



NATIONAL BUREAU OF STATISTICS

Selected Food Price Watch

(JULY 2025)

Report Date: August 2025

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EXECUTIVE SUMMARY

The National Bureau of Statistics (NBS) recently rebased the **Consumer Price Index (CPI)**. This rebasing aligns the price and weight reference periods with the current economic environment. It also updates the composition of the goods and services basket and revises item weights. Consumption patterns constantly evolve, so the CPI basket is regularly updated. This includes adding new items, which can change some item specifications. Consequently, the prices of some items may no longer be comparable to previous versions, while others remain the same. For example, the old basket included "**Agric hen Egg (dozen)**", while in the new, rebased basket, the pricing is for "**Agric hen eggs, (a Crate of 30 pieces)**".

In July 2025, the Selected Food Price Watch shows that the average price of 1kg of tomatoes was N1,367.89. This is a significant 19.24% decrease from the N1,693.83 recorded in July 2024. However, it also reflects a 1.93% decrease when compared to the average price in June 2025. On the other hand, Brown Beans (1kg, sold loose) average price was N2,319.27, a 5.14% decrease year-on-year from N2,444.81 in July 2024. The price also saw a slight month-on-month decline of 0.03%. The average price of Rice Local (1kg) increased by 16.84% on a year-on-year basis, rising from N1,766.64 in July 2024 to N2,064.07 in July 2025. On a month-on-month basis, the price decreased by 0.96% from N2,084.04 in June 2025.

July 2025 state profile analysis shows that Imo recorded the highest average price for Tomatoes 1kg at N2,176.18, while Kebbi had the lowest at N758.9. For Bean Brown 1kg, Abia reported the highest average price at N3,479.76, with Zamfara state recording the lowest at N1,585.79. Regarding the average price of Rice local 1kg, Enugu recorded the highest price at N2,684.98, while Taraba state recorded the lowest price at N1,700.00. Ekiti state recorded the highest average price of small white crayfish 1kg at N11,847.17, while the lowest was reported in Bayelsa at N 7,444.27.

Regional analysis reveals significant price disparities for common food items. For Tomatoes (1kg), South-east zone reported the highest average price at N1,980.84, followed by the South-west at N1,600.27. In contrast, the lowest average price was found in the North-west at N1,021.11. The average price for Irish Potatoes (1kg) had the highest prices in South-east and South-south zones, at N2,688.41 and N2,335.68, respectively. The North-west recorded the lowest price for this item at N1,441.44. For Small White Crayfish 1kg, South-west zone recorded the highest average price at N12,300.59, followed by the North-east at N9,291.67 while the lowest average price was observed in the South-south at N8,271.02.

METHODOLOGY

Fieldwork is done solely by over 700 NBS Staff in all States of the federation supported by supervisors who are monitored by internal and external observers.

Prices are collected across all the 774 local government across all the States and the FCT from 10,000 respondents and locations. the CPI is calculate using the weight derived from household consumption expenditure on goods and services and the actual prices of goods and services collected from the field.

The average of all these prices is reported for each state and the total average for the states is the average for the country.

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

SELECTED FOOD PRICE WATCH - JULY 2025

-National



Tomato

Highest Price



Imo (N2176.18)

Lowest Price



Kebbi (N758.9)

N1,693.83

JULY 2024

YoY = -19.24%

N1,367.8

1KG
JULY 2025

MoM = -1.93%

N1,394.71

JUNE 2025

Rice local sold loose

Highest Price



Enugu (N2684.98)

Lowest Price



Taraba (N1700)

N1,766.64

JULY 2024

YoY = 16.84%

N2,064.07

1KG
JULY 2025

MoM = -0.96%

N2,084.04

JUNE 2025

Beans brown,sold loose

Highest Price



Abia(N3479.76)

Lowest Price



Zamfara(N1585.79)

N2,444.81

JULY 2024

YoY = -5.14%

N2,319.27

1KG
JULY 2025

MoM = -0.03%

N2,319.99

JUNE 2025

Yam Tuber

Highest Price



Rivers (N3073.95)

Lowest Price



Bauchi(N1650)

N1,802.84

JULY 2024

YoY = 37.81%

N2,484.40

1KG
JULY 2025

MoM = 0.84%

N2,463.70

JUNE 2025

SELECTED FOOD PRICE WATCH - JULY 2025

-National



Onion Bulb

Highest Price



Abia (N2854.97)



