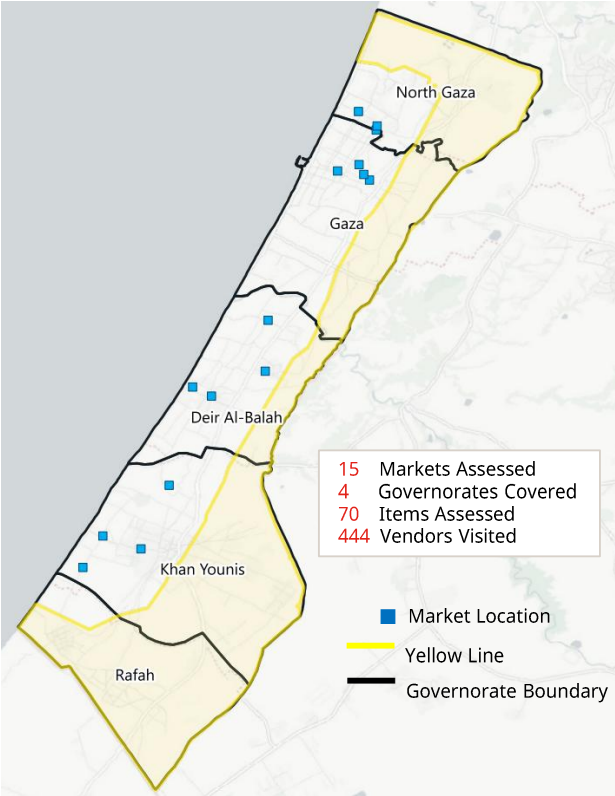


Market Monitoring: Food & Non-Food Items

Gaza Strip | 13–15 July 2026



Overview: This market monitoring round was conducted from 13 to 15 July 2026 across 15 markets in four governorates of the Gaza Strip: four markets each in Gaza, Deir al-Balah, and Khan Younis, and three markets in North Gaza. The assessment covered 444 vendors and 70 food and non-food items commonly used by households, with at least four prices sought for each item in each assessed market where sufficient vendors were available. The findings provide a snapshot of item availability and median prices across the assessed markets, supporting humanitarian coordination and market-based programming in Gaza.



Median Prices (ILS), by Governorate							
Food Item	Unit	North Gaza	Gaza	Deir Al Balah	Khan Younis	Overall	Overall Obs.
Fresh Produce							
Cucumber	1 kg	10	11	10	9	10	60
Eggplant	1 kg	4	3	3	2.75	3	60
Onions	1 kg	6	6	5	6.5	6	60
Potatoes	1 kg	7	6	6	6.5	6	60
Tomatoes	1 kg	8	8	8	8	8	60
Animal Products							
Beef meat	1 kg	42	40	43	41.5	42	45
Canned feta	250 gm	3	2.5	3	2.5	2.5	59
Canned tuna	160 gm	5	4.5	5.71	5	5	60
Chicken meat	1 kg	22	22	22	22	22	54
Eggs	pcs	1.17	1.2	1.23	1.17	1.17	58
Liquid milk	1L	8	7.5	8	9	8	60
Powdered milk	500 gm	21.25	22.5	23.75	22.5	22.5	57
Turkey meat	1 kg	32	32	32	32	32	36
Yogurt	125 gm	15	16.67	16.23	17.33	16.67	43
Condiments							
Salt	1 kg	6	4.5	5	5	5	60
Sugar	1 kg	5	5	4	5	5	60
Tahini	1 kg	16	18	20	15	17.78	58
Vegetable oil	1 L	10	10	9	9.5	10	60
Cereals							
Bread	1 Kg	3	2.75	2.5	2.5	2.75	34
Flour	1 kg	1.7	1.8	1.8	1.8	1.8	38
Long grain rice	1 kg	8	8	8	8	8	60
Short grain rice	1 kg	2	2	2	2	2	60
Pulses and Legumes							
Canned fava beans	380 gm	3	2.5	3	2.5	2.5	60
Canned white beans	380 gm	0.47	0.47	0.47	0.47	0.47	35
Dried chickpeas	1 kg	8	7.5	7.5	5	7	57
Dried fava beans	1 kg	6.5	7	6	6	6	43
Dried white beans	1 kg	5	5	5	5	5	45
Lentils	1 kg	7	6	7	7	7	57
Lentils (Red)	1 kg	1	1	1	1	1	52

