MOZAMBIQUE: IPC Acute Food Insecurity and Malnutrition Snapshot | April 2026 - March 2027

IPC Integrated Food Security Phase Classification
Evidence and Standards for Better Food Security and Nutrition Decisions

Published on 9 September 2026

Overview

Humanitarian conditions in Mozambique remain severe, with acute food insecurity worsening and conflict, El Niño and high prices intensifying vulnerabilities across affected districts. From July to September 2026, an estimated 1.19 million people in shock-affected areas of Mozambique are experiencing high levels of acute food insecurity (IPC AFI Phase 3 or above), across 46 districts impacted by shocks between October 2025 and June 2026. This includes 81,000 people in IPC AFI Phase 4 (Emergency), who require urgent support to reduce food consumption gaps.

The current situation is shaped by a succession of severe shocks earlier in the year: flooding destroyed crops and seasonal food sources, Tropical Cyclone Gezani wiped out large areas of agricultural land and livestock, and prolonged heat in February limited crop recovery and reduced pasture and water availability. Conflict in Cabo Delgado and northern Nampula displaced over 27,000 people, disrupting livelihoods and restricting access to markets and essential services. At the same time, staple food prices remain atypically high, driven by reduced local availability, rising fuel costs and elevated transport tariffs, compounded by high inflation and reduced purchasing power.

Conditions are expected to worsen rapidly with the onset of the lean season, with approximately 1.84 million people likely to face Crisis or worse (AFI Phase 3 or above) acute food insecurity from October 2026 to March 2027. The number of people projected to be in AFI Phase 4 conditions is likely to more than triple, affecting an estimated 254,000 people. This anticipated deterioration reflects the combined effects of depleted household food stocks, ongoing conflict in northern Mozambique, and the expected impacts of El Niño in southern and central areas, compounded by previous shocks and ongoing displacement.

Across 24 shock-affected districts, acute malnutrition is projected to remain elevated due to acute food insecurity and poor water, sanitation and hygiene (WASH) conditions. Between April 2026 and March 2027, an estimated 103,600 children aged 6 to 59 months and 11,100 pregnant and breastfeeding women are suffering or expected to suffer from acute malnutrition. From April to September 2026, conditions are most severe in Quissanga and Erati, both classified in IPC Acute Malnutrition (AMN) Phase 4 (Critical), followed by Doa and Mussorize in IPC AMN Phase 3 (Serious).

Despite a slight deterioration projected for October 2026 to March 2027, AMN phase classifications are expected to remain stable, with the exception of Muanza, which is projected to shift from IPC AMN Phase 1 (Acceptable) to IPC AMN Phase 2 (Alert), reflecting lean-season pressures, worsening food insecurity and seasonal disease spikes.

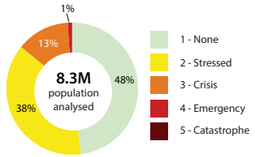
The forecast of a strong El Niño episode—likely to persist into 2027—poses a major threat to food security in Mozambique. Expected dry conditions and extreme temperatures will reduce crop establishment, pasture and water availability, and agricultural labour demand. These impacts will further constrain food access and income, especially in shock-affected areas. El Niño is also expected to drive higher staple food prices, reduce access to safe water and sanitation, and increase acute malnutrition. Rising fuel prices, linked to the 2026 conflict in the Middle East, may further worsen food access and service delivery. The highest risks are projected in southern and central Mozambique.

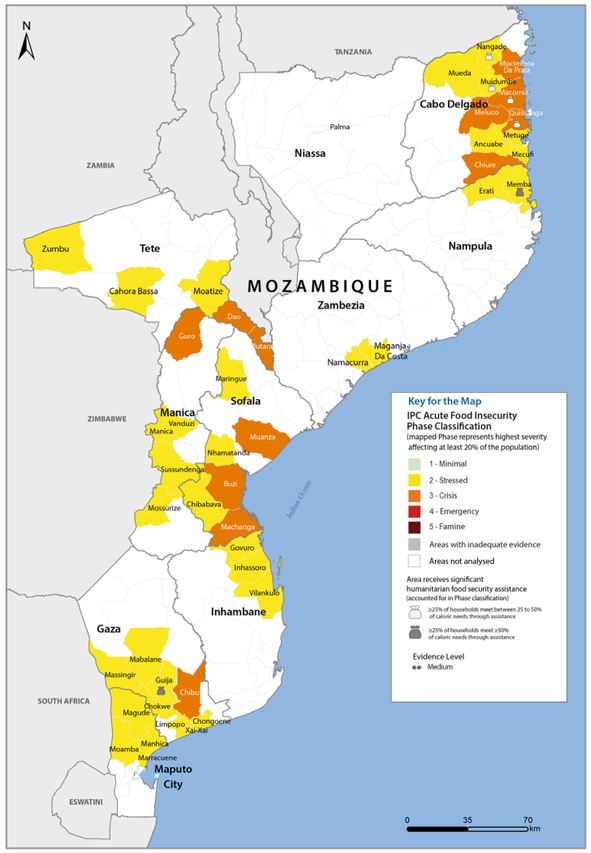
Current Acute Food Insecurity | July - September 2026

1.19 M

About 1.19 million people in Mozambique are experiencing high levels of acute food insecurity, classified in IPC Phase 3 or above (Crisis or worse) between July and September 2026.