Lowest Price



Niger (N860.5)

N1,273.75

YoY = 20.81%

JULY 2024

N1,538.76



1KG
JULY 2025

MoM = -1.30%

N1,559.02

JUNE 2025

Beef, boneless

Highest Price



Imo (N9327.48)



Lowest Price



Kano (N5207.28)

N5,441.07

YoY = 25.55%

JULY 2024

N6,831.35



1KG
JULY 2025

MoM = 0.33%

N6,808.96

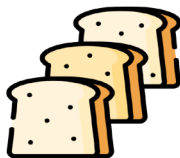
JUNE 2025

Bread sliced 450g

Highest Price



Ebonyi (N1977.34)



Lowest Price



Yobe (N1050)

YoY =

N1,661.87



1 Loaf
JULY 2025

MoM = 0.63%

N1,651.39

JUNE 2025

Palm oil: 1 bottle

Highest Price



Enugu (N3263.21)



Lowest Price



Taraba (N1950)

N1,855.42

YoY = 37.63%

JULY 2024

N2,553.54



1 Litre
JULY 2025

MoM = 1.77%

N2,509.16

JUNE 2025

SELECTED FOOD PRICE WATCH - JULY 2025

-National



Wheat flour: prepacked (golden penny 2kg)

Highest Price



Imo (N6683.95)

Lowest Price



Taraba (N3000)

N3,259.82

YoY = 28.66%

JULY 2024



N4,194.09

2KG

JULY 2025

MoM = 0.60%

N4,169.01

JUNE 2025

Gari white,sold loose

Highest Price



Abuja (N1911.12)

Lowest Price



Kaduna (N1033.35)

N1,151.79

YoY = 9.283%

JULY 2024



N1,258.64

1KG

JULY 2025

MoM = -3.05%

N1,298.19

JUNE 2025

SELECTED FOOD PRICE WATCH - JULY 2025

- NORTH CENTRAL



Tomato



N1,156.12



Beans brown,sold loose



N2,597.60



Rice local sold loose



N2,136.13



Bread sliced 500g



N1,753.58



Lorem ipsum Yam Tuber



N2,100.66



Palm oil: 1 bottle



N2,358.47



Beef,boneless



N6,392.72



Onion bulb



N1,306.59



Gari white,sold loose



N1,331.88



Wheat flour: prepacked (golden penny 2kg)

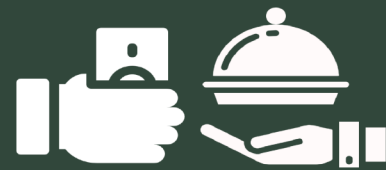


N3,991.06



SELECTED FOOD PRICE WATCH - JULY 2025

- NORTH EAST



Tomato



N1,121.67

1KG

Beans brown,sold loose



N2,124.22

1KG

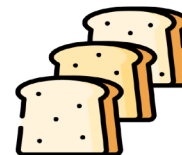
Rice local sold loose



N1,923.17

1KG

Bread sliced 500g



N1,462.50

1 Loaf

Lorem ipsum Yam Tuber



N2,447.47

1KG

Palm oil: 1 bottle



N2,258.33

1 Litre

Beef,boneless



N7,208.33

1KG

Onion bulb



N1,341.67

1KG

Gari white,sold loose



N1,233.33

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,924.63

2KG

SELECTED FOOD PRICE WATCH - JULY 2025

- NORTH WEST



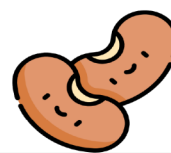
Tomato



N1,021.11

1KG

Beans brown,sold loose



N1,744.50

1KG

Rice local sold loose



N2,118.87

1KG

Bread sliced 500g



N1,710.66

1 Loaf

Yam Tuber



N2,143.71

1KG

Palm oil: 1 bottle



N2,616.47

1 Litre

Beef,boneless



N5,625.30

1KG

Onion bulb



N1,180.20

1KG

Gari white,sold loose



N1,296.34

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,978.96

2KG

SELECTED FOOD PRICE WATCH - JULY 2025

- SOUTH EAST



Tomato



N1,980.84

 1KG

Beans brown,sold loose



N3,149.50

 1KG

Rice local sold loose



N2,257.35

 1KG

Bread sliced 500g



N1,684.89

 1 Loaf

Yam Tuber



N2,752.24

 1KG

Palm oil: 1 bottle



N2,925.51

 1 Litre

Beef,boneless



N8,765.61

 1KG

Onion bulb



N2,114.52

 1KG

Gari white,sold loose



N1,453.41

 1KG

Wheat flour: prepacked (golden penny 2kg)



