In-camp Post Distribution Monitoring Report

Turkiye Q1/2026

Introduction

Following the regime change in Syria, the policies towards the refugees in Turkiye has evolved. After providing shelter and assistance to the refugees over a decade in the temporary accommodation centers (TACs), the camp population decongested in the third quarter of 2026. In January 2026, the provision of free healthcare for refugees was changed, and refugees are subject to the same contribution‐based system as Turkish citizens. As of March 2026, there are 2.3 million Syrian under temporary protection, of those 2,253 of them – who are defined as households with special needs – are living in Adana TAC, supported by the WFP-Turk Kizilay e-voucher assistance for their food needs through Kızılaykart system.

The assistance aims to improve the food security of the beneficiaries. After the camp decongestions, thanks to the advocacy efforts of stakeholders, the transfer value increased from TRY 425 to TRY 1,050 in January 2026. The adequacy ratio that was lesser than 30 percent for a long time has reached to 66% in January, though decreased to 62 percent in February due to annual inflation rates remained high at 31.5 percent, deteriorating the purchasing power of beneficiaries as well as the overall population. The inflation rates are expected to remain high, as the Israel/US war against Israel push the global energy and food prices upward.

Objectives and Methodology

Post Distribution Monitoring (PDM) activities aim to evaluate how effectively refugees living in camps are able to meet their basic needs through the in-camp e-voucher programme. These activities also track changes over time and assess the programme's impact on households to ensure smooth implementation. The World Food Programme (WFP) publishes the in-camp PDM report for Syrian-populated camps twice a year—once in the first quarter and again in the third quarter.

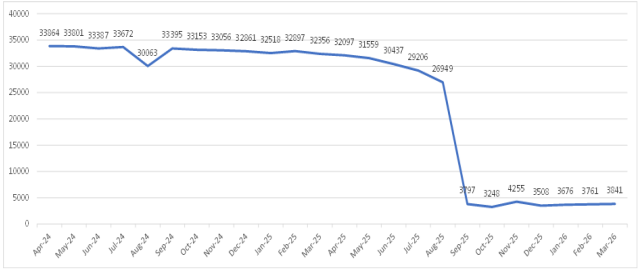
The surveys collect data on household food consumption, dietary diversity, coping strategies, and spending habits. This information is used to evaluate overall household well-being and guide evidence-based programme improvements. PDM surveys follow a cross-sectional design and use a single-stage random sampling method to select households receiving e-voucher assistance in the Syrian refugee camps supported by WFP.

The Q1 2026 PDM report is based on data collected in January 2026 for the period of Q1 2026, as there were operational adjustments and access restrictions. WFP Field Monitoring Assistants conducted in-person interviews with 151 beneficiary households in Adana Saricam TAC, the only camp that the e-voucher programme operated during the given period. The sample size was determined in accordance with minimum methodological standards, calculated from the total camp population with a 90 percent confidence level and a 6.5 percent margin of error.

Highlights

- Camp beneficiaries continue to struggle meeting their needs and achieving food security. As of Q1 2026, 42 percent of households are food insecure, while 58 percent remain at risk.
- After camp decongestion, reliance on e‐voucher assistance rose from 6% in Q1 2025 to 16% in Q1 2026, showing persistent household constraints. Labor remains the main income source, with increased female employment to 28 percent, largely due to being the only able-bodied working age member in their households.
- 42 percent of households report worsening financial conditions, primarily due to rising inflation, which has severely reduced purchasing power. The ratio of household having debt increased from 31 percent in 2025 to 42 percent in 2026, and almost all households (93%) who borrowed money to cover their essential needs spent it on food.
- Acceptable food consumption dropped sharply from 93 percent in 2025 to 78 percent in 2026. Dietary diversity is also deteriorating, in 54 percent of the households reported they did not consume any fruit in the past week as they could not afford it.
- Resorting to coping strategies became more prevalent. 89 percent of households rely on consumption coping strategies, mainly cheaper food, borrowing, or reducing meals. Furthermore, using livelihood coping strategies are intensified with more households relying on crisis coping strategies.
- Female-headed households face heightened vulnerability: 52 percent are food insecure, 72 percent rely on e-vouchers as main income, 47 percent are more likely to use coping strategies, and only 67 percent achieve acceptable food consumption. 68 percent of female-headed households spend more than 75 percent of their budget on food, compared to 37 percent of male-headed households.
- 60 percent of households report joint decision making over e‐voucher use, though in female-headed households women decide independently (80%).
- Beneficiaries reported respectful treatment and dignified conditions at WFP sites, high programme awareness (82% fully informed). Few people experienced challenges to access their assistance due to technical reasons, and their unclarity about the selection criteria implemented through the camp decongestion process.

