



NATIONAL BUREAU OF STATISTICS

# Liquefied Petroleum Gas (Cooking Gas) Price Watch

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(MARCH 2026)

**Report Date: April 2026**

**Data Source: National Bureau of Statistics (NBS)**

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## METHODOLOGY

Fieldwork is done solely by over 700 NBS Staff in all the States of the federation, supported by supervisors whom internal and external observers monitor.

Gas Prices are collected across all the 774 local governments across all States and the FCT from over 10,000 respondents and outlets and the estimates reflect the weights derived from estimates of household expenditures on gas and the actual prices households bought different KG of gases.

The average prices are reported for each state and the country.

The NBS audit team subsequently conducts randomly selected verification of prices recorded.

## EXECUTIVE SUMMARY

The average retail price for refilling a 5kg Cylinder of Liquefied Petroleum Gas (Cooking Gas) increased by 12.60% on a month-on-month basis from ₦6,799.18 recorded in February 2026 to ₦7,655.73 in March 2026. On a year-on-year basis, this increased by 4.55% from ₦7,322.49 in March 2025.

On state profile analysis, Kaduna recorded the highest average price for refilling a 5kg Cylinder of Liquefied Petroleum Gas (Cooking Gas) with ₦9,212.21, followed by Lagos with ₦8,909.73 and Taraba with ₦8,802.78. On the other hand, Bauchi recorded the lowest price with ₦6,295.40, followed by Osun and Ondo with ₦6,457.35 and ₦6,598.10 respectively.

In addition, analysis by zone showed that the North-West recorded the highest average retail price for refilling a 5kg Cylinder of Liquefied Petroleum Gas (Cooking Gas) with ₦8,137.81, followed by the North East with ₦7,890.53 while the South-South recorded the lowest with ₦7,300.95.

