



FOOD ASSISTANCE PACKAGE - 2025

Date of the revision: 30 July 2025

By: FSC TWG

Validation: To be presented in the FSC meeting April 2024

Rationale of the FSC Package revision:

Food Security Cluster food basket is vital to maintain the food and nutritional status of affected people, especially when they are dependent on food aid. Following the Food Security Cluster meeting held on 30 June 2025, the **nutritionally balanced food basket** is drafted for General Food Distribution (GFD) based on the following rational/considerations;

- The size and composition of the food baskets are tailored to local preferences, demographic profile, calorie need, GDP growth, Household income increase, increase of per capita income, operational and supply chain considerations.
- When people are entirely dependent on food assistance, it recommends food package of 2,100 Kilo calories per person. The supplementary ration is used when people have access to some but not enough food. Therefore, the proposed package covers 74% to 78% calorie needs.
- It has been considered that vulnerable people have a little amount of food at their stock as a result of increased government's food assistance through different channels – relief distribution, increased SafetyNet coverage, increased national economic capacity, increased open market sale (OMS) of coarse rice for vulnerable people. Therefore, it is designed to meet the 76% nutritional requirements (1601 Kilocalories instead of 2100 kilocalories per/person) for an affected family (5 person).
- The inclusion of fortified foods such as rice, biscuit, iodized salt and oil helps to meet vitamin and mineral requirements.
- It complies with the national standards of the government and internationally accepted standards of quality.
- **The cost is indicative only and may vary depending on market situation.**

Reminder Sphere standards

- **Key Action:** Design food transfers on the basis of the standard initial planning requirements for energy, protein, fat and micronutrients, adjusted as necessary to the local situation.
- **Guidance Notes:** *Nutritional requirements and ration planning:* The following estimates for a population's minimum requirements should be used for planning general rations, with the figures adjusted for each population as described in SPHERE Food Security & Nutrition Appendix 6: Nutritional requirements:
 - 2,100 kcs/person/day
 - 10 per cent of total energy provided by protein
 - 17 per cent of total energy provided by fat
 - adequate micronutrient intake.
- **Key Action:** Consult disaster-affected people during assessment and programme design on the acceptability, familiarity, and appropriateness of food items, and ensure the results inform decisions on food choices (see SPHERE guidance note 1).
- **Guidance Notes:** *Familiarity and acceptability:* While nutritional value is the primary consideration when choosing a food basket, the commodities should be familiar to the recipients and consistent with religious and cultural traditions, including any food taboos for pregnant or breastfeeding women.

IMMEDIATE FOOD ASSISTANCE PACKAGE (SUDDEN & SLOW ONSET DISASTER)

- The value of the package is updated. No operational cost included.
- All the prices were collected from the Department of Agricultural Marketing (DAM) and are indicative.
- The amounts have been rounded up due to packing issue, for example, 4.8 kg of rice is rounded to 5 kg.

Option-A

IMMEDIATE DRY FOOD PACKAGE						
Commodity	1 day/person		3 days for a HH (5 members)		7 days for a HH (5 members)	
	gm/p/ day	Energy (Kcal)	Kg/HH/3 days	Cost in BDT	Kg/HH/7 days	Cost in BDT
Flattened rice (Chira)	320	1,139	5.00	450.00	11.00	990.00
White sugar/brown sugar/molasses	30	119	0.50	63.00	1.00	126.00
Fortified Biscuit	75	338	1.13	186.5	2.63	434
Total	425	1,577	6.625	699	14.63	1550
			Round up	700.00	Round up	1550.00
% of energy requirements supplied by ration		75%				
% of energy from protein (10-15%)		7.2%				
% of energy from fat (17-30%)		8.4%				

Option-B

IMMEDIATE DRY FOOD PACKAGE						
Commodity	1 day/person		3 days for a HH (5 members)		7 days for a HH (5 members)	
	gm/p/ day	Energy (Kcal)	Kg/HH/3 days	Cost in BDT	Kg/HH/7 days	Cost in BDT
Fortified Biscuit	375	1613	5.625	929	13.13	2167
Total	375	1,613	5.625	950	13.125	2200
% of energy requirements supplied by ration		77%				
% of energy from protein (10-15%)		9.3%				
% of energy from fat (17-30%)		31.4%				

MINIMUM FOOD ASSISTANCE PACKAGE (SHORT TERM)

After rigorous discussions on standards, calorie needs and local practices, the FSC agreed on the following:

- Based on the availability, this package should include fortified rice, fortified vegetable oil, iodized salt and molasses/brown sugar.
 - without fortified rice and fortified vegetable oil it is difficult to fill up micronutrients (Vitamin A, Vitamin B, B12, folic acid, iron, Zinc and vitamin D) gaps of the affected population.
 - molasses/brown sugar instead of white sugar as it is healthier and provides some additional minerals.
- Cost and ration are rounded up considering the operationalization of the package.
- This package is a guideline for beneficiaries who haven't received any assistance from any sources. FSC will customize the package to be distributed immediately after a disaster through a needs assessment considering the government support.

MINIMUM FOOD BASKET						
Commodity	1 day/person		15 days for a HH (5 members)		30 days for a HH (5 members)	
	gm/per s/day	Energy (Kcal)	Kg/HH/ 15 days	Cost in BDT	Kg/HH/30 days	Cost in BDT
Rice (fortified preferred) - *(BR-29) considered	310	1116	20	1,040	40	2080
Fortified soybean oil	31	278	2	390	4	780
Lentil	31	106	2	204	4	408
Chira	16	57	1	90	2	180
Iodized salt	6	0	0.5	18	1	35
Sugar / Molasses	8	31	0.5	51	1	102
Mung dal	31	109	2	317	4	634
Cholar dal	47	176	3	279	6	558
Total	480	1873	31 kg	2,389.0	62 kg	4,777
% of energy requirements supplied by ration (round up)		89%	Round up	2,400		4,800
% of energy from protein (10-15%)		9.9%				
% of energy from fat (17-30%)		17.5%				

* "Minimum Food Basket" may be repeated as identified by the needs assessment and may be used for COVID-19, Flood, Cyclone, landslide etc.

* Rice variety will depend on regional preference.

* During emergency, the “Minimum Food Basket” should be complemented by the Multipurpose Cash Grant (MPCG) and other sectoral assistance. Minimum Food Basket is preferred to be in kind but considering special situation Minimum Food Basket may be converted to conditional cash grant.

Additional Notes

The Food Security and the Nutrition Clusters / Sectors have agreed:

- any preventive measure, with food distribution (which includes cooked food/wet meal or HEB or fortified biscuit) is a food security intervention and therefore, should be reported to the Food Security Cluster / Sector.
- any curative measure is a nutrition activity. Specialised nutritious foods targeting only to MAM or SAM cases and targeted food distribution (BSFP – Blanket Supplementary Food Programme) should be reported to the Nutrition Cluster / Sector.