Caseload over time

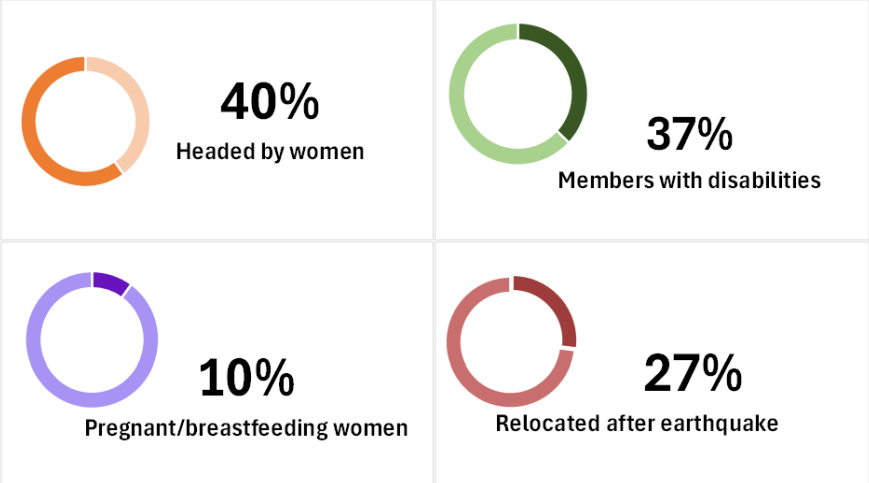


Demographic Profile

- An overwhelming majority of the households (60%) were male-headed, while female-headed households made 40 percent,
- The average household size is 4.9.
- 10 percent of the households had at least one pregnant or breastfeeding woman.
- 37 percent of the households had at least one disabled member.
- 31 percent of the households had at least one child under the age of 5.
- 27 percent of the households were relocated into the camps after the 2023 earthquakes.

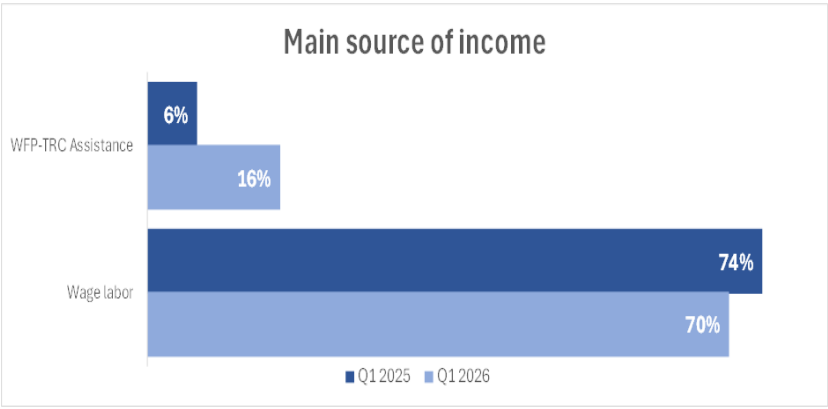
Household Size

Average household size is 4.9. Almost half (49%) of the households are composed of 5-9 people. Following closely, smaller households (1-4 members) make up 48 percent of the households participated in the PDM surveys.



Socioeconomic Characteristics

Main Source of Income: Following the decongestion of the camps, the households that are considered the most vulnerable remained in the camp. Thus, the trends in the last two years that the reliance on the e-voucher assistance as the main source of income had been decreasing, has now reversed in Q1 2026. Compared to 6 percent of the population that primarily relied on e-voucher assistance in Q1 2025 when the camps were populated, in Q1 2026, around 16 percent of the beneficiaries stated e-voucher as their main income. Of those who had e-voucher as their main income are mostly women-headed households (72%). While there is a decrease in the number of households that mentioned wage labour as their main income compared to a year ago, they still make the majority (70%) of the households in the camp. Seventy□two percent of households that generate income through labour work do so as unskilled, casual agricultural workers. While those working in the non-agricultural sectors casually make up 21 percent of the beneficiaries, only 8 percent of them have skilled wage-based jobs. In 30 percent of households, all adult members are working. Of those who have working age members that who do not work, 76 percent of them are not working due to caregiving responsibilities, mostly females. The households with unemployed working age male members frequently mentioned the health issues preventing them from working.