14 percent of the analysed population is experiencing high levels of acute food insecurity (IPC Phase 3 or above).





Current Acute Malnutrition | April - September 2026

103,600

More than 103,600 children aged 6-59 months in Mozambique are suffering or expected to suffer acute malnutrition between April 2026 and March 2027. More than 11,100 pregnant or breastfeeding women will likely suffer acute malnutrition in the same period.

More than 20,400 children aged 6-59 months are suffering or expected to suffer severe acute malnutrition.



Key Drivers | Acute Food Insecurity

Climatic shocks

Widespread flooding, cyclone impacts and prolonged extreme heat in early 2026 devastated crops, livestock and seasonal foods across southern and central Mozambique, destroying land, limiting recovery and sharply reducing food availability for already vulnerable households.

Conflict

Armed group activity between April and June 2026 displaced over 27,000 people in Cabo Delgado and northern Nampula, disrupting livelihoods and essential services. Persistent insecurity continues to limit agriculture and income opportunities, deepening vulnerability.

High food prices

Staple food prices remain well above average due to limited local supply, rising fuel costs and higher transport tariffs. Maize and rice prices have surged, while inflation and transport costs continue driving the price of essential goods upward.

Contributing Factors | Acute Malnutrition

Food insecurity

Low dietary diversity and inadequate meal frequency among young children and pregnant and breastfeeding women drive acute malnutrition. Reliance on assistance, reduced purchasing power and market disruptions further increase risks of insufficient food intake

High disease burden

Cholera outbreaks and widespread measles transmission in early 2026 increased illness among young children and women, weakening immunity, raising nutrient needs and disrupting care practices, further heightening acute malnutrition risks in vulnerable households.

Poor access to WASH services

Limited access to safe drinking water, improved sanitation and basic health services in many districts increases exposure to diarrhoeal disease and reduces nutrient absorption. Low vaccination and supplementation coverage, cyclone-damaged infrastructure and insecurity further restrict essential care and heighten acute malnutrition risks.

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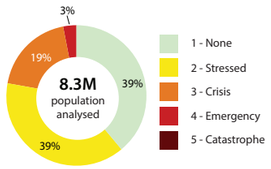
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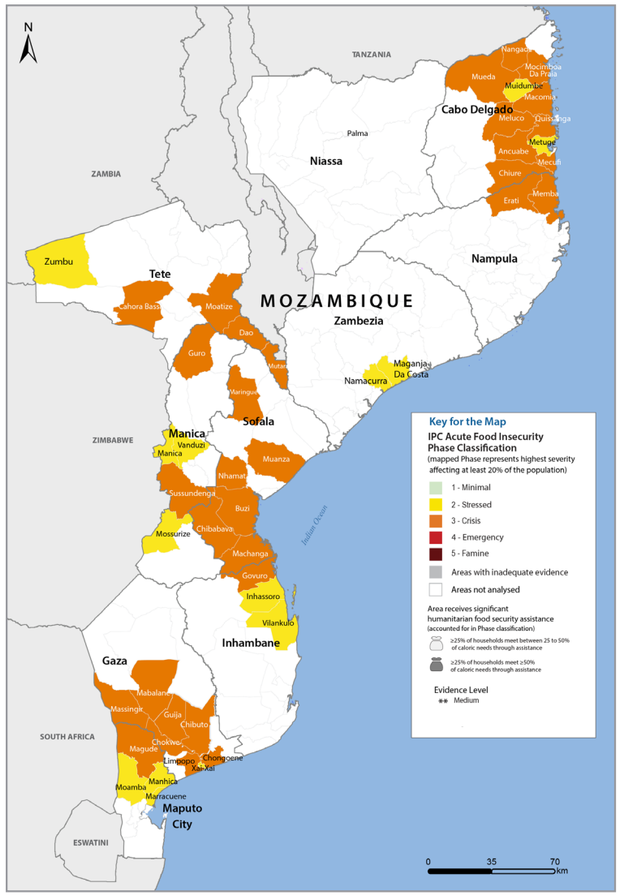
Projected Acute Food Insecurity | October 2026 - March 2027

1.84 M

About 1.84 million people in Mozambique are likely to experience high levels of acute food insecurity, classified in IPC Phase 3 or above (Crisis or worse) between October 2026 and March 2027.

22 percent of the analysed population is likely to face high levels of acute food insecurity (IPC Phase 3 or above).