Item Availability, by Governorate					
Food Item	North Gaza	Gaza	Deir Al Balah	Khan Younis	Overall
Fresh Produce					
Cucumber	●	●	●	●	●
Eggplant	●	●	●	●	●
Onions	●	●	●	●	●
Potatoes	●	●	●	●	●
Tomatoes	●	●	●	●	●
Animal Products					
Beef meat	●	●	●	●	●
Canned feta	●	●	●	●	●
Canned tuna	●	●	●	●	●
Chicken meat	●	●	●	●	●
Eggs	●	●	●	●	●
Liquid milk	●	●	●	●	●
Powdered milk	●	●	●	●	●
Turkey meat	●	●	●	●	●
Yogurt	●	●	●	●	●
Condiments					
Salt	●	●	●	●	●
Sugar	●	●	●	●	●
Tahini	●	●	●	●	●
Vegetable oil	●	●	●	●	●
Cereals					
Bread	●	●	●	●	●
Flour	●	●	●	●	●
Long grain rice	●	●	●	●	●
Short grain rice	●	●	●	●	●
Pulses and Legumes					
Canned fava beans	●	●	●	●	●
Canned white beans	●	●	●	●	●
Dried chickpeas	●	●	●	●	●
Dried fava beans	●	●	●	●	●
Dried white beans	●	●	●	●	●
Lentils	●	●	●	●	●
Lentils (Red)	●	●	●	●	●

Availability classification uses market monitoring observations by item and governorate/overall: Widely available is assigned when wide availability is more than 50%; otherwise, if the item is observed as available in any degree, it is classified as Limited availability. Not available is used only when no observation indicates availability.

● Widely ● Limited ● Not available

Market Monitoring: Food & Non-Food Items

Gaza Strip | 13–15 July 2026



Food Item Availability and Prices: Vendor observations from the 13–15 July 2026 market monitoring round show that most assessed food items were widely available across the markets visited in the Gaza Strip. Fresh produce, condiments, short-grain rice, and most animal products and pulses were widely available across all four assessed governorates.

Availability of bread and canned white beans was less consistent in some areas. For bread, this mainly reflected the limited number of operating bakeries in the assessed markets rather than a shortage of the item itself. For canned white beans, lower availability was linked to limited supply due to low consumer demand.

Median food prices were generally similar across governorates, particularly for fresh produce, rice, chicken meat, eggs, and basic condiments. Some differences were observed for selected products, including tahini, beef, canned tuna, dairy products, yogurt, and some pulses. These differences may be linked to the type, quality, brand, or origin of the products available in each market.

Non-Food Item Availability and Prices: Hygiene items were among the most available NFIs across the assessed governorates, including soap, sanitary pads, shampoo, toilet paper, toothbrushes, and toothpaste. Liquid detergent was less commonly available. Availability was more constrained for energy- and shelter-related items. Diesel, gasoline, and cooking gas were present in limited quantities and were sold through informal market channels. Shelter items remained among the least available NFI categories, as some items are often linked to humanitarian supply channels rather than regular commercial markets. WASH items showed mixed availability, with chlorine generally available.

Median prices for most hygiene items were broadly similar across governorates, with some variation observed for bar soap, shampoo, and toothpaste. Greater differences were seen for selected WASH, shelter, and clothing items, particularly buckets, mattresses, nylon sheets, blankets, rope, and shoes.

