footwear also represented a relatively high median expense at NIS 400, which may reflect families' need to purchase clothing with the start of the summer season. Debt repayment was reported by 46% of households, with a median of NIS 300, pointing to continued reliance on borrowing to manage daily expenses, including food and other basic needs, in the absence of regular income.

Hygiene items were one of the most commonly reported monthly expenses, reported by 91% of monitored households with a median monthly expense of NIS 150. Health care and medicines were also widely reported, with 84% of monitored households reporting this expense and a median monthly amount of NIS 200, reflecting the continued need to purchase medicines and cover basic medical costs.

FIGURE 11: HOUSEHOLD SPENDING IN THE LAST 30 DAYS

Median amount spent (NIS) and percentage of households reporting spending



Household visits provided further context on how UNICEF cash assistance was used within these spending priorities. Families described using the transfer to cover practical household expenses, including food, hygiene items, medicines, clothing, children's needs and debt repayment. In several cases, the assistance also helped households buy items they had not been able to afford in the previous month.

> *" the digital cash assistance helped us cover essential things such as hygiene, laundry detergent, clothes, some food, and medicines. So, the month in which we received the code was much better than the month before.* Mother of three daughters, Deir Al-Balah

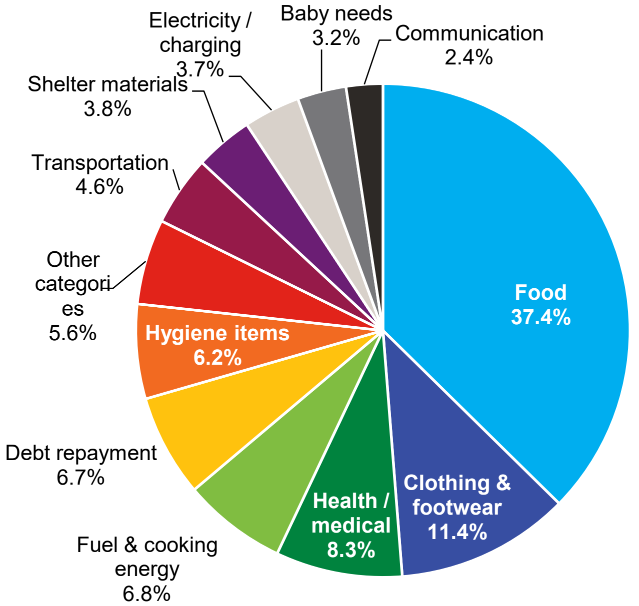
For some families, cash also helped them decide which expenses to address first, including children's needs, food, clothes and debt repayment.

> *"After receiving the cash assistance, I was able to meet some of my children's needs. I bought them clothes and food, repaid my debts, and I still have part of the assistance amount left."*
> Widowed mother, North Gaza

While Figure 11 shows how many households reported each expense and the median amount among those households, Figure 12 shows how total monthly household expenses were divided across the main categories. On average, food accounted for the largest share, at 37.4%, showing that food absorbed the largest part of household monthly expenses. Other important shares went to clothing and footwear (11.4%), health and medical expenses (8.3%), fuel and cooking energy (6.8%), debt repayment (6.7%) and hygiene items (6.2%). This shows that household expenses were not limited to food, but were spread across several essential needs during the month before the survey.

Household interviews also reflected how families used the transfer across several spending priorities during the same period, including children's needs, food, debt repayment, daily expenses and health-related needs.

FIGURE 12: AVERAGE SHARE OF TOTAL MONTHLY HOUSEHOLD EXPENSES BY CATEGORY



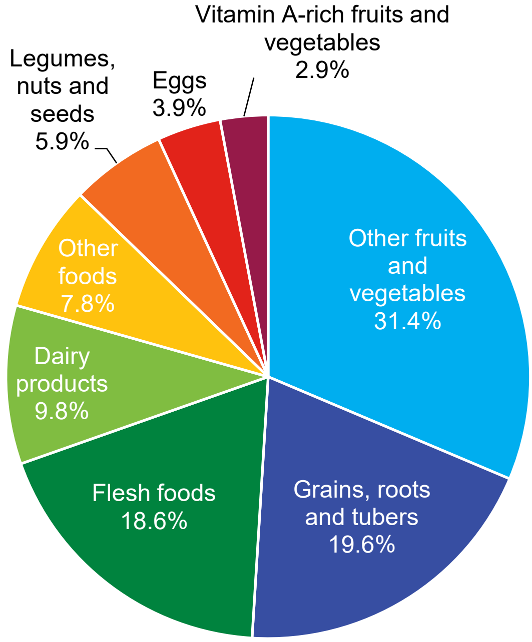
> *"I used the assistance for my family's needs, including food, clothes, daily expenses, and health-related needs. The assistance helped me repay debts that had accumulated before I received it."*
> Widowed mother, North Gaza

Unpacking food-related expenditure shows that the largest share went to fruits and vegetables, which together accounted for 34.3% of monthly food spending. Other large food expenditure categories were grains, roots and tubers (19.6%) and flesh foods (18.6%), followed by dairy products (9.8%), other foods (7.8%), legumes, nuts and seeds (5.9%) and eggs (3.9%).