* Female-headed households refer to the self-declaration of the household when asked the gender of the head of the household.

Secondary Source of Income: 81 percent of the households had e-voucher as their second source of income, while 13 percent of the households did not have any second income and solely relying on the e-voucher assistance. These findings indicate that e-voucher assistance remains a crucial resource for beneficiaries to meet their food needs.

Women's Contribution to Household Income: Compared to Q1 2025 (10%), in Q1 2026 more (28%) households have a female adult who contributes to the household economy through labour. In fact, in 19 percent of the households, females are the sole breadwinners. This reflects the higher proportion of female-headed households in the camp population after the decongestion.

Debts: The percentage of households reported having debt increased from 31 percent in Q1 2025 to 42 percent in Q1 2026, indicating a financial burden within the community. More female-headed households (47%) compared to male-headed households (39%) have borrowed money, though male-headed households have higher amount of debt (TRY 6,814) than female-headed households (TRY 4,046). An overwhelming majority (93%) of households who have debt stated that they borrowed money to buy food. Other reasons to borrow money to cover health expenses.

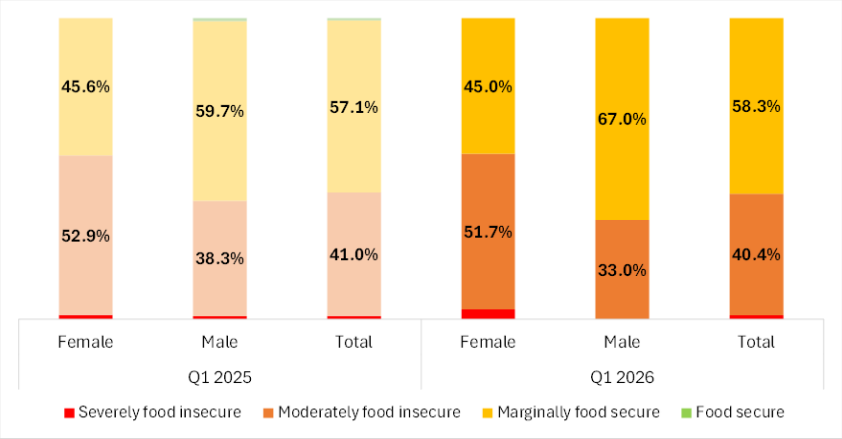
Food Security

Levels of Food Insecurity: 42 percent of the beneficiaries are food insecure whereas 58 percent of them are at risk of food insecurity, remained at the same levels compared to a year ago. The findings show that many households in the camp are marginally food insecure, with an even greater number at heightened risk of vulnerability. Despite the ongoing monthly support provided through the e-voucher assistance program and their own income-generating efforts, these households continue to face challenges in meeting their nutritional needs.

Disparities in Food Security

Gender Disparity: While the overall food security figures households remained the same between Q1 2025 and Q1 2026, the severely food insecure female-headed households became more noticeable (3%), in addition to more than half of them (52%) are moderately food insecure. In male-headed households, a 5 percent decrease in moderately food insecure is observed during the reporting period. Yet still, one out of three male-headed households are food insecure (33%), indicating that food insecurity is prevalent among all camp residents.

Food Security by Gender



No difference for disabled: In contrast to previous years, households with disabled members do not show notable differences in food security compared to those without. While more households with members with disabilities stayed in the camp following the decongestion, other households remained in the camp also have diverse challenges, likely to indicate similar economic behaviours. Nonetheless, 40 percent of the households with disabled members are food insecure, and historical trends suggest they are disproportionately fragile to shocks.