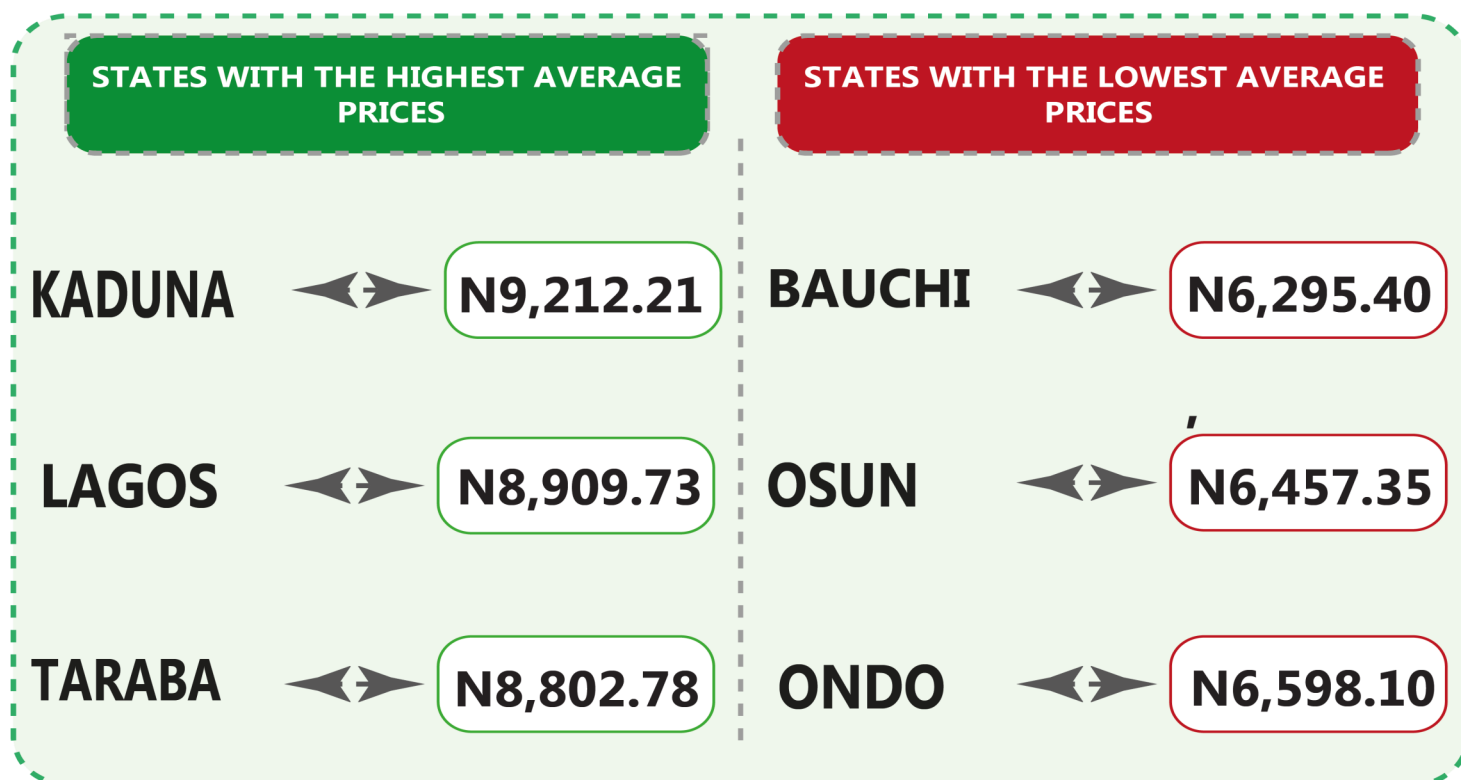
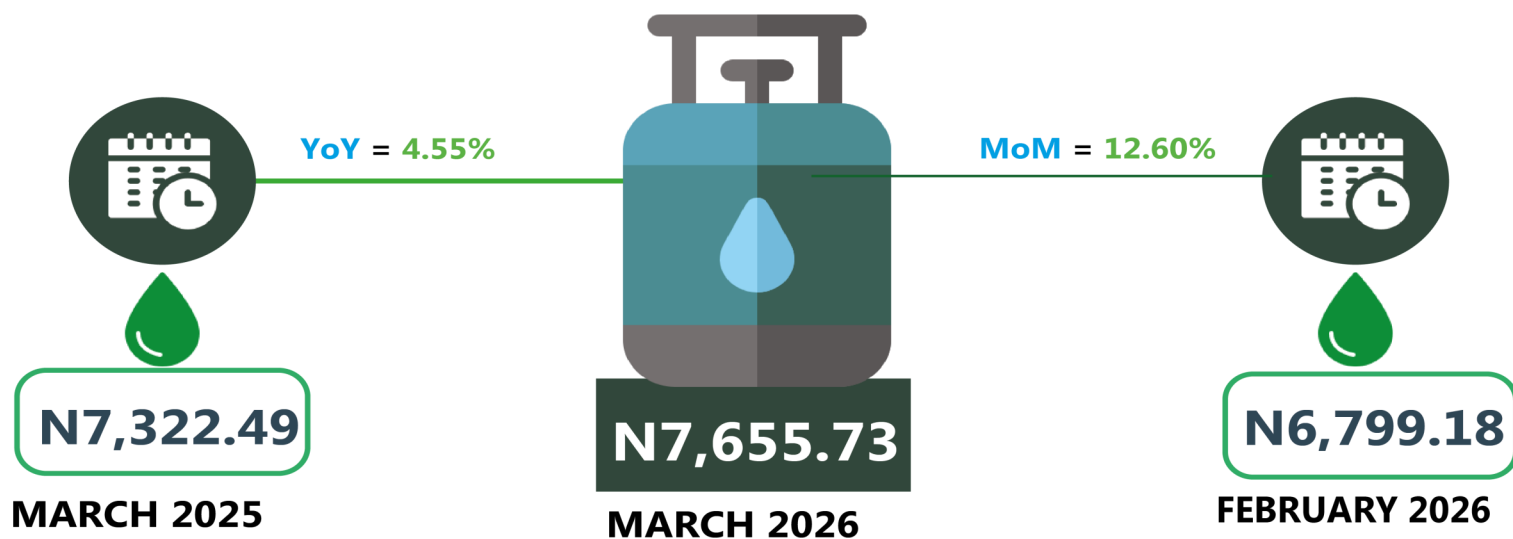
Also, the average retail price for refilling a 12.5kg Cylinder of Liquefied Petroleum Gas (Cooking Gas) increased by 15.62% on a month-on-month basis from ₦16,997.94 in February 2026 to ₦19,652.83 in March 2026. On a year-on-year basis, this increased by 6.48% from ₦18,456.24 in March 2025.

On state profile analysis, Nasarawa recorded the highest average retail price for the refilling of a 12.5kg Cylinder of Liquefied Petroleum Gas (Cooking Gas) with ₦23,418.12, followed by Kaduna with ₦23,030.52 and Akwa Ibom with ₦22,816.74. Conversely, the lowest average price was recorded in Bauchi with ₦15,738.50, followed by Osun and Ondo with ₦16,143.38 and ₦16,495.25 respectively.

Analysis by zone showed that the North-West recorded the highest average retail price for refilling a 12.5kg Cylinder of Liquefied Petroleum Gas (Cooking Gas) with ₦20,701.66, followed by the North-East with ₦20,351.32 while the South-East recorded the lowest price with ₦18,432.63.

