Supplementary material

Table S1. World Food Program Recommended guidelines

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| Item | Recommendations for monthly Ration (Kg) |
| Cereals (including rice, pasta and bulgur) | 30 |
| Legumes (including lentils, chickpeas and beans) | 15 |
| Fish | 2 |
| Oil | 5 (Liter) |
| Vegetables (tomato paste and vegetables) | 4 |
| Salt | 0.75 |
| Sugar | 4.5 |
| Total | 61.25 |

Table S2: Impact of Price changes on the content of the food parcels

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Frequency | Percentage |
| Change items of the box | Yes | 32 | 47.1 |
| No | 36 | 52.9 |
| Changes in the box | Change in quantity | 13 | 19.1 |
|  | Change in quality | 10 | 14.7 |
|  | Change in quality and quantity | 8 | 11.8 |
|  | NA | 37 | 54.4 |