



NATIONAL BUREAU OF STATISTICS

Selected Food Price Watch

(SEPTEMBER 2025)

Report Date: November 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 September 2025, the Selected Food Price Watch report indicated that the average price of 1kg of local rice was ₦1,952.94, representing a 1.99% year-on-year increase from ₦1,914.77 recorded in September 2024. However, the price showed a 0.56% decrease compared to August 2025. Similarly, the average price of Beans Brown (1kg) stood at ₦1,815.76 in September 2025, reflecting a 33.70% year-on-year decline from ₦2,738.59 recorded in September 2024, and a further 1.74% month-on-month decrease.

In the same vein, the average price of Garri White (1kg) dropped by 25.51% year-on-year, from ₦1,170.25 in September 2024 to ₦871.78 in September 2025. On a month-on-month basis, the price also fell by 6.52% compared to ₦932.53 recorded in August 2025. In addition, the average price of Maize Grain White (1kg, sold loose) declined to ₦888.68 in September 2025 from ₦1,065.14 recorded in September 2024, representing a year-on-year decrease of 16.57%. On a month-on-month basis, the price also fell by 6.56%.

September 2025 state profile analysis shows that Enugu recorded the highest average price for Rice Local 1kg at ₦2,385.73, while Lagos had the lowest at ₦1,648.83. For Beans brown 1kg, Enugu reported the highest average price at ₦2,337.58, with Yobe state recording the lowest at ₦1,223.42. Regarding the average price of Garri White 1kg, Ebonyi recorded the highest price at ₦1,297.22, while Taraba state recorded the lowest price at ₦450. Imo state recorded the highest average price of Maize Grains white (1kg) at ₦1,488.50, while the lowest was reported in Yobe at ₦547.84.

Regional analysis reveals significant price disparities for common food items. For Rice Local (1kg), North-central zone reported the highest average price at ₦2,031.33, followed by the South-east at ₦2,029.48. In contrast, the lowest average price was found in the South-South at ₦1,838.24. The average price for Beans Brown (1kg) had the highest prices in South-east and south-west zones, at ₦2,241.48 and ₦2,082.52, respectively. The North West recorded the lowest price for this item at ₦1,397.97. For Garri White 1kg, South-east zone recorded the highest average price at ₦1,223.77, followed by the South-south at ₦977.56 while the lowest average price was observed in the North-central at ₦640.68.

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 - SEPTEMBER 2025

-National



Tomato

Highest Price



Ebonyi (N2301.38)

Lowest Price



Plateau (N697.69)

N1,430.87

SEPTEMBER 2024

YoY = -10.56%

N1,279.84

1KG
SEPTEMBER 2025

MoM = -0.45%

N1,285.61

AUGUST 2025



Rice local sold loose

Highest Price



Enugu (N2385.73)

Lowest Price



Lagos (N1648.83))

N1,914.77

SEPTEMBER 2024

YoY = 1.99%

N1,952.94

1KG
SEPTEMBER 2025

MoM = -0.56%

N1,963.87

AUGUST 2025



Beans brown,sold loose

Highest Price



Enugu(N2337.58)

Lowest Price



Yobe(N1223.42)

N2,738.59

SEPTEMBER 2024

YoY = -33.70%

N1,815.76

1KG
SEPTEMBER 2025

MoM = -1.74%

N1,847.82

AUGUST 2025



Yam Tuber

Highest Price



Imo(N3015.9)

Lowest Price



Benue(N1090.6)

N1,668.49

SEPTEMBER 2024

YoY = 23.01%

N2,052.46

1KG
SEPTEMBER 2025

MoM = -1.61%

N2,086.15

AUGUST 2025



SELECTED FOOD PRICE WATCH - SEPTEMBER 2025

-National



Onion Bulb

Highest Price



Abia (N2511.36)

Lowest Price



Kwara (N838.28)

N1,207.27
SEPTEMBER 2024

YoY = 8.30%

N1,307.44
1KG
SEPTEMBER 2025

MoM = -2.13%

N1,335.84
AUGUST 2025

Beef, boneless

Highest Price



Imo (N9070.39)

Lowest Price



Benue (N5419.31)

N5,633.60
SEPTEMBER 2024

YoY = 21.79%

N6,861.25
1KG
SEPTEMBER 2025

MoM = 0.02%

N6,860.07
AUGUST 2025

Bread sliced 450g

Highest Price



Ebonyi (N1988.83)

Lowest Price



Yobe (N1000)

N1,660.51
SEPTEMBER 2024

YoY =

N1,660.51
1 Loaf
SEPTEMBER 2025

MoM = 0.07%

N1,659.27
AUGUST 2025

Palm oil: 1 bottle

Highest Price



Enugu (N3458.42)

Lowest Price



Plateau (N2132.44)

N2,070.62
SEPTEMBER 2024

YoY = 21.96%

N2,525.40
1 Litre
SEPTEMBER 2025

MoM = 0.53%

N2,512.12
AUGUST 2025

SELECTED FOOD PRICE WATCH - SEPTEMBER 2025

-National



Wheat flour: prepacked (golden penny 2kg)

Highest Price



Anambra (N6032.5)

Lowest Price



Zamfara (N2977.59)


N3,570.75
SEPTEMBER 2024

YoY = 8.64%



N3,879.31

2KG

SEPTEMBER 2025

MoM = -0.65%


N3,904.53
AUGUST 2025

Gari white,sold loose

Highest Price



Ebonyi (N1297.22)

Lowest Price



Taraba (N450)


N1,170.25
SEPTEMBER 2024

YoY = -25.51%



N871.78

1KG

SEPTEMBER 2025

MoM = -6.52%


N932.53
AUGUST 2025

SELECTED FOOD PