GUATEMALA: IPC Acute Food Insecurity Snapshot | May 2025 - April 2026

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

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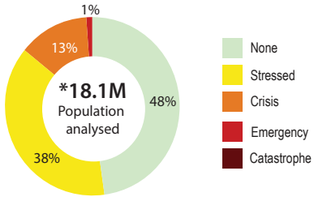
Projection 1 Acute Food Insecurity | September 2025 - January 2026

2.6 M

About 2.6 million people (14 percent of the analysed population of 18.1 million) are likely experiencing high levels of acute food insecurity (IPC Phase 3 or above) in Guatemala between September 2025 and January 2026.



Overview

Between September 2025 and January 2026 (first projection period), approximately 2.6 million people are likely facing high levels of acute food insecurity (IPC Phase 3 or above). This includes at least 185,000 people classified in IPC Phase 4 (Emergency), characterised by large food gaps and malnutrition, and 2.4 million people in IPC Phase 3 (Crisis). This represents an improvement compared to the previous period between May and August 2025, when more than 3.4 million people in Guatemala (19 percent of the analysed population) experienced high levels of acute food insecurity (IPC Phase 3 or above). This included 330,000 people classified in IPC Phase 4 (Emergency) and 2.4 million people in IPC Phase 3 (Crisis). The improvement between September 2025 and January 2026 is due in part to projected average rainfall, which will likely contribute to a good crop production cycle, in addition to other seasonal improvements in income and food availability.

However, during the second projection period (February to April 2026), the acute food insecurity situation is expected to deteriorate once more, with approximately 3 million people (16 percent of the population analysed) likely to face Phase 3 or worse conditions. The anticipated decline in food security is related to seasonal food shortages, reduced demand for temporary employment, decrease in remittances, and related reduction in households' food reserves, especially for the most vulnerable people.

During the current period, 11 departments were classified in Phase 3, including Alta Verapaz, Chimaltenango, Chiquimula, Huehuetenango, Jalapa, Petén, Quiché, Retalhuleu, Sololá, Suchitepéquez, and Totonicapán. Extreme poverty and limited access to services persist in these departments. Urgent action is required to reduce people's food consumption gaps and protect their livelihoods in these areas.

The main drivers of food insecurity in Guatemala are climatic shocks related to extreme weather conditions, the increase in prices for basic food items, and low food reserves, which is typical of seasonal hunger trends in the country. The decline in humanitarian funding has introduced additional strain on the country, limiting resources previously allocated to bolster household resilience and sustain food and nutrition support programs.

Projection 1 Acute Food Insecurity | September 2025 - January 2026

Key for the Map

IPC Acute Food Insecurity Phase Classification

(mapped Phase represents highest severity affecting at least 20% of the population)

1 - Minimal
2 - Stressed
3 - Crisis
4 - Emergency
5 - Famine

Key Drivers

Climatic shocks

In the first and last cycles of 2024, which are reflected in the effects of 2025, extreme climate events, mainly droughts linked to El Niño, affected 106 municipalities, damaging more than 50,000 hectares of crop lands and affecting 105,000 families. Alta Verapaz, Izabal, and Jalapa were the most impacted departments.

High food prices

Despite slight reductions in food prices, staple grain prices remain high. Between January 2024 and June 2025, the cost of basic food items in urban and rural areas rose by 8 percent. In addition, household debt also increased, particularly in Retalhuleu, Alta Verapaz and Petén.

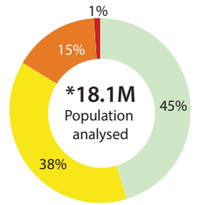
Depletion of food reserves

Due to the impacts of the 2024 harvest cycle, basic grain reserves have been depleted, coinciding with the country's recurring seasonal hunger period. This increases the risk of food insecurity, especially in households dependent on subsistence agriculture.

Projection 2 Acute Food Insecurity | February - April 2026

3.0 M

About 3.0 million people (16 percent of the analysed population of 18.1 million) are likely to experience high levels of acute food insecurity (IPC Phase 3 or above) in Guatemala between February and April 2026.



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Publication date: 11 September 2025, *IPC population data is based on population estimates by the National Institute of Statistics of Guatemala. I Disclaimer: The information shown on this map does not imply official recognition or endorsement of any physical and political boundaries. I For more information please contact ipc@fao.org.