Median Prices (ILS), by Governorate							
NFI Item	Unit	North Gaza	Gaza	Deir Al Balah	Khan Younis	Overall	Overall Obs.
Baby Needs							
Baby diapers	40 diapers	35	35	32.5	35	35	55
Baby formula	500 ml	38.38	43.75	40.62	43.75	43.75	39
Energy							
Coal	1 kg	18	17	15	15.5	16	38
Cooking gas	1 kg	90	102.5	100	100	100	16
Diesel	1 L	30	35	35	35	35	16
Firewood	1 kg	7	6	6	7	7	41
Gasoline	1 L	95	85	95	95	95	4
Hygiene Items							
Bar soap	150 gm	4	3.75	4.5	3	4	60
Detergent	1 L	16.25	15	17.12	15	16.25	40
Dish soap	1 L	11.5	13.14	13.85	13.64	13.42	58
Sanitary pads	16 pads	10	9.5	10	10	10	60
Shampoo	400 ml	12	10.5	11	13.5	12	60
Toilet paper	1 un	3	3	2.5	3	3	60
Toothbrush	1 un	2	1	2	1.5	1	60
Toothpaste	100 ml	7	5	6	6	6	60
Health/Medical							
Antiseptic iodine	60 ml	10	10	8	8	10	31
Analgesic	1 Tablet	0.68	0.7	0.7	0.5	0.7	54
WASH							
Bottled water	1 L	6	4.67	6	5.33	6	60
Buckets	1 pcs	35	25	37.5	31.5	32.5	26
Chlorine	1 L	13	12.5	12.5	14	13	60
Jerry cans	1 pcs (20 l)	15	—	20	15	17.5	22
Shelter Items							
Blankets	1 un	35	30	25	25	30	24
Heavy-duty duct tape	Roll	15	18	14	15	15	20
Mattress	1 un	80	55	50	55	55	25
Nylon sheet	20 m2	90	130	90	115	115	6
Rope	1 pcs	8	10	15	15	10	24
Family tent (6×4 m)	1 unit	300	350	300	300	300	24
Tarpaulin sheet	1 m3	6.25	6	5	5	5.83	24
Clothing and Footwear							
Headscarves	1 pcs	16.5	10	15	12.5	15	45
Infant and baby suits	1 un	25	35	25	25	25	34
Shoes	Pair	50	50	57.5	70	50	41
Slippers	Pair	35	30	25	25	30	45

Item Availability, by Governorate					
NFI Item	North Gaza	Gaza	Deir Al Balah	Khan Younis	Overall
Baby Needs					
Baby diapers	●	●	●	●	●
Baby formula	●	●	●	●	●
Energy					
Coal	●	●	●	●	●
Cooking gas	●	●	●	●	●
Diesel	●	●	●	●	●
Firewood	●	●	●	●	●
Gasoline	●	●	●	●	●
Hygiene Items					
Bar soap	●	●	●	●	●
Detergent	●	●	●	●	●
Dish soap	●	●	●	●	●
Sanitary pads	●	●	●	●	●
Shampoo	●	●	●	●	●
Toilet paper	●	●	●	●	●
Toothbrush	●	●	●	●	●
Toothpaste	●	●	●	●	●
Health/Medical					
Antiseptic iodine	●	●	●	●	●
Analgesic	●	●	●	●	●
WASH					
Bottled water	●	●	●	●	●
Buckets	●	●	●	●	●
Chlorine	●	●	●	●	●
Jerry cans	●	●	●	●	●
Shelter Items					
Blankets	●	●	●	●	●
Heavy-duty duct tape	●	●	●	●	●
Mattress	●	●	●	●	●
Nylon sheet	●	●	●	●	●
Rope	●	●	●	●	●
Family tent (6×4 m)	●	●	●	●	●
Tarpaulin sheet	●	●	●	●	●
Clothing and Footwear					
Headscarves	●	●	●	●	●
Infant and baby suits	●	●	●	●	●
Shoes	●	●	●	●	●
Slippers	●	●	●	●	●

Median Price Trends

Gaza Strip | 13–15 July 2026



Key Price Changes: Between the 25–28 June and 13–15 July 2026 monitoring rounds, median prices were generally stable across most assessed items, with changes concentrated in a smaller number of products.