N5,921.58

 2KG

SELECTED FOOD PRICE WATCH - JULY 2025

- SOUTH WEST



Tomato



N1,600.27



Beans brown,sold loose



N2,257.79



Rice local sold loose



N2,042.36



Bread sliced 500g



N1,665.83



Lorem ipsum Yam Tuber



N2,337.64



Palm oil: 1 bottle



N2,758.62



Beef,boneless



N6,488.71



Onion bulb



N1,676.34



Gari white,sold loose



N1,114.37



Wheat flour: prepacked (golden penny 2kg)



N3,807.75



SELECTED FOOD PRICE WATCH - JULY 2025

- SOUTH SOUTH



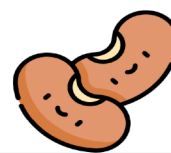
Tomato



N1,522.58

1KG

Beans brown,sold loose



N2,229.76

1KG

Rice local sold loose



N1,917.63

1KG

Bread sliced 500g



N1,674.17

1 Loaf

Yam Tuber



N3,290.08

1KG

Palm oil: 1 bottle



N2,487.84

1 Litre

Beef,boneless



N7,103.93

1KG

Onion bulb



N1,807.65

1KG

Gari white,sold loose



N1,136.46

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,898.15

2KG

APPENDIX

Item Label	NORTH CENTRAL	NORTH EAST	NORTH WEST	SOUTH EAST	SOUTH SOUTH	SOUTH WEST
Agric hen eggs,	255.85	279.37	249.04	312.86	276.80	263.83
Agric hen eggs, (a Crate of 30 pieces)	5,859.19	5,920.00	5,668.45	7,567.27	6,339.04	6,800.78
Beans Brown	2,597.60	2,124.22	1,744.50	3,149.50	2,229.76	2,257.79
Beans white	2,058.35	2,000.00	1,623.18	2,747.55	2,028.66	1,849.19
Beef Boneless	6,392.72	7,208.33	5,625.30	8,765.61	7,103.93	6,488.71
Bread (sliced), 450g	1,753.58	1,462.50	1,710.66	1,684.89	1,674.17	1,665.83
Bread (unsliced), 450g	1,662.70	1,327.32	1,760.46	1,561.26	1,705.70	1,401.52
Carrots, fresh	1,602.96	1,475.00	1,542.74	2,499.63	2,380.57	2,188.60
Cat fresh fish	6,875.40	5,175.00	4,656.93	6,573.90	5,942.42	5,585.95
Chicken feet	4,189.57	2,362.50	2,587.89	3,658.55	4,104.50	4,769.41
Chicken meat (Frozen)	6,324.85	4,904.50	4,952.26	7,881.09	5,676.29	5,707.17
Chicken Wings	5,142.56	3,675.00	4,343.52	5,172.85	5,295.94	5,475.60
Cray fish small white	8,759.65	9,291.67	9,178.47	8,467.79	8,271.02	12,300.59
Dried fish, Bonga	7,757.92	6,208.33	5,907.39	9,700.13	6,435.56	6,946.49
Garri white	1,331.88	1,233.33	1,296.34	1,453.41	1,136.46	1,114.37
Garri Yellow	1,423.91	1,308.33	1,350.65	1,592.21	1,193.39	1,312.94
Ginger, fresh	5,503.97	4,708.33	5,510.68	6,008.02	5,660.78	6,674.19
Goat Meat Bone in	5,769.91	6,016.67	6,150.50	8,934.99	7,455.26	7,239.83
Groundnut oil, 75cl	2,961.82	3,158.33	3,066.77	3,427.28	3,800.06	3,407.27
Groundnuts, roasted, 75cl bottle	2,385.99	2,341.67	2,659.92	3,054.83	2,618.10	2,869.76
Irish Potatoe	1,886.31	1,949.17	1,441.44	2,688.41	2,335.68	2,129.77
Local Rice (Broken)	2,874.18	1,935.27	1,968.18	2,338.92	3,276.95	3,136.56
Mackerel, Frozen	7,633.37	5,691.83	4,585.26	5,861.02	5,242.03	4,961.66
Maize (Corn) Grains (White) sold loose	1,061.44	1,067.05	951.54	1,569.74	1,406.02	1,065.66
Onions, fresh	1,306.59	1,341.67	1,180.20	2,114.52	1,807.65	1,676.34
Palm oil, 75cl	2,358.47	2,258.33	2,616.47	2,925.51	2,487.84	2,758.62
Plantain (ripe)	2,258.58	1,880.00	1,971.34	2,409.91	2,133.09	2,224.20
Plantain (unripe)	2,465.51	2,448.00	2,087.94	2,580.59	2,179.67	2,247.42
Rice Local, short-Grained	2,136.13	1,923.17	2,118.87	2,257.35	1,917.63	2,042.36
Rice Long-Grained (Imported)	2,701.47	2,514.62	2,516.61	2,693.64	3,097.36	2,349.26
Semovita, Prepacked (1kg)	2,253.83	2,360.00	2,122.69	2,527.68	2,618.17	2,173.83
Smoked fish	6,293.76	6,350.00	4,902.73	7,103.02	7,035.82	6,590.54
Sweet potatoes	843.46	850.83	851.70	1,001.40	1,533.16	1,297.14
Tilapia fresh fish (Epiya)	6,610.10	5,025.00	4,889.79	5,900.58	5,927.19	6,035.33
Tin Milk-Evaporated, Peak Milk, 150g	1,044.86	937.50	909.15	1,169.29	1,099.41	1,089.06
Tin Milk-Evaporated, Three Crown	848.78	925.83	867.64	941.11	1,021.04	960.88
Titus, frozen	7,050.61	5,466.67	6,571.49	6,505.01	5,981.99	5,911.99
Tomatoes, fresh	1,156.12	1,121.67	1,021.11	1,980.84	1,522.58	1,600.27
Vegetable Oil, 75cl	3,164.63	3,147.50	3,217.92	3,760.41	3,776.93	3,459.77
Watermelon whole, medium size	1,912.03	1,688.33	1,561.56	2,719.49	2,486.23	2,334.99
Wheat Flour, Prepacked (2kg)	3,991.06	3,924.63	3,978.96	5,921.58	3,898.15	3,807.75
Yam Tuber	2,100.66	2,447.47	2,143.71	2,752.24	3,290.08	2,337.64