While the expenditure data reflect overall monthly household food spending, qualitative interviews conducted during field visits show how UNICEF cash assistance helped some families cover similar food priorities, particularly higher-cost items such as fruits, fish and meat.

> *" When I received the assistance, our main need was to buy essential food items such as fruits, fish, and meat, because we craved these foods and could not buy them due to high prices."* Grandfather, Deir Al-Balah

FIGURE 13: SHARE OF MONTHLY EXPENDITURE ON FOOD, BY TYPE

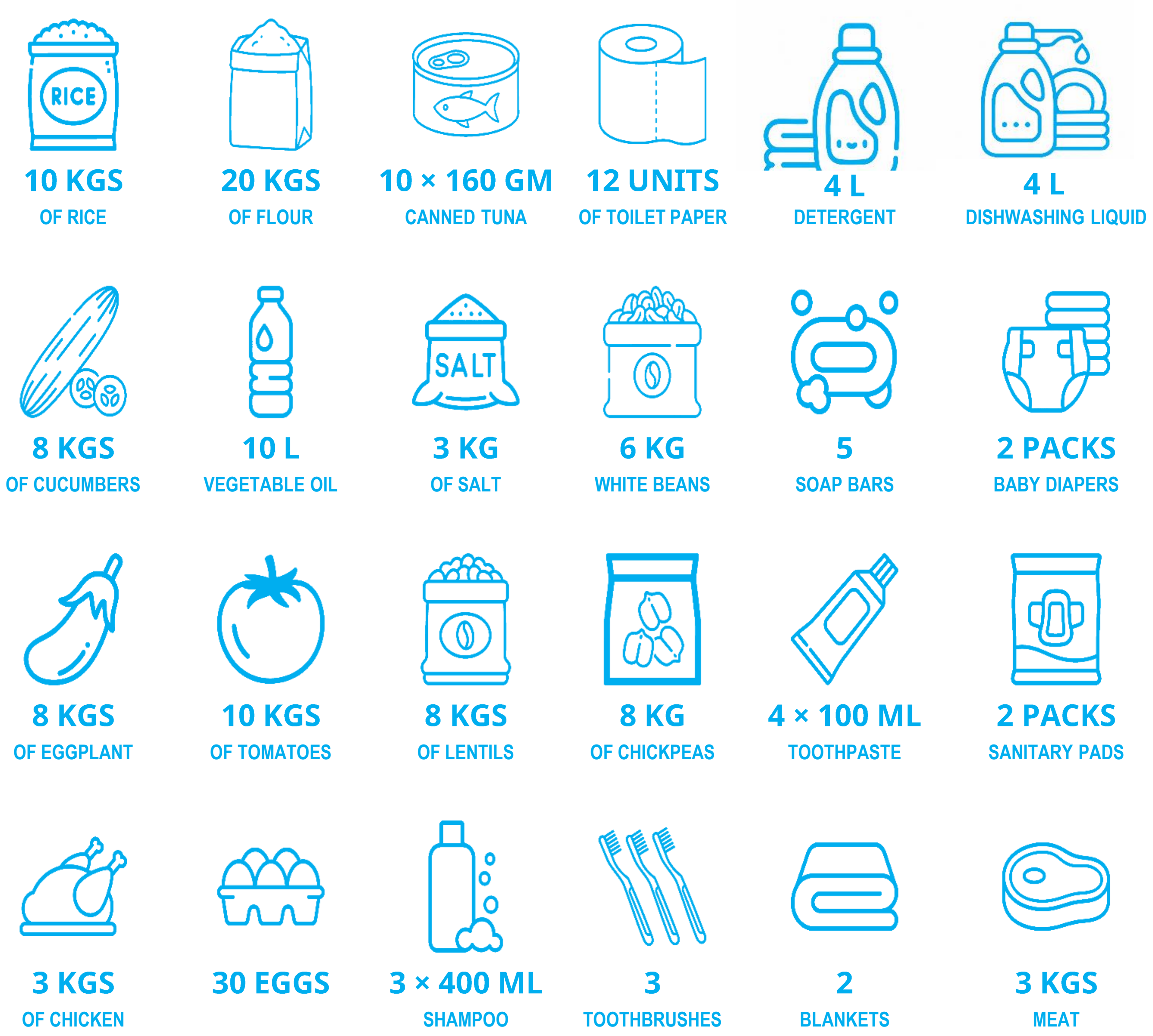


The following figure provides an illustrative example of what the 1,250 ILS transfer could purchase, based on the latest monitored prices.

What could 1,250 ILS buy?

To give an indicative sense of the purchasing power of the UNICEF cash transfer, the figure below shows an illustrative basket of goods that could be purchased with 1,250 ILS, based on the latest monitored Gaza Strip median prices.