Fresh produce prices were mostly unchanged. The median price of onions moved from ILS 7 to 6 per kg, while tomatoes decreased from ILS 10 to 8 per kg. Cucumber, potatoes, and eggplant remained stable.

Among animal products, powdered milk decreased from ILS 25 to 22.5, liquid milk from ILS 9 to 8, and turkey meat from ILS 33 to 32. Canned tuna increased from ILS 4.57 to 5, while eggs moved from ILS 1.07 to 1.17 per piece. Other monitored animal-product prices remained unchanged, while sheep meat was not available in the assessed markets during the current round.

Prices of most condiments, cereals, and pulses were also stable. Tahini increased from ILS 15.56 to 17.78 per kg, while short-grain rice decreased from ILS 2.5 to 2 and flour from ILS 2 to 1.8 per kg.

Among non-food items, baby formula decreased from ILS 47.5 to 43.75, while baby diapers remained stable. Energy prices were stable or slightly lower: coal decreased from ILS 18 to 16 per kg, cooking gas from ILS 105 to 100 per kg, and gasoline from ILS 100 to 95 per liter, while diesel and firewood remained unchanged. For hygiene items, dish soap decreased from ILS 14.29 to 13.42 per liter, while shampoo increased from ILS 11 to 12 and detergent from ILS 15.54 to 16.25. Antiseptic iodine increased from ILS 6 to 10, while analgesic prices remained stable.

For clothing and shelter items, shoes decreased from ILS 57.5 to 50 per pair. Nylon sheets increased from ILS 100 to 115, and heavy-duty duct tape from ILS 12 to 15 per roll. Blankets decreased from ILS 35 to 30, mattresses from ILS 70 to 55, family tents from ILS 380 to 300, and tarpaulin sheets from ILS 6 to 5.83, while rope remained stable. For WASH items, chlorine decreased from ILS 15 to 13 per liter and jerry cans from ILS 25 to 17.5, while buckets increased from ILS 30 to 32.5 and bottled water remained unchanged.

Food items

Item	Aug 25	Feb 26	25-28 June	13-15 July	% Change vs prev.
Fresh Produce					
Onions (1 kg)	60	4	7	6	▼ 1 (14.3%)
Tomatoes (1 kg)	80	9	10	8	▼ 2 (20%)
Potatoes (1 kg)	23	4	6	6	■ 0 (0%)
Cucumber (1 kg)	45	10	10	10	■ 0 (0%)
Eggplant (1 kg)	15	12	3	3	■ 0 (0%)
Animal Products					
Yogurt (1 kg)	50	19	16.67	16.67	■ 0 (0%)
Powdered milk (500 gm)	48.5	25	25	22.5	▼ 2.5 (10%)
Liquid milk (1L)	19	8	9	8	▼ 1 (11.1%)
Canned feta (250 gm)	10	2	2.5	2.5	■ 0 (0%)
Canned tuna (160 gm)	8	3	4.57	5	▲ 0.43 (9.4%)
Chicken meat (1 kg)	130	27	22	22	■ 0 (0%)
Beef meat (1 kg)	NA	40	42	42	■ 0 (0%)
Sheep meat (1 kg)	NA	75	NA	NA	■ NA
Turkey meat (1 kg)	NA	25	33	32	▼ 1 (3%)
Eggs (pcs)	15	1.16	1.07	1.17	▲ 0.1 (9.4%)
Condiments					
Salt (1 kg)	5	4	5	5	■ 0 (0%)
Sugar (1 kg)	14	4	5	5	■ 0 (0%)
Vegetable oil (1 L)	23	8	10	10	■ 0 (0%)
Tahini (1 kg)	30	17	15.56	17.78	▲ 2.22 (14.3%)
Cereals					
Long grain rice (1 kg)	18	8	8	8	■ 0 (0%)
Short grain rice (1 kg)	8	3	2.5	2	▼ 0.5 (20%)
Flour (1 kg)	10	1.6	2	1.8	▼ 0.2 (10%)
Bread (1 kg)	2	2	2.75	2.75	■ 0 (0%)
Pulses and Legumes					
Lentils (1 kg)	15	6	7	7	■ 0 (0%)
Lentils (Red) (1 kg)	5	1	1	1	■ 0 (0%)
Dried white beans (1 kg)	10	5	5.5	5	▼ 0.5 (9.1%)
Dried chickpeas (1 kg)	8	6	7	7	■ 0 (0%)
Dried fava beans (1 kg)	22.5	5.5	6	6	■ 0 (0%)
Canned fava beans (380 gm)	9.5	2.5	2.85	2.5	▼ 0.35 (12.3%)
Canned white beans (380 gm)	3	0.5	0.47	0.47	■ 0 (0%)