Factors Influencing Food Security

Economic Conditions: The Household food security improves with the number of income sources available. Those earning through labour have a lower food insecurity rate (33%), while 68 percent of households relying only on e-vouchers are food insecure. Even among households receiving remittances or family support, 55 percent remain food insecure. This suggests that even among vulnerable households, those with the ability to work are generally more food secure, underscoring the critical role of income generation – despite being irregular and informal.

Household composition: Smaller households (fewer than four members) tend to experience higher levels of food insecurity (53%) compared with larger households of five or more members (32%). This disparity is associated with household composition factors, such as fewer working age individuals and the need to balance caregiving duties with income earning activities.

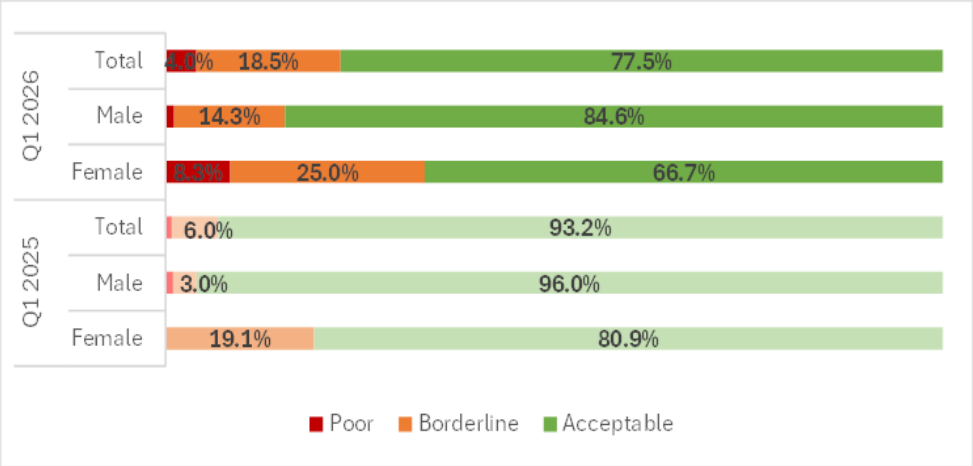
Food Consumption and Expenditures

Food Consumption

Acceptable Food Consumption: The overall acceptable food consumption score declined from 93 percent in Q1 2025 to 78 percent in Q1 2026, lowest compared to the previous years. While 19 percent of the households at borderline food consumption, 4 percent of the households are found to have poor consumption.

Gender disparity: The most significant decline in acceptable food consumption occurred among female-headed households, falling from 81 percent in Q1 2025 to 67 percent in Q1 2026. Male-headed households also saw a reduction—from 96 percent to 85 percent. The rise of poor consumption is particularly alarming among female-headed households, 8 percent of whom now have inadequate food intake, with a further 25 percent classified as borderline. In contrast, poor consumption among male-headed households remains below 1 percent, though 14 percent report borderline consumption. These trends highlight that the current camp population after the decongestion struggle with sufficient food consumption, with a growing concern over the vulnerability of female-headed households, who continue to face disproportionate challenges in securing adequate nutrition.

Food Consumption Score by Gender



No difference for disabled: The households with disabled members do not differ from the overall camp population, that might also be due to struggle of other vulnerable groups that are populated in the camp.

Household composition: Households with 4 or fewer members are more likely to have poorer food consumption (7%) compared to those with a higher number of members. Additionally, one in four small households, food consumption levels are at borderline. These households have fewer members to contribute to the household income, and that they compromise their food intake to meet their needs with their limited budget.

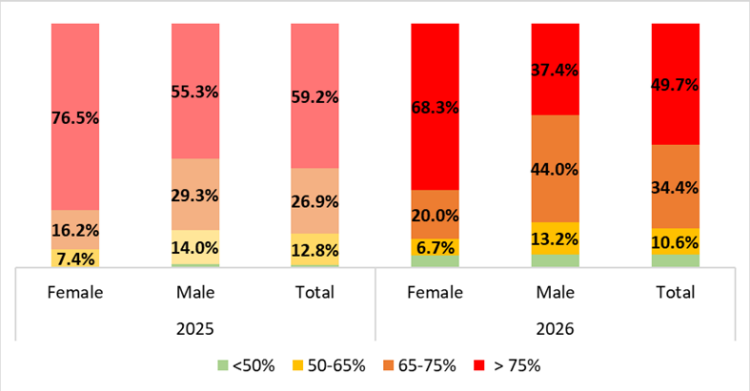
Consumed food groups: While all households consume grains, fat and sugar, 54 percent of beneficiary households reported not consuming any fruit during the week of data collection, citing affordability as the main barrier. 17percent stated that they could not afford meat, eggs, or other animal-based protein, and 14 percent were unable to afford vegetables. The recent increase in the assistance amount from TRY 425 to TRY 1,050 is expected to help reduce financial barriers to accessing a more diverse diet.