Example of a basket of goods that could be purchased with a 1,250 ILS multi-purpose cash transfer in the Gaza Strip *Based on latest monitored Gaza Strip median prices (25–28 June 2026)*



Needs that the transfer couldn’t cover

While UNICEF cash assistance helped families cover immediate priorities, household visits showed that many needs remained beyond what one transfer could cover. These needs were often repeated, high-cost, or linked to children’s wellbeing, health care, food, debt, shelter and water.
In several cases, the transfer helped families cover food, repay debts, buy clothes, improve children’s food, or meet urgent health-related needs. At the same time, the same households described needs that remained unmet or had to be postponed.

Children’s needs were central in several household accounts. Families described using the assistance to buy food, clothes, baby items, or items children had been asking for. However, parents and caregivers also described the difficulty of not being able to respond to children’s needs when resources were not available, and some child-related needs remained postponed even after assistance was received.
Health-related needs also remained a major pressure. In one Khan Younis household, the eldest son had lost vision in one eye due to a war-related injury and needed medical follow-up. The assistance helped the household improve food consumption, buy basic needs, and repay part of accumulated medicine and pharmacy debts. However, health needs and medicine-related debts remained a recurring pressure.

Shelter, water and living conditions were also part of the remaining needs. In Khan Younis, the assistance helped households address some food, debt and family needs, but it could not resolve the wider living conditions linked to displacement, shelter space, heat, privacy and protection.

It is important to note that cash assistance is implemented alongside other UNICEF-supported sectoral interventions. These include emergency WASH support, such as water services and sanitation infrastructure repairs, and shelter-related support. These complementary interventions are essential for needs that are beyond the scope of a single cash transfer.

Overall, household visits show that the transfer made a practical difference in families’ daily lives, helping them respond to urgent priorities. However, many still had to manage food, medicine, children’s needs, debt, water and shelter from the same limited resources. The following voices illustrate this balance in more personal terms: how UNICEF cash helped families meet immediate needs, and what remained unaddressed.

Voices from households: Mother, Khan Younis

A mother is living with her husband and four children in an informal displacement site in the Bir 19 area. The family is displaced from Rafah and lives in a small tent and a smaller zinc-sheet structure, with blankets used to provide some privacy. The household includes two adults and four children. Health needs strongly shaped the family’s priorities. The eldest son, aged 16, lost vision in his left eye due to a war-related injury and needs medical follow-up. The mother also reported her own health problems and the household accumulated debts linked to medicines and treatment. The UNICEF cash assistance arrived at an important time. The family used it first to repay part of the accumulated medicine and pharmacy debts, then to buy food and fruit.

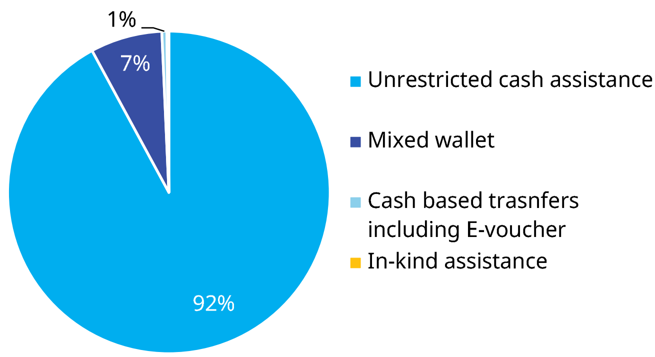
A mother stands with her children beside their temporary shelter in an informal displacement site in Khan Younis.

The transfer also helped the household buy meat, chicken for the children, firewood for cooking and keep a small amount for transport to the hospital. The mother said the assistance made a clear difference: the family was able to improve food consumption and eat three meals instead of one or two, even if only for a short period. However, the transfer lasted only around three days. Treatment, medical follow-up, medicine costs, nutrition needs and children’s needs remained beyond what one transfer could fully cover. *“The main priority was treatment and food.”*

Families preferred unrestricted cash for choice and flexibility

The PDM findings show a clear preference for unrestricted cash assistance. Overall, 92% of respondents said they would prefer to receive future emergency assistance as unrestricted cash. A further 7% preferred a mixed wallet approach, combining in-kind assistance items and cash through the same e-wallet, while only 1% preferred cash-based transfers such as e-vouchers (Figure 14). This strong preference for unrestricted cash reflects the value households placed on choice, flexibility and being able to decide how to use the assistance according to their needs.

FIGURE 14: PREFERRED TYPE OF ASSISTANCE



In household interviews conducted during field visits, families described cash as useful because it gave them greater control over how to respond to their needs. For some, cash was preferred because it could be used flexibly, while food and hygiene parcels remained helpful when provided alongside it.

> *"Honestly, everything is useful. With money, we can buy anything we need, and if food parcels and hygiene parcels are available alongside it, that is better."* Mother of three daughters, Deir Al-Balah

Some households also preferred cash because it allowed them to choose items they considered better in quality than those provided through in-kind assistance.

> *"The quality of products inside the assistance is not always good, and the quality of what we buy ourselves is better."* Mother of three daughters, Deir Al-Balah

Families also explained that cash complemented food parcels by allowing them to buy foods that were not usually included, particularly fresh and higher-cost foods for children.