Item Label	Average of July-24	Average of June-25	Average of July-25	MoM	YoY	Highest	Lowest
Agric hen eggs,	185.10	268.13	270.77	0.98	46.28	Enugu (374.66)	Gombe (230)
Agric hen eggs, (a Crate of 30 pieces)		6,326.55	6,294.29	- 0.51		Ogun (6816.2)	Gombe (4900)
Beans Brown	2,444.81	2,319.99	2,319.27	- 0.03	- 5.14	Abia (3479.76)	Zamfara (1585.79)
Beans white	2,309.53	2,030.08	2,020.96	- 0.45	- 12.49	Enugu (3021.67)	Abuja (1500.54)
Beef Boneless	5,441.07	6,808.96	6,831.35	0.33	25.55	Imo (9327.48)	Kano (5207.28)
Bread (sliced), 450g		1,651.39	1,661.87	0.63		Ebonyi (1977.34)	Yobe (1050)
Bread (unsliced), 450g		1,569.95	1,577.72	0.49		Ebonyi (1938.28)	Gombe (1000)
Carrots, fresh		1,897.75	1,913.06	0.81		Imo (3080.31)	Borno (1050)
Cat fresh fish	3,926.12	5,744.25	5,778.81	0.60	47.19	Plateau (8300.36)	Zamfara (3587.75)
Chicken feet	3,110.55	3,576.33	3,598.74	0.63	15.69	Osun (5389.16)	Bauchi (1325)
Chicken meat (Frozen)	5,425.90	5,833.06	5,839.81	0.12	7.63	Enugu (8431.28)	Gombe (4600)
Chicken Wings	3,852.70	4,839.85	4,836.38	- 0.07	25.53	Ondo (6339.71)	Yobe (2900)
Cray fish small white		8,753.21	9,380.69	7.17		Ekiti (11847.17)	Bayelsa (7444.27)
Dried fish, Bonga		7,024.16	7,072.98	0.70		Imo (10250.34)	Taraba (4850)
Garri white	1,151.79	1,298.19	1,258.64	- 3.05	9.28	Abuja (1911.12)	Kaduna (1033.35)
Garri Yellow	1,218.68	1,396.72	1,358.68	- 2.72	11.49	Imo (1772.56)	Gombe (1050)
Ginger, fresh		5,618.72	5,659.53	0.73		Ekiti (7000)	Yobe (4100)
Goat Meat Bone in		6,779.49	6,821.31	0.62		Imo (9377.03)	Kogi (4026.99)
Groundnut oil, 75cl		3,279.63	3,284.61	0.15		Imo (4282.27)	Abia (2406.28)
Groundnuts, roasted,75cl bottle		2,636.26	2,637.10	0.03		Lagos (3989.73)	Adamawa (1950)
Irish Potatoe	1,781.01	2,045.94	2,033.08	- 0.63	14.15	Bauchi (4600)	Abuja (1205.58)
Local Rice (Broken)		2,579.83	2,586.05	0.24		Abuja (3810.37)	Zamfara (1690.61)
Mackerel, Frozen	3,865.42	5,557.24	5,681.31	2.23	46.98	Plateau (9055.31)	Zamfara (3769.58)
Maize (Corn) Grains (White) sold	1,029.30	1,188.37	1,166.81	- 1.81	13.36	Imo (1967.01)	Gombe (770)
