



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 mills[2005](#)) 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](#)

- [2003](#)

Anjum, K., Growing Urban Vulnerabilities: Comparative Rural-Urban Food Security Among Pakistan's Casual Wage Workers amid Food Price Hikes, 2025, [url](#), pp. 59-60, 62

- [2004](#)

WFP, WFP Pakistan Country Brief, April 2025, 9 May 2025, [url](#), p. 2

- [2005](#)

WFP, Chakki, 7 April 2025, [url](#)

- [2006](#)

WFP, WFP Pakistan Country Brief, September 2025, 16 October 2025, [url](#), p. 2

- [2007](#)

Nation (The), Capital's Ramazan Sahulat Bazaars offer relief to masses, 4 March 2026, [url](#)

- [2008](#)

Islamabad Times, Green Yet Growing: Is Islamabad Losing Its Environmental Edge?, 24 June 2025, [url](#)

- [2009](#)

Fatima, S. B. et al., Water scarcity impact on water quality and implications for residents in Islamabad, Pakistan, 9 October 2025, [url](#), p. 18

- [2010](#)

Islamabad Times, Green Yet Growing: Is Islamabad Losing Its Environmental Edge?, 24 June 2025, [url](#)

- [2011](#)

Pakistan Observer (The), Federal govt approves emergency plan to address water shortage in Islamabad, 10 January 2026, [url](#); Pakistan Observer (The), Dotara, and Shahdara Dams cleared to Boost Water Supply in Islamabad, Rawalpindi, 10 January 2026, [url](#)