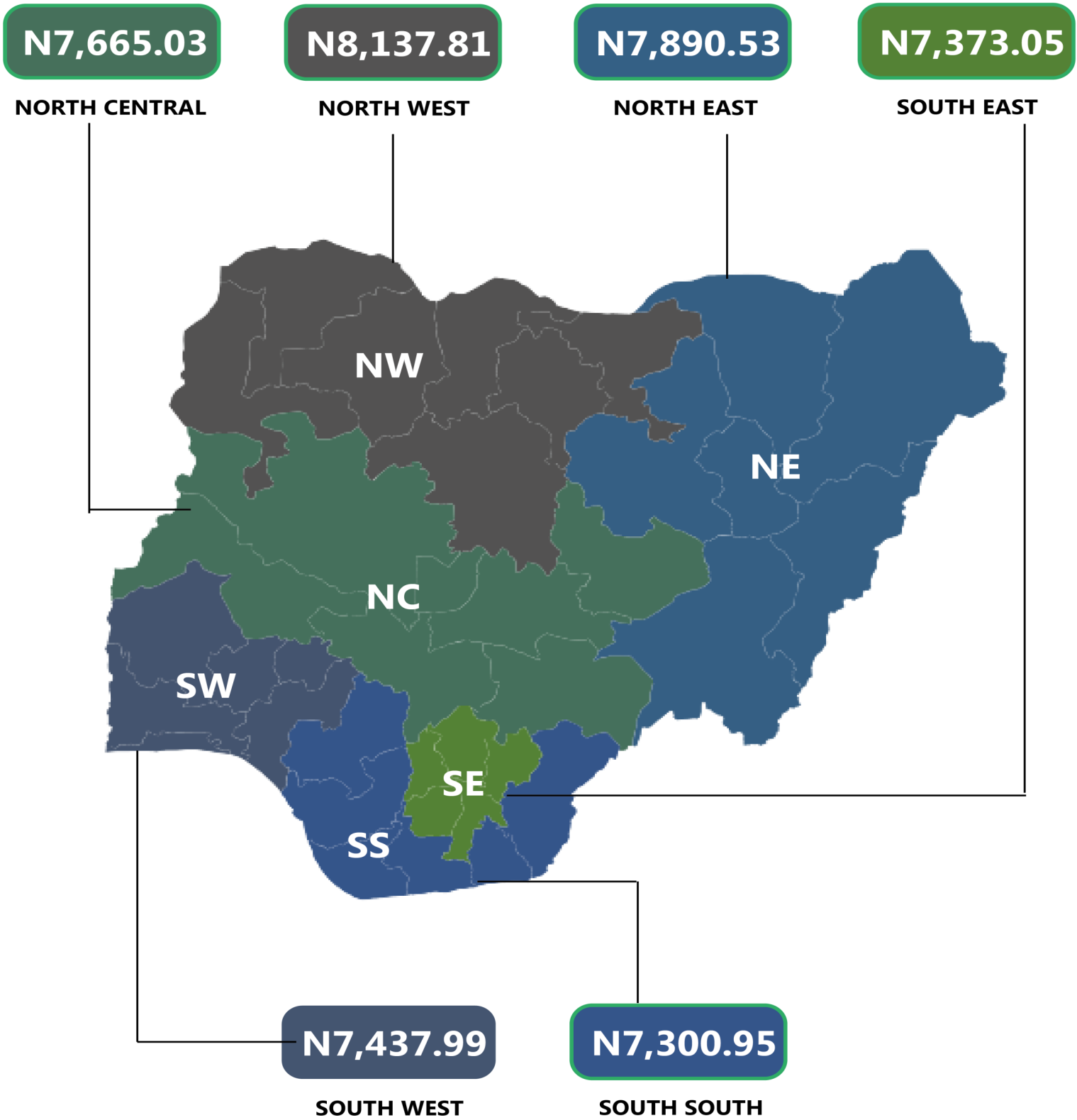
# LIQUEFIED PETROLEUM GAS (COOKING GAS) PRICE WATCH - MARCH 2026

Average Cooking Gas Prices Across States – 5KG Refilling

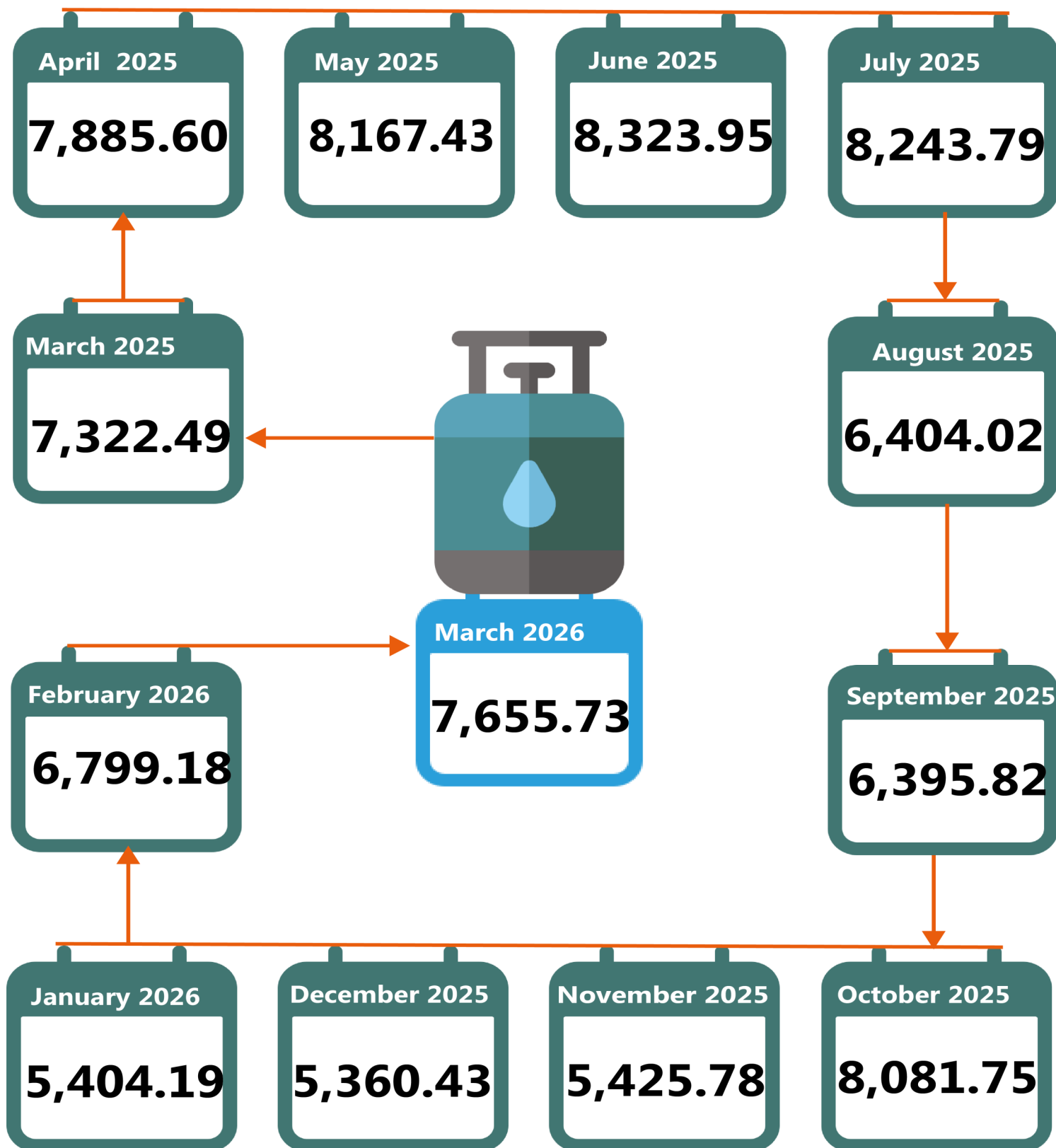


LIQUEFIED PETROLEUM GAS (COOKING GAS)  
PRICE WATCH - MARCH 2026

Average Cooking Gas Prices Across Zones – 5KG Refilling



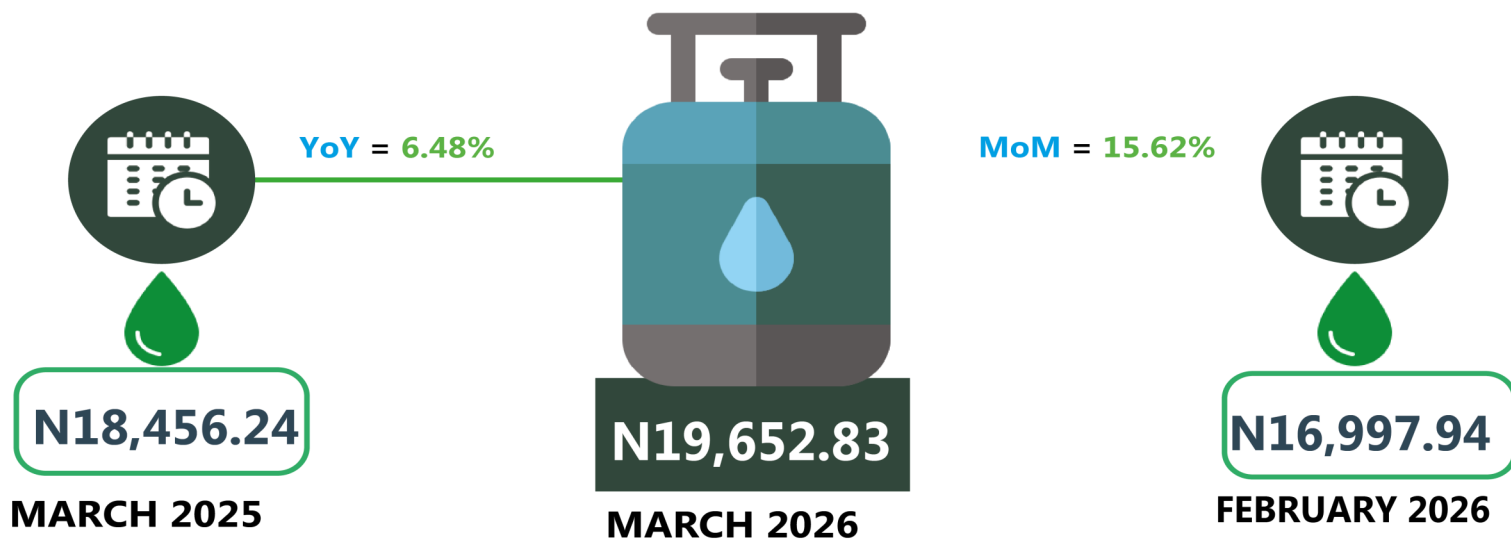
**LIQUEFIED PETROLEUM GAS (COOKING GAS)**  
**PRICE WATCH - MARCH 2026**  
12 Month Average Prices – 5KG Refilling



# LIQUEFIED PETROLEUM GAS (COOKING GAS) PRICE WATCH - MARCH 2026



Average Cooking Gas Prices Across States – 12.5KG Refilling



STATES WITH THE HIGHEST AVERAGE PRICES		STATES WITH THE LOWEST AVERAGE PRICES	
NASARAWA	N23,418.12	BAUCHI	N15,738.50
KADUNA	N23,030.52	OSUN	N16,143.38
AKWA IBOM	N22,816.74	ONDO	N16,495.25