Onions, fresh	1,273.75	1,559.02	1,538.76	- 1.30	20.81	Abia (2854.97)	Niger (860.5)
Palm oil, 75cl	1,855.42	2,509.16	2,553.54	1.77	37.63	Enugu (3263.21)	Taraba (1950)
Plantain (ripe)	1,497.39	2,109.66	2,137.37	1.31	42.74	Plateau (2697.65)	Gombe (1350)
Plantain (unripe)	1,430.83	2,305.62	2,325.07	0.84	62.50	Taraba (5000)	Gombe (1400)
Rice Local, short-Grained	1,766.64	2,084.04	2,064.07	- 0.96	16.84	Enugu (2684.98)	Taraba (1700)
Rice Long-Grained (Imported)	2,191.06	2,627.73	2,642.22	0.55	20.59	Cross River	Taraba (2150)
Semovita, Prepacked (1kg)		2,311.52	2,329.35	0.77		Adamawa (2880)	Kaduna (1827.39)
Smoked fish (Mackerel)		6,229.50	6,317.53	1.41		Anambra (8256)	Kebbi (4068.34)
Sweet potatoes	970.50	1,039.33	1,052.97	1.31	8.50	Rivers (1786.89)	Nasarawa (573.92)
Tilapia fresh fish (Epiya)	3,648.87	5,723.02	5,727.76	0.08	56.97	Benue (8353.72)	Yobe (3950)
Tin Milk-Evaporated, Peak Milk, 150g	851.07	1,028.29	1,034.60	0.61	21.56	Enugu (1402.86)	Jigawa (808.43)
Tin Milk-Evaporated, Three Crown		910.08	923.43	1.47		Rivers (939.26)	Jigawa (799.99)
Titus, frozen	4,165.90	6,238.71	6,271.45	0.52	50.54	Kwara (8944.26)	Gombe (4800)
Tomatoes, fresh	1,693.83	1,394.77	1,367.89	- 1.93	- 19.24	Imo (2176.18)	Kebbi (758.9)
Vegetable Oil, 75cl	2,478.95	3,398.84	3,399.60	0.02	37.14	Lagos (4830)	Kogi (2754.63)
Watermelon whole, medium size		2,077.26	2,080.27	0.14		Anambra	Borno (1000)
Wheat Flour, Prepacked (2kg)	3,259.82	4,169.01	4,194.09	0.60	28.66	Imo (6683.95)	Taraba (3000)
Yam Tuber	1,802.84	2,463.70	2,484.40	0.84	37.81	Rivers (3073.95)	Bauchi (1650)

CONTACT



National Bureau of Statistics

Head Office

No 1, Wole Olanipekun Street,
Formerly Plot 752 Independence Avenue
Off Constitution Avenue,
CBD, Abuja, F. C. T.

Alesanmi Folorunsho

Information Desk

Head, Communications & Public Relations
Department (C&PRD)
Phone: +2347064643933
alesanmi@nigerianstat.gov.ng

Moses Mathew

Statistical Information Officer

Phone: +2347060071157
matmoses@nigerianstat.gov.ng



@nbs_nigeria



NBSNigeria



nbs_nigeria