Expenditure on Food

Budget allocation: Despite a 10 percent decrease in overall expenditure compared to 2025, food remains the dominant expense for households in Q1 2026. Half of all households (50%) allocate more than 75 percent of their total budget to food, while an additional 34 percent spend between 65 and 75 percent. Only 5 percent report spending less than half of their budget on food. The burden is particularly high among households relying on e-vouchers: while 40 percent of income-generating households spend more than 75 percent of their budget on food, this rate rises sharply to 68 percent among those whose only income source is e-vouchers. Overall, the need to devote such a large share of limited resources to food despite resorting to coping strategies—yet still struggle to afford diverse food items for acceptable food consumption—highlights the persistent challenges households face in meeting their basic needs.

Gender disparity: The data reveals a significant gender disparity. A large majority of female-headed households (68%) spend more than 75 percent of their budget on food, compared with 37 percent of male-headed households. Although nearly all male-headed households (95%) still allocate more than half of their budget to food, the financial pressure is clearly more severe for female-headed households.

Food Expenditure Share by Gender



Household Composition: Smaller households tend to allocate a greater share of their budget to food. In Q1 2026, 60 percent of households with up to four members spent more than 75 percent of their total budget on food, compared with 42 percent of medium-sized households (5–8 members). Medium-sized households are more likely to include working-age individuals who can contribute to income generation and may also benefit from economies of scale—such as the ability to purchase food items in larger, more cost-efficient quantities—which helps reduce the proportional burden of food expenses.

Coping Strategies

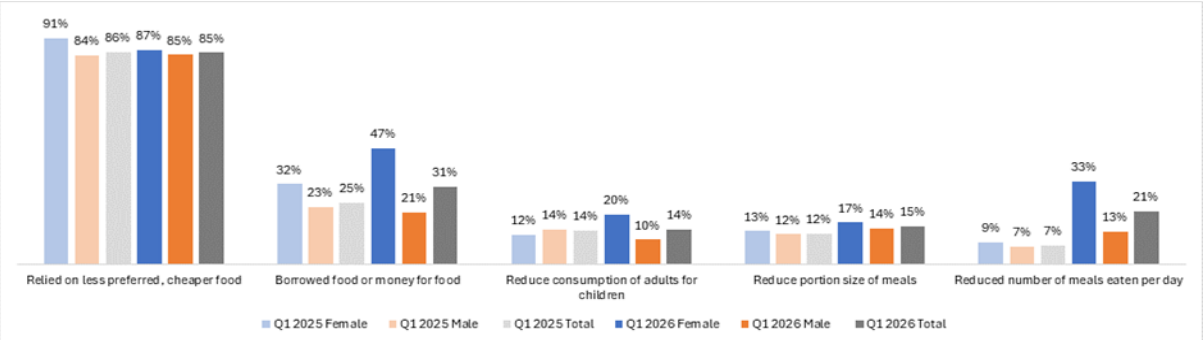
Consumption Coping Strategies

High Utilization: An overwhelming majority of beneficiary households (89%) continue to rely on at least one form of consumption-related coping strategy, reflecting no change from levels observed a year ago. This persistent reliance is largely driven by high inflation, which erodes purchasing power and undermines the adequacy of assistance provided. However, with the increase in transfer value in 2026, the frequency of households resorting to coping strategies is expected to decline.

Preference for Cheaper Food: The continued reliance on less preferred, lower-cost food items remains the most frequently reported coping strategy among refugee households, consistent with patterns observed in previous reporting periods. As of Q1 2026, 85 percent of households reported consuming cheaper, less desirable food. This persistent reliance raises serious concerns about the nutritional well-being of the current camp residents, as the food prices remain high. Moreover, the proportion of households borrowing food or money to purchase food increased from 25 percent in Q1 2025 to 31 percent in Q1 2026, while those reducing the number of meals rose sharply from 7 percent to 21 percent over the same period. These figures highlight the constraints households face in accessing adequate food, forcing them to compromise their dietary needs through consumption coping strategies in order to meet other basic necessities.