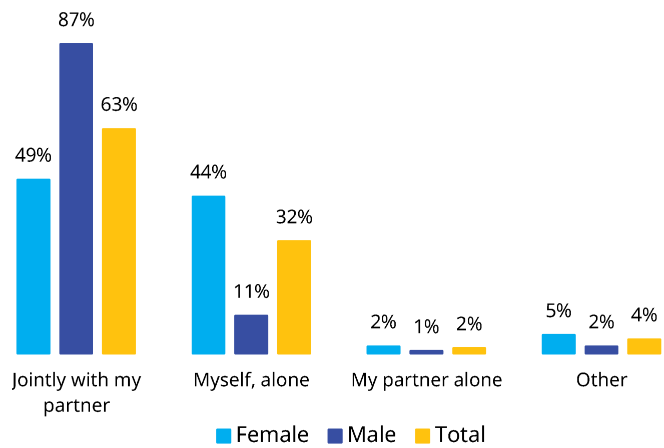
> *"Food parcels are mostly legumes and staples such as rice, lentils, flour, and canned foods, but children need other things, such as fruits, meat, and vegetables."* Mother of three daughters, Deir Al-Balah

Cash-use decisions were often shared, with women playing a central role

The PDM findings show that decisions on how to use the cash transfer were commonly made at household level. Overall, 63% of respondents reported deciding jointly with their partner, while 32% reported deciding by themselves. Only 2% said that their partner decided alone, and 4% reported another arrangement.

Decision-making varied by respondent sex. Joint decisions with a partner were more commonly reported by male respondents, at 87%, compared with 49% of female respondents. At the same time, 44% of female respondents reported deciding alone, compared with 11% of male respondents (Figure 15). This suggests that, alongside joint decision-making, many women carried direct responsibility for how assistance was used.

FIGURE 15: WHO DECIDES HOW TO USE THE CASH TRANSFER?



Decision-making categories reflect respondents' reported role in deciding how the cash transfer was used.

Household interviews help explain what these decisions looked like in practice. Families did not describe the transfer as a single-purpose payment. Instead, they described a process of prioritizing: what needed to be bought first, what debt needed to be repaid, what children needed immediately, and what could be postponed.

> *"After receiving the cash assistance, I was able to meet some of my children's needs. I bought them clothes and food, repaid my debts, and I still have part of the assistance amount left."*
> Widowed mother, N. Gaza

Household decisions on how to use cash were closely linked to children's needs, debt repayment, food, health and other urgent household expenses

> *"The first thing I thought about when the cash assistance arrived was repaying the debt owed to the shopkeeper... After that, I thought about buying the basic needs of my children."*
> Father, Deir Al-Balah

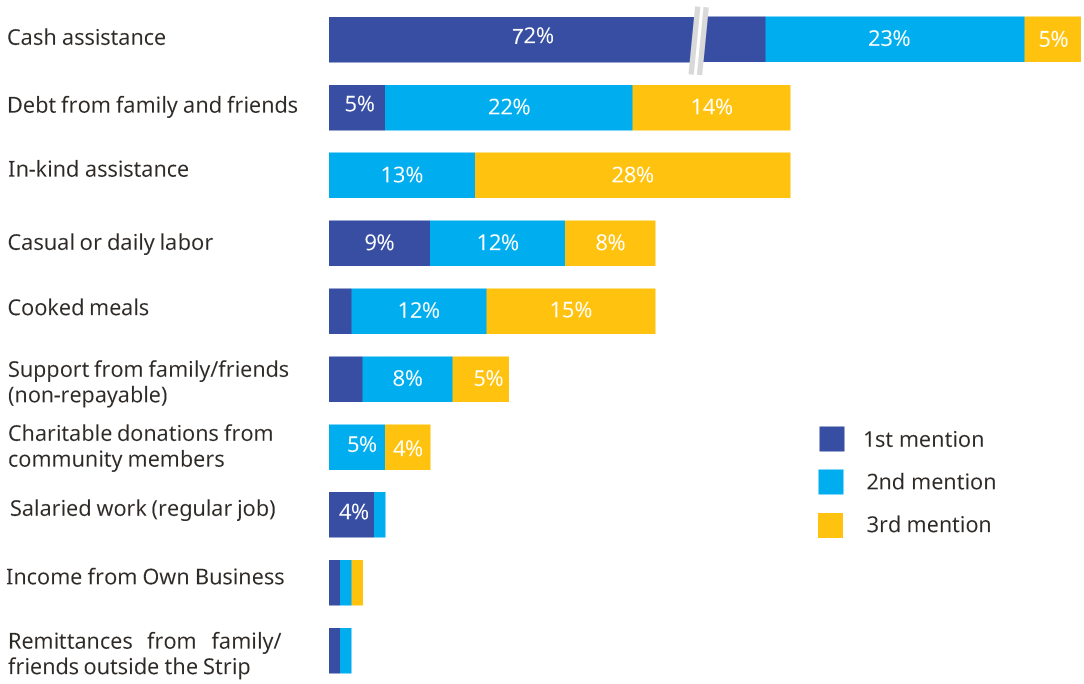
Household sources of income and support

Interviewed recipients were asked about all sources of income or support for the household during the month before the survey, and to rank the top 3. Most interviewed recipients (72%) reported cash assistance as their main source. Only a few mentioned other sources as the largest one: casual labor was reported by 9% as a first source, while debt from family and friends was reported by 5%.