Non-food items

Item	Aug 25	Feb 26	25-28 June	13-15 July	% Change vs prev.
Baby Needs					
Baby diapers (Pack: 40 diapers)	260	25	35	35	■ 0 (0%)
Baby formula (500 ml)	70	31.25	47.5	43.75	▼ 3.75 (7.9%)
Energy					
Firewood (1 kg)	7	5	7	7	■ 0 (0%)
Coal (1 kg)	20	10	18	16	▼ 2 (11.1%)
Cooking gas (1 kg)	NA	65	105	100	▼ 5 (4.8%)
Diesel (1 L)	80	30	35	35	■ 0 (0%)
Gasoline (1 L)	120	77.5	100	95	▼ 5 (5%)
Hygiene Items					
Dish soap (1 L)	20	10	14.29	13.42	▼ 0.86 (6%)
Bar soap (150 gm)	13.7	3	4	4	■ 0 (0%)
Toothpaste (100 ml)	10	5	6	6	■ 0 (0%)
Toothbrush (1 un)	2	1.5	1	1	■ 0 (0%)
Sanitary pads (Pack: 16 pads)	15	7	10	10	■ 0 (0%)
Toilet paper (1 un)	10	2	3	3	■ 0 (0%)
Shampoo (400 ml)	40	10.5	11	12	▲ 1 (9.1%)
Detergent (1 L)	20	12	15.54	16.25	▲ 0.71 (4.6%)
Health/Medical					
Antiseptic iodine (60 ml)	6	6	6	10	▲ 4 (66.7%)
Analgesic (1 Tablet)	1.5	0.9	0.7	0.7	■ 0 (0%)
Clothing and Footwear					
Infant and baby suits (1 un)	27.5	30	25	25	■ 0 (0%)
Shoes (Pair)	100	80	57.5	50	▼ 7.5 (13%)
Slippers (Pair)	35	25	30	30	■ 0 (0%)
Headscarves (1 pcs)	20	19	15	15	■ 0 (0%)
Shelter Items					
Nylon sheet (20 square meter)	240	87.5	100	115	▲ 15 (15%)
Tarpaulin sheet (1 m2)	27.5	3.75	6	5.83	▼ 0.17 (2.8%)
Blankets (1 un)	50	27.5	35	30	▼ 5 (14.3%)
Mattress (1 un)	100	75	70	55	▼ 15 (21.4%)
Heavy-duty duct tape (Roll)	12	8	12	15	▲ 3 (25%)
Rope (1 pcs)	10	10	10	10	■ 0 (0%)
Family tent 6×4 m (1 unit)	2600	400	380	300	▼ 80 (21.1%)
WASH					
Bottled water (1 L)	10	3	6	6	■ 0 (0%)
Chlorine (1 L)	35	15	15	13	▼ 2 (13.3%)
Jerry cans (1 pcs (20 l))	72.5	20	25	17.5	▼ 7.5 (30%)
Buckets (1 pcs)	35	20	30	32.5	▲ 2.5 (8.3%)