LIQUEFIED PETROLEUM GAS (COOKING GAS)  
PRICE WATCH - MARCH 2026

Average Cooking Gas Prices Across Zones – 12.5KG Refilling



**N19,984.00**

**NORTH CENTRAL**

**N20,701.66**

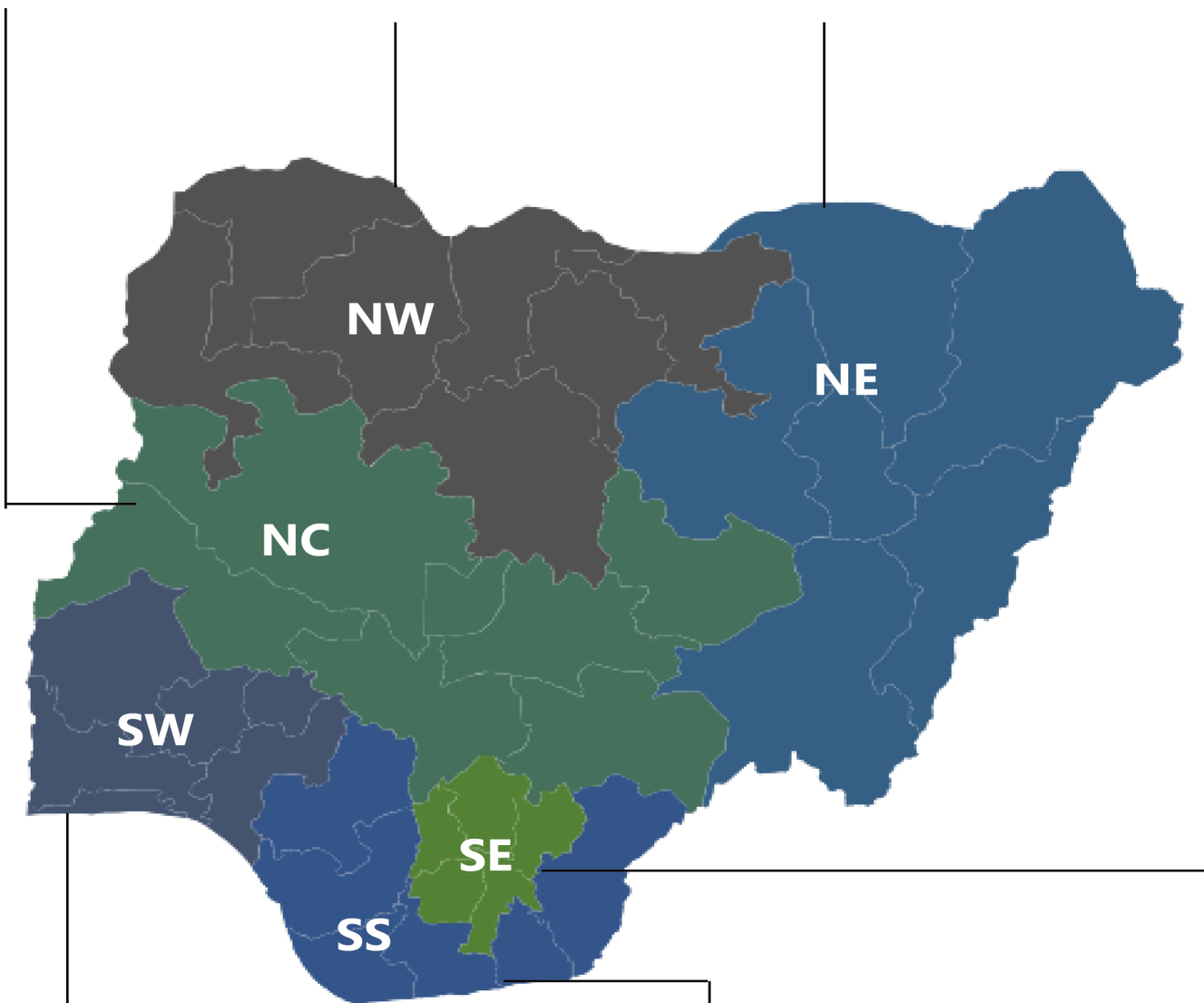
**NORTH WEST**

**N20,351.32**

**NORTH EAST**

**N18,432.63**

**SOUTH EAST**



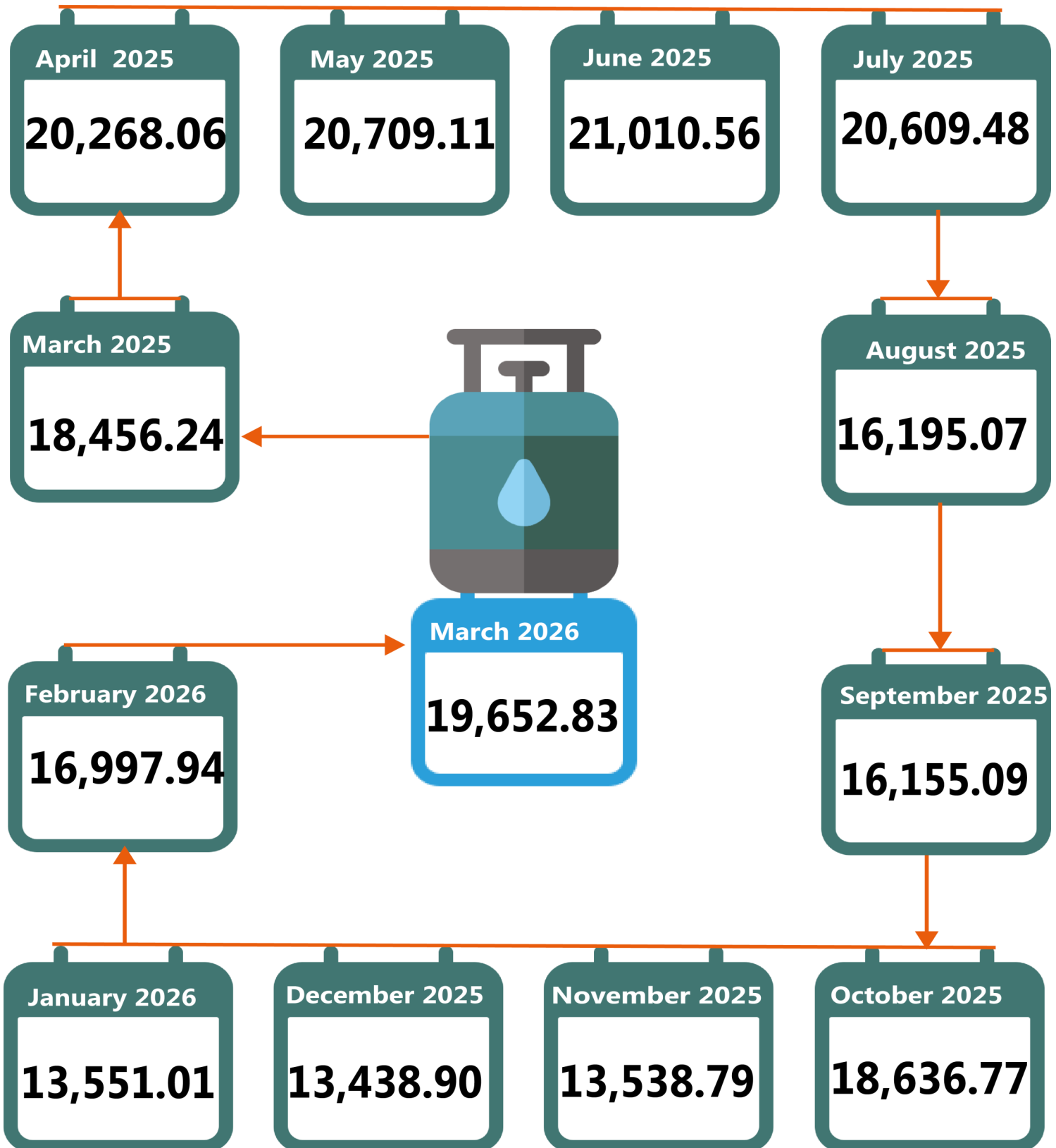
**N18,594.96**

**SOUTH WEST**

**N19,419.03**

**SOUTH SOUTH**

**LIQUEFIED PETROLEUM GAS (COOKING GAS)**  
**PRICE WATCH - MARCH 2026**  
12 Month Average Prices – 12.5KG Refilling



## APPENDIX

5KG

STATES	Average of Mar-25	Average of Feb-26	Average of Mar-26	MOM	YOY
<b>NORTH CENTRAL</b>	<b>7047.23</b>	<b>6816.18</b>	<b>7665.03</b>	<b>12.45</b>	<b>8.77</b>
Abuja	7144.19	6555.00	7276.81	11.01	1.86
Benue	7508.10	6518.68	7709.01	18.26	2.68
Kogi	7266.08	7028.52	7899.07	12.39	8.71
Kwara	6728.09	6949.41	7266.16	4.56	8.00
Nasarawa	6864.52	7040.68	8367.25	18.84	21.89