However, households were not relying on one source alone. When second and third sources are considered, debt became more visible: 22% reported debt from family and friends as a second source of support during the previous month and 14% as a third source. In-kind humanitarian assistance was also more commonly reported as a secondary source, especially as a third source of support, reported by 28% of respondents (Figure 16).

Casual or daily labor was also mentioned beyond the first source, reported by 12% as a second source and 8% as a third source. At the same time, 20% of respondents reported having no third source of income or support.

FIGURE 16: HOUSEHOLD SOURCES OF INCOME AND SUPPORT



Field-visit qualitative interviews reflected this pattern. Families often used debt or other support to manage immediate needs between transfers, then used part of the cash assistance to cover urgent expenses or repay what had accumulated.

> *"When the assistance arrives, a large part of it goes to repay debts… I live on debt until UNICEF assistance arrives."* Father, Gaza City

Other interviews similarly described how households without stable income relied on a combination of cash assistance, in-kind assistance, and debt or minimum coping strategies when support was not available.

> *"I depend heavily on in-kind and cash assistance to meet basic needs under the difficult living conditions. When assistance does not arrive, we have to rely on debts or manage with the minimum available to us."* Grandfather, Deir Al-Balah

The findings highlight the important role of cash assistance during the month of support, while also showing that many families continued to rely on debt, in-kind assistance and other secondary sources to meet their needs.

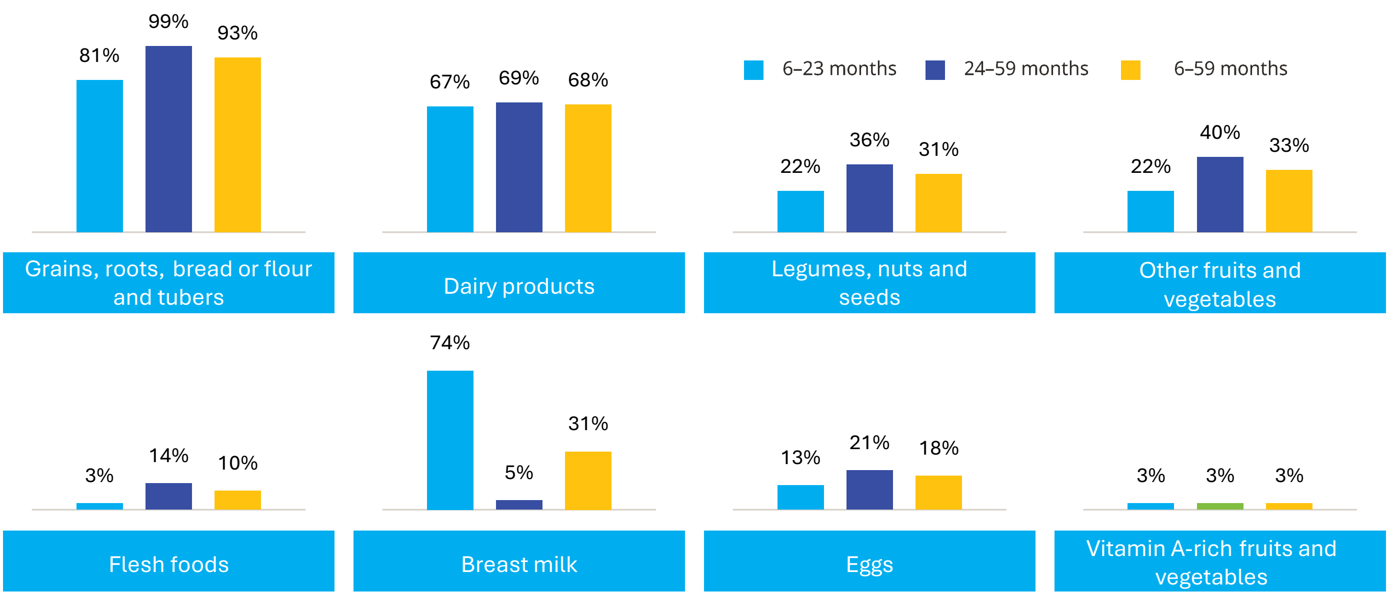
Young Children's Diets and Food Poverty

Adequate and diverse diets are essential for young children's survival, growth and development, particularly in early childhood when nutritional needs are high. This section presents caregiver-reported food group consumption among the youngest children aged 6–59 months in monitored households, followed by the classification of child food poverty based on the diversity of foods consumed during the previous 24 hours.