Gender Disparity: Female-headed households (92%) are inclined to use coping strategies compared to male-headed households (88%), and in higher frequencies. While reliance on cheaper food is the most prevalent coping strategy, almost half of female households (47%) borrowed food or money for food compared to 21 percent of the male-headed households. The number of female-headed households (20%) doubles the male headed households (10%) on reducing the adult consumption in order to feed children, and one-third of the female-headed households reduce meals eaten per day compared to 13 percent of the male-headed households.

Consumption Coping Strategies by Gender



Impact of Disability: Slightly more households with disabled members (93%) than those without (87%) report using consumption coping strategies. Compared to households without a disabled member, those with disabled members more frequently rely on less preferred foods, limit portion sizes, and reduce adult consumption to prioritize children. This indicates that the heightened socioeconomic challenges linked to disabilities drive a greater reliance on consumption coping strategies.

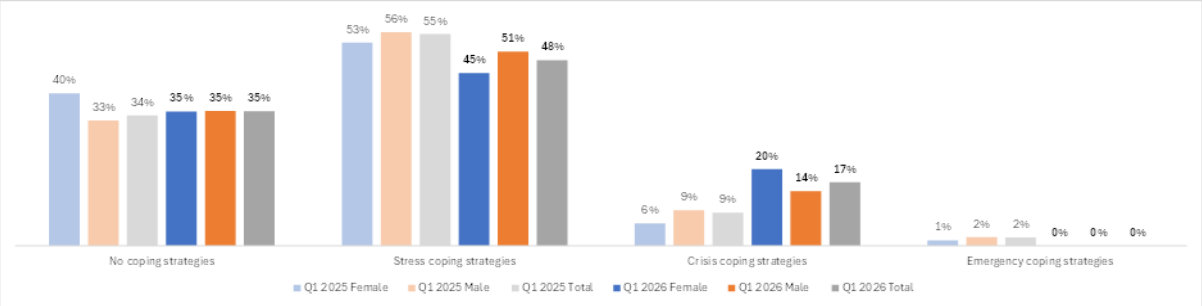
Livelihood Coping Strategies

Long-term Coping Behaviours: Following the camp decongestion, a majority of households (66%) that remained in the camp reported relying on livelihood-related coping strategies. Almost half of households (48%) also resorted to stress coping strategies, reflecting the persistent strain families face in meeting basic needs. Specifically, 40 percent reduced or ceased payments on essential utilities, 41 percent borrowed money to cover expenses, and 34 percent spent down their savings. Furthermore, an increasing number of households have exhausted these options altogether: 25 percent no longer have savings to draw upon, 13 percent can no longer borrow money or food, and 7 percent are unable to further reduce utility payments. This also explains the residents turning to the crisis coping strategies; increased from 9 percent to 17 percent between Q1 2025 to Q1 2026. Some 7 percent of the households reduce their health expenses, and 3 percent of them cut from their education expenses in order to make the ends meet. The reliance on livelihood coping strategies reflects the severity of economic pressures and highlights the erosion of household resilience, as coping strategies shift from short-term adjustments to measures that compromise future stability.

Gender Disparity: Both female-headed and male-headed households have resorted in the use of livelihood coping strategies. Although a slightly smaller share of female-headed households report relying on stress coping strategies, more female-headed (20%) households now exceeded their stress level and resorted to the crisis coping strategies compared to male-headed households. It is also notable that, when asked about specific strategies, female-headed households often indicate limited access to these options. This underscores the additional barriers and constraints they face in meeting their basic needs.

Disability overrode by household size: While the use of coping strategies has become more prevalent among camp beneficiaries, households with disabled members indicated livelihood coping behaviours similar to the households without disabled members. The difference that has been observed in the past between the two types of households is likely to be affected by intertwined factors. After the decongestion, a significant number of households remained in the camp has disabled members (37%), of which majority of them are living in middle size households that have other working age members present, effecting the livelihoods behaviours. Smaller households tend to resort to livelihood coping strategies more than others.