Niger	6831.55	6556.88	7661.40	16.85	12.15
Plateau	6988.09	7064.09	7475.52	5.82	6.98
<b>NORTH EAST</b>	<b>7452.36</b>	<b>6854.44</b>	<b>7890.53</b>	<b>15.12</b>	<b>5.88</b>
Adamawa	7315.68	6855.77	8056.34	17.51	10.12
Bauchi	7900.60	6448.78	6295.40	-2.38	-20.32
Borno	6895.84	6858.89	7965.22	16.13	15.51
Gombe	7518.91	6620.26	8064.22	21.81	7.25
Taraba	8056.75	7177.78	8802.78	22.64	9.26
Yobe	7026.40	7165.17	8159.21	13.87	16.12
<b>NORTH WEST</b>	<b>7326.23</b>	<b>6948.58</b>	<b>8137.81</b>	<b>17.11</b>	<b>11.08</b>
Jigawa	7042.77	7621.27	8102.69	6.32	15.05
Kaduna	7332.54	7542.10	9212.21	22.14	25.63
Kano	7949.56	6639.02	8158.03	22.88	2.62
Katsina	7358.35	6507.34	8681.30	33.41	17.98
Kebbi	6336.28	6754.85	7869.93	16.51	24.20
Sokoto	8157.38	6554.51	7579.79	15.64	-7.08
Zamfara	7106.77	7020.98	7360.71	4.84	3.57
<b>SOUTH EAST</b>	<b>7471.37</b>	<b>6832.89</b>	<b>7373.05</b>	<b>7.91</b>	<b>-1.32</b>
Abia	7508.05	6872.67	7055.43	2.66	-6.03
