

7.1.4. Food security

According to a research paper from 2025, food prices in Islamabad were rising and had an adverse impact on food security. Only a few respondents reported that formal state or civil society safety nets provided them benefits amid food price stresses. Many sampled individuals from slums in Islamabad could not frequently afford nutrient-dense foods such as meat and fruits. The food security status of household females was significantly lower than that of household males.2003

In May 2025, the World Food Programme (WFP) announced plans to increase local food production and promote the use of fortified wheat flour in Islamabad.2004 By September 2025, 13 *chakkis* (small-scale flour mills2005) had been launched and trained to accept e-vouchers. 2006 The Capital Development Authority (CDA) organises subsidised markets, the so-called Sahulat Bazaars, at multiple locations offering affordable essential commodities such as vegetables and fruits, and grocery items for residents during Ramadan.2007

Islamabad is challenged with growing water needs as the city experiences rising temperatures and an insufficient water supply, leading to water rationing.2008 As stated in October 2025, water supply in Islamabad was not only scarce but also alarming in view of health risks due to poor water quality.2009 Waste dumping, runoff from construction and lack of waste treatment were putting Rawal Lake and Simly Dam, key sources of Islamabad's drinking water, under stress.2010 The federal government decided in 2026 to address the water shortages by implementing the construction of joint dams for Islamabad and Rawalpindi.2011

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