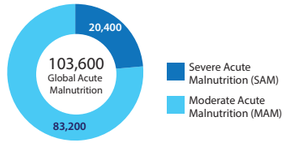


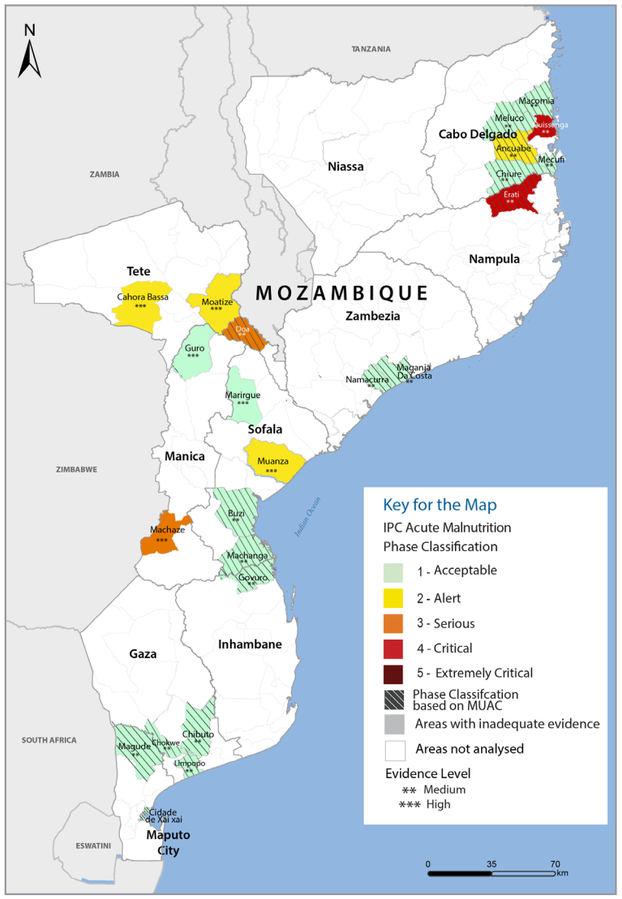
Projection Acute Malnutrition | October 2026 - March 2027

103,600

More than 103,600 children aged 6-59 months in Mozambique are suffering or expected to suffer acute malnutrition between April 2026 and March 2027. More than 11,100 pregnant or breastfeeding women will likely suffer acute malnutrition in the same period.

More than 20,400 children aged 6-59 months are suffering or expected to suffer severe acute malnutrition.





Recommended Actions

Humanitarian Food Security Assistance: Scale-up humanitarian food assistance for highly vulnerable households, ensuring predictable transfers during the lean season. Prioritise internally displaced persons and communities facing AFI Phase 3 or above. Treat acute malnutrition cases in IPC AMN Phase 3 and Phase 4 districts, and prevent deterioration in Phase 2 areas through timely support and strengthened community-level screening. Maintain close monitoring to update projections if conditions change.

Livelihood support: Strengthen household resilience by expanding agricultural, livestock and fisheries input programmes, including short-cycle seeds, feed, tools and fishing gear. Improve market access for selling surplus products and provide inputs directly in local markets. Intensify monitoring and technical assistance for crop and livestock pest and disease control, and promote adaptation and resilience measures in areas expected to be affected by El Niño.

Improve coverage of safe WASH: Increase access to safe drinking water by expanding water storage capacity and supply options during below-normal rainfall periods. Address poor sanitation and hygiene conditions through targeted WASH interventions in high-risk districts. Strengthen community-level disease prevention to reduce diarrhoeal incidence and improve nutrient absorption among young children and women.

Acute Food Insecurity phase name and description

Phase 1 None/Minimal	Phase 2 Stressed	Phase 3 Crisis	Phase 4 Emergency	Phase 5 Catastrophe/ Famine
Households are able to meet essential food and non-food needs without engaging in atypical and unsustainable strategies to access food and income.	Households have minimally adequate food consumption but are unable to afford some essential non-food expenditures without engaging in stress-coping strategies.	Households either: • have food consumption gaps that are reflected by high or above-usual acute malnutrition; **or** • are marginally able to meet minimum food needs but only by depleting essential livelihood assets or through crisis-coping strategies.	Households either: • have large food consumption gaps that are reflected in very high acute malnutrition and excess mortality; **or** • are able to mitigate large food consumption gaps but only by employing emergency livelihood strategies and asset liquidation	Households have an extreme lack of food and/or are unable to meet other basic needs even after full employment of coping strategies. Starvation, death, destitution and extremely critical acute malnutrition levels are evident. (For Famine classification, an area needs to have extreme critical levels of acute malnutrition and mortality.)

Acute Malnutrition phase name and description

Phase 1 Acceptable	Phase 2 Alert	Phase 3 Serious	Phase 4 Critical	Phase 5 Extremely Critical
Less than 5% of children are acutely malnourished.	**5–9.9%** of children are acutely malnourished.	**10–14.9%** of children are acutely malnourished.	**15–29.9%** of children are acutely malnourished. The mortality and morbidity levels are elevated or increasing. Individual food consumption is likely to be compromised.	**30% or more** children are acutely malnourished. Widespread morbidity and/or very large individual food consumption gaps are likely evident.

IPC Analysis Partners:

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Publication date: 9 September 2026, *IPC population data is based on population estimates by the Mozambique National Bureau of Statistics. Disclaimer: The information shown on this map does not imply official recognition or endorsement of any physical and political boundaries.