Anambra	7112.27	6839.66	6779.50	-0.88	-4.68
Ebonyi	7248.13	6633.67	7347.09	10.75	1.37
Enugu	7500.36	7349.12	8195.09	11.51	9.26
Imo	7988.05	6469.35	7488.15	15.75	-6.26
<b>SOUTH SOUTH</b>	<b>7598.13</b>	<b>6379.73</b>	<b>7300.95</b>	<b>14.44</b>	<b>-3.91</b>
Akwa Ibom	8049.52	6854.12	7126.70	3.98	-11.46
Bayelsa	7190.00	5954.59	7266.77	22.04	1.07
Cross River	7473.69	6289.70	7402.83	17.70	-0.95
Delta	7015.30	6819.38	7408.14	8.63	5.60
Edo	7774.36	5854.00	7305.42	24.79	-6.03
Rivers	8085.92	6506.58	7295.83	12.13	-9.77
<b>SOUTH WEST</b>	<b>7109.67</b>	<b>6941.13</b>	<b>7437.99</b>	<b>7.16</b>	<b>4.62</b>
Ekiti	7195.72	6908.00	7689.44	11.31	6.86
Lagos	7279.70	7239.49	8909.73	23.07	22.39
Ogun	7195.58	6729.84	7509.97	11.59	4.37
Ondo	6961.59	6739.00	6598.10	-2.09	-5.22
Osun	7341.09	7073.50	6457.35	-8.71	-12.04
Oyo	6684.31	6956.95	7463.32	7.28	11.65
<b>Grand Total</b>	<b>7322.49</b>	<b>6799.18</b>	<b>7655.73</b>	<b>12.60</b>	<b>4.55</b>