Children's Diets Are Concentrated Around Staple Foods

Caregivers were asked whether the youngest child aged 6–59 months had consumed at least one food item from each food group during the previous 24 hours. Reported consumption was highest for grains, roots, bread or flour and tubers (93%) and dairy products (68%). Consumption of more nutrient-rich food groups was much lower: 33% of children consumed other fruits and vegetables, 31% consumed legumes, nuts and seeds, 18% consumed eggs, and 10% consumed flesh foods. Vitamin A-rich fruits and vegetables were reported for only 3% of children across all age groups (Figure 17). This pattern suggests that many young children in the monitored households consumed foods from a limited number of food groups, largely centred around staple foods. These same reported consumption data are used in the following subsection to classify child food poverty, based on the diversity of foods consumed during the previous day or night.

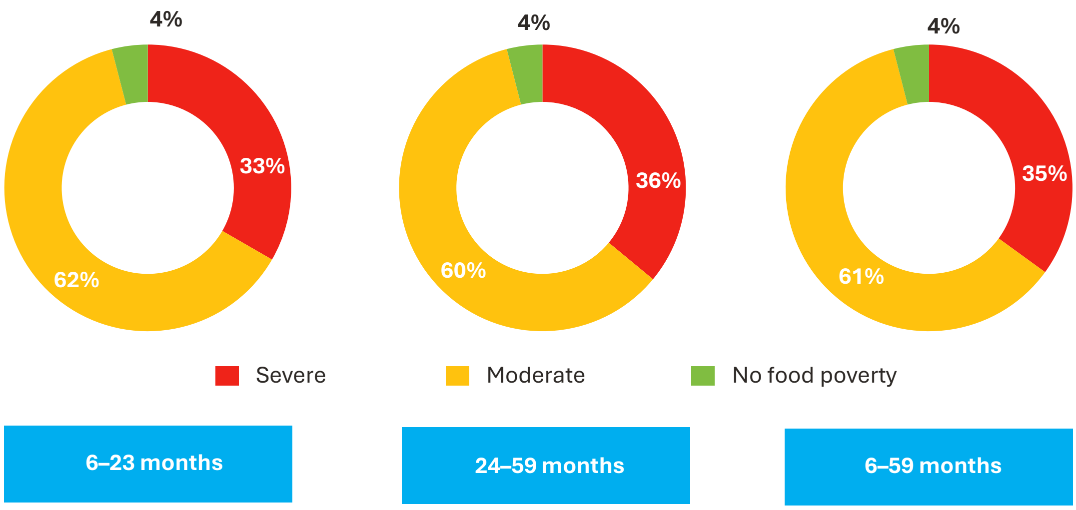
FIGURE 17: FOOD GROUP CONSUMPTION AMONG YOUNGEST CHILDREN



Child food Poverty

Caregivers' reports suggest that young children in monitored households were consuming foods from a limited range of food groups. Based on what the youngest child aged 6–59 months consumed during the previous day or night, 35% of children were classified as experiencing severe child food poverty and 61% as experiencing moderate child food poverty. Only 4% were classified as having no food poverty. This pattern was broadly similar across age groups, with severe child food poverty reported for 33% of children aged 6–23 months and 36% of children aged 24–59 months (Figure 19). The findings highlight the continued difficulty many families faced in providing young children with a sufficiently diverse diet. Household interviews reflected this in practical terms: caregivers described prioritizing children's food, trying to respond when children asked for fruit, eggs, chicken or other foods, and relying heavily on staple foods when resources were limited. In several cases, cash assistance helped families buy more or better food for a short period, but caregivers also described nutrition-related needs that remained difficult to meet alongside medicine, debt, water, shelter and other urgent household expenses.

FIGURE 19: FOOD POVERTY STATUS BY AGE GROUP



How young children's foods were accessed

Following the assessment of young children's food consumption, households were asked about the source of each food group consumed by the child during the previous day or night. The findings show that market purchases were the main source for most foods consumed by young children, particularly eggs and vitamin A-rich fruits and vegetables, which were entirely reported as purchased from the market, as well as dairy products (87%), other fruits and vegetables (83%) and flesh foods (80%). At the same time, assistance and informal support remained important for some food groups. Legumes, nuts and seeds showed the greatest reliance on non-market sources, with 29% reported as received through uncooked donations and 29% through cooked donations, compared with 38% purchased from the market. Grains, roots and tubers were mostly purchased from the market (64%) but were also accessed through uncooked donations (20%) and cooked donations (9%). Flesh foods were mainly purchased from the market (80%), while 10% were accessed through cooked donations.

Overall, the findings show that markets were central to children's food intake among monitored households, while assistance continued to play an important role for selected food groups, particularly legumes, grains and some flesh foods. This highlights the importance of household purchasing power for children's diets, alongside the continued role of food assistance in helping families access specific foods.