Livelihood Coping Strategies by Gender



Accountability to Affected Populations

Respectful Treatment and Dignified Conditions: All households reported being treated respectfully by WFP and partner staff and described conditions at WFP sites as dignified. These findings reflect ongoing efforts to strengthen accountability and service delivery, enhancing both the beneficiary experience and the professionalism of staff.

Programme Awareness and Transparency: The proportion of households fully informed about entitlements, selection criteria, reporting mechanisms for misconduct, and finding shared information easy to understand remained high at 82 percent in Q1 2026. While all respondents reported full knowledge of how to report misconduct and nearly all were aware of their entitlements, 18 percent—equal figures for women and men—indicated

uncertainty about the selection criteria applied. Strengthening knowledge and awareness can be achieved through sensitization, with closer collaboration with the PMM.

Access Challenges: Among all, 7 beneficiaries reported they had issues accessing the assistance, of which two of them had ID issues that require eligibility. Others mentioned that they were not clear about the targeting implemented by the management, and did not access to adequate information, especially during the decongestion period.

Economic Empowerment: The majority of beneficiaries (54%) reported that their financial situation remained unchanged compared to a year ago, while 42 percent indicated that their situation had worsened. Male-headed households were more likely to experience deterioration (45%) than female-headed households (38%). The primary drivers of declining financial conditions include high inflation and reduced purchasing power, inability to work due to health issues, and caregiving responsibilities for disabled or sick family members—factors that weigh more heavily than childcare.

Decision-Making Dynamics: In 60 percent of households, both women and men now make joint decisions on how to use e-voucher assistance. This figure rising to 89 percent among male-headed households, as in female-headed households, the absence of male members leaves decision-making solely to women (80%). Furthermore, in male-headed households, women are the sole decision-makers in 8 percent of the cases, while in only 5 percent of the male-headed households the men independently decide on the utilization of the assistance.

Conclusion

The findings from Q1 2026 highlight the persistent vulnerabilities faced by camp households in achieving food security and sustaining a decent living. Following the camp decongestion, reliance on the e-voucher assistance has grown, with 16 percent of households citing it as their primary income source. Wage labour remains the main income source, but it is largely unskilled and casual, leaving households exposed to instability. Women's participation in income generation has increased compared to the previous year, yet many of them are the sole breadwinners due to being single mothers or having disabled spouses, underscoring the burden of economic survival of their households. Rising debt levels, primarily incurred to purchase food, further illustrate the precarious financial situation of households.

Food insecurity remains widespread, with 42 percent of households classified as food insecure and 58 percent at risk. Female-headed households are disproportionately affected, with higher rates of moderate and severe food insecurity, and poorer food consumption scores compared to male-headed households. The decline in acceptable food consumption from 93 percent in Q1 2025 to 78 percent in Q1 2026 reflects worsening dietary diversity and affordability challenges. Smaller households, often constrained by caregiving responsibilities and limited income sources, are particularly vulnerable, spending a greater share of their budgets on food and compromising nutritional intake.

High reliance on coping strategies remains is an indicator of the struggle the beneficiary household go through. Nearly nine in ten households continue to rely on consumption-related coping mechanisms, such as purchasing cheaper food, borrowing, or reducing meals. Livelihood coping strategies have also intensified, with households increasingly cutting essential expenses like education and health. Female-headed households report higher reliance on these strategies, reflecting the compounded challenges of having fewer or lack of working-age, able-bodied members to access stable livelihoods, while also holding caregiving responsibilities (particularly for the disabled and sick members). The shift toward long-term and crisis coping behaviours signals an erosion of resilience and a deepening cycle of vulnerability.

Overall, while accountability and respectful treatment by program staff remain strong, the socioeconomic and food security indicators show that the camp residents are under significant burden to meet their household needs. Inflation, caregiving responsibilities, and limited income opportunities continue to undermine household stability. The data highlights the need for sustained support mechanisms to strengthen resilience and reduce dependence on coping mechanisms that compromise long-term well-being. The burden on the beneficiaries is expected to be alleviated to some extent with the increase in the transfer value from TRY 425 to TRY 1050, thanks to the advocacy efforts of the programme.

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