STATES	Average of Mar-25	Average of Feb-26	Average of Mar-26	MOM	YOY
<b>NORTH CENTRAL</b>	<b>17296.65</b>	<b>17040.45</b>	<b>19984.00</b>	<b>17.27</b>	<b>15.54</b>
Abuja	17110.48	16387.50	18942.03	15.59	10.70
Benue	18770.26	16296.69	19272.52	18.26	2.68
Kogi	18165.20	17571.29	19747.67	12.39	8.71
Kwara	16820.22	17373.53	18165.40	4.56	8.00
Nasarawa	15661.30	17601.70	23418.12	33.04	49.53
Niger	17078.87	16392.20	21653.49	32.10	26.79
Plateau	17470.23	17660.23	18688.80	5.82	6.98
<b>NORTH EAST</b>	<b>18547.66</b>	<b>17136.11</b>	<b>20351.32</b>	<b>18.76</b>	<b>9.72</b>
Adamawa	18289.20	17139.43	21390.86	24.80	16.96
Bauchi	19752.00	16121.96	15738.50	-2.38	-20.32
Borno	17239.60	17147.22	22413.06	30.71	30.01
Gombe	18797.28	16550.66	20160.55	21.81	7.25
Taraba	20141.88	17944.44	22006.95	22.64	9.26
Yobe	17066.00	17912.93	20398.02	13.87	19.52
<b>NORTH WEST</b>	<b>18315.59</b>	<b>17371.45</b>	<b>20701.66</b>	<b>19.17</b>	<b>13.03</b>
Jigawa	17606.93	19053.17	20256.71	6.32	15.05
Kaduna	18331.34	18855.25	23030.52	22.14	25.63
Kano	19873.90	16597.56	20395.08	22.88	2.62
Katsina	18395.86	16268.35	21703.26	33.41	17.98
Kebbi	15840.70	16887.12	19674.82	16.51	24.20
Sokoto	20393.45	16386.27	18949.47	15.64	-7.08
Zamfara	17766.93	17552.44	20901.76	19.08	17.64
<b>SOUTH EAST</b>	<b>19138.43</b>	<b>17082.23</b>	<b>18432.63</b>	<b>7.91</b>	<b>-3.69</b>
Abia	18820.12	17181.67	17638.58	2.66	-6.28
Anambra	18280.68	17099.16	16948.74	-0.88	-7.29
Ebonyi	19870.33	16584.17	18367.71	10.75	-7.56
Enugu	18750.91	18372.79	20487.72	11.51	9.26
Imo	19970.13	16173.38	18720.38	15.75	-6.26
<b>SOUTH SOUTH</b>	<b>20203.66</b>	<b>15949.32</b>	<b>19419.03</b>	<b>21.75</b>	<b>-3.88</b>
Akwa Ibom	20623.80	17135.29	22816.74	33.16	10.63
Bayelsa	19475.00	14886.48	20166.92	35.47	3.55
Cross River	20934.23	15724.26	18507.06	17.70	-11.59
Delta	20038.26	17048.45	18520.34	8.63	-7.58
Edo	19185.89	14635.00	18263.56	24.79	-4.81
Rivers	20964.79	16266.44	18239.58	12.13	-13.00
<b>SOUTH WEST</b>	<b>17565.83</b>	<b>17352.82</b>	<b>18594.96</b>	<b>7.16</b>	<b>5.86</b>
Ekiti	16739.31	17269.99	19223.61	11.31	14.84
Lagos	18199.25	18098.73	22274.33	23.07	22.39
Ogun	17988.96	16824.59	18774.91	11.59	4.37
Ondo	17403.98	16847.49	16495.25	-2.09	-5.22
Osun	18352.72	17683.74	16143.38	-8.71	-12.04
Oyo	16710.77	17392.38	18658.30	7.28	11.65
<b>Grand Total</b>	<b>18456.24</b>	<b>16997.94</b>	<b>19652.83</b>	<b>15.62</b>	<b>6.48</b>

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