FIGURE 18: SOURCES OF FOODS CONSUMED BY YOUNG CHILDREN, BY FOOD GROUP

	Dairy products	Eggs	Flesh foods	Grains, roots, bread/flour & tubers	Legumes, nuts & seeds	Other fruits & vegetables	Vitamin A-rich fruits & veg.
Purchased on the market	87%	100%	80%	64%	38%	83%	100%
Donation uncooked (NGO/charity)	11%		5%	20%	29%	1%	
Donation cooked (NGO/charity)			10%	9%	29%	4%	
Gift uncooked from friends	2%			3%	1%	10%	
Gift cooked from friends			5%	2%	3%	2%	
Own production / gathered				3%			

Qualitative interviews conducted during field visits further illustrate how UNICEF cash assistance helped some households buy foods for their children that they otherwise struggled to afford, including fruits and chicken.

> *"After receiving the NIS 1,250, I was able to buy bananas, apples, and apricots for the children. I also bought chicken and fruits such as watermelon and melon."* Widowed mother, Khan Younis

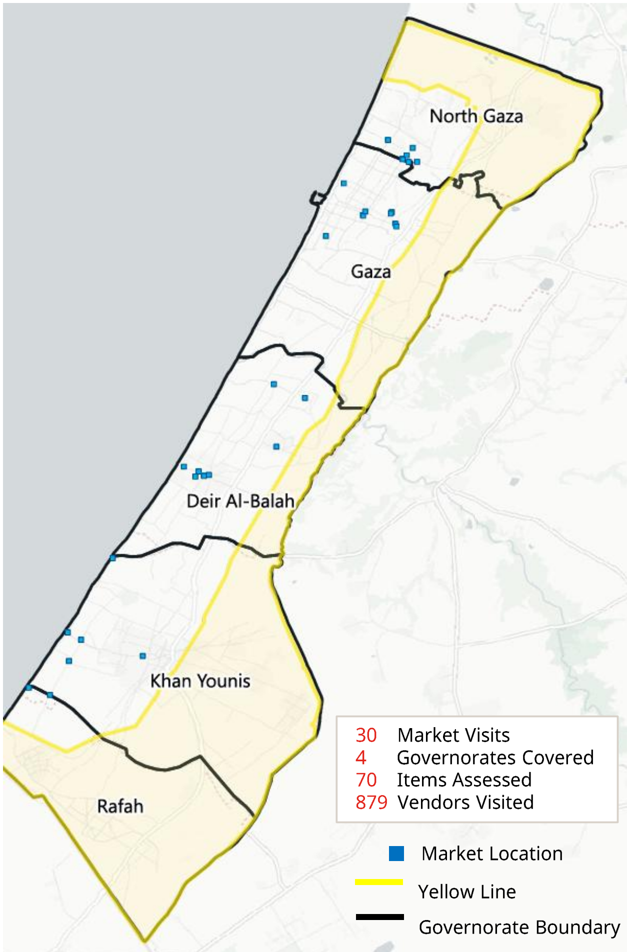
Another field-visit interview similarly showed how cash assistance was used to buy food and fruit from shops, including chicken for children.

> *"Then I bought food and fruit for the household, including 3 kilograms of grilled chicken wings for my children, to make them happy."* Mother, Khan Younis

June market monitoring overview

UNICEF market monitoring was conducted through two data collection rounds in June 2026, from 7–9 June and 25–28 June. Across the two rounds, 30 market visits were completed across Gaza & North Gaza, Deir Al-Balah and Khan Younis. Price and availability data were collected from 425 vendors in the first round and 454 vendors in the second round, covering 70 food and non-food items commonly used by households. Markets visited differed between the two rounds. In North Gaza, visits to some of the same markets were repeated because only four markets were active during the monitoring period. This approach provided a broader snapshot of market conditions across the assessed governorates.

Food prices continued to ease between the two June UNICEF rounds. Between 7–9 June and 25–28 June, notable food-item declines included eggplant -40% (5→3 ILS/kg), potatoes -25% (8→6 ILS/kg), eggs -18% (1.30→1.07 ILS per piece), and chicken meat -15% (26→22 ILS/kg). Smaller increases were observed for salt (+25%, 4→5 ILS/kg), bread (+10%) and dried fava beans (+20%). Fresh produce, condiments, cereals and pulses were widely available in all assessed markets.



Food items

Item	7-9 June	25-28 June	% Change
Fresh Produce			
Onions (1 kg)	7	7	■ 0 (0%)
Tomatoes (1 kg)	10.5	10	▼ 0.5 (4.8%)
Potatoes (1 kg)	8	6	▼ 2 (25%)
Cucumber (1 kg)	10	10	■ 0 (0%)
Eggplant (1 kg)	5	3	▼ 2 (40%)
Animal Products			
Yogurt (1 kg)	16.67	16.67	■ 0 (0%)
Powdered milk (500 gm)	25	25	■ 0 (0%)
Liquid milk (1L)	9	9	■ 0 (0%)
Canned feta (250 gm)	2.5	2.5	■ 0 (0%)
Canned tuna (160 gm)	5	4.57	▼ 0.43 (8.6%)
Chicken meat (1 kg)	26	22	▼ 4 (15.4%)
Beef meat (1 kg)	42.5	42	▼ 0.5 (1.2%)
Sheep meat (1 kg)	82.5	NA	■ NA
Turkey meat (1 kg)	35	33	▼ 2 (5.7%)
Eggs (pcs)	1.3	1.07	▼ 0.23 (20%)
Condiments			
Salt (1 kg)	4	5	▲ 1 (25%)
Sugar (1 kg)	5	5	■ 0 (0%)
Vegetable oil (1 L)	10	10	■ 0 (0%)
Tahini (1 kg)	16.67	15.56	▼ 1.11 (6.7%)
Cereals			
Long grain rice (1 kg)	8	8	■ 0 (0%)
Short grain rice (1 kg)	2.75	2.5	▼ 0.25 (9.1%)
Flour (1 kg)	2	2	■ 0 (0%)
Bread (1 kg)	2.5	2.75	▲ 0.25 (10%)
Pulses and Legumes			
Lentils (1 kg)	7	7	■ 0 (0%)
Lentils (Red) (1 kg)	1	1	■ 0 (0%)
Dried white beans (1 kg)	6	5.5	▼ 0.5 (8.3%)
Dried chickpeas (1 kg)	7.5	7	▼ 0.5 (6.7%)
Dried fava beans (1 kg)	5	6	▲ 1 (20%)
Canned fava beans (380 gm)	3	2.85	▼ 0.15 (5%)
Canned white beans (380 gm)	0.5	0.47	▼ 0.03 (5%)

Non-food is genuinely mixed rather than uniformly rising. Between the two UNICEF rounds, several items rose sharply (baby formula +36% to 47.5 ILS/500 ml, bar soap +33%, heavy-duty duct tape +60%, jerry cans +25%, bottled water +20%), while others corrected downward (nylon sheet -20%, shoes -18%, headscarves -25%, toothbrush -50%, gasoline -5%). Versus February 2026, most non-food and utility items remain 30–100% higher, versus food, which is broadly back at or below February levels.

Wider market context

Truck inflows and financial-access indicators corroborate the recovery. Monthly truck totals recovered from the March floor (4,159) to 5,519 in May, with June preliminary number estimated at only 4,300; the cash-out commission has fallen to 9% (lowest of the crisis; was 42% in June–July 2025, 38% in August 2025, 13% in February 2026). WFP's May monitor reports 63% of households facing market-access difficulties, down from 75% in April, and households consuming 2 meals/day, up from 1 meal/day in July 2025.

Non-food items

Item	7-9 June	25-28 June	% Change
Baby Needs			
Baby diapers (40 diapers)	35	35	■ 0 (0%)
Baby formula (500 ml)	35	47.5	▲ 12.5 (35.7%)
Energy			
Firewood (1 kg)	7	7	■ 0 (0%)
Coal (1 kg)	17.65	18	▲ 0.35 (2%)
Cooking gas (1 kg)	100	105	▲ 5 (5%)
Diesel (1 L)	35	35	■ 0 (0%)
Gasoline (1 L)	105	100	▼ 5 (4.8%)
Hygiene Items			
Dish soap (1 L)	15.38	14.29	▼ 1.1 (7.1%)
Bar soap (150 gm)	3	4	▲ 1 (33.3%)
Toothpaste (100 ml)	7	6	▼ 1 (14.3%)
Toothbrush (1 un)	2	1	▼ 1 (50%)
Sanitary pads (Pack (16 pads))	10	10	■ 0 (0%)
Toilet paper (1 un)	3	3	■ 0 (0%)
Shampoo (400 ml)	12	11	▼ 1 (8.3%)
Detergent (1 L)	15	15.54	▲ 0.54 (3.6%)
Health/Medical			
Antiseptic iodine (60 ml)	6	6	■ 0 (0%)
Analgesic (1 Tablet)	0.7	0.7	■ 0 (0%)
Clothing and Footwear			
Infant and baby suits (1 un)	30	25	▼ 5 (16.7%)
Shoes (Pair)	70	57.5	▼ 12.5 (17.9%)
Slippers (Pair)	30	30	■ 0 (0%)
Headscarves (1 pcs)	20	15	▼ 5 (25%)
Shelter Items			
Nylon sheet (20 m2)	125	100	▼ 25 (20%)
Tarpaulin sheet (1 m2)	6.25	6	▼ 0.25 (4%)
Blankets (1 un)	35	35	■ 0 (0%)
Mattress (1 un)	70	70	■ 0 (0%)
Heavy-duty duct tape (Roll)	7.5	12	▲ 4.5 (60%)
Rope (1 pcs)	10	10	■ 0 (0%)
Family tent (6×4 m) (1 unit)	400	380	▼ 20 (5%)
WASH			
Bottled water (1 L)	5	6	▲ 1 (20%)
Chlorine (1 L)	15	15	■ 0 (0%)
Jerry cans (1 pcs (20 l))	20	25	▲ 5 (25%)
Buckets (1 pcs)	30	30	■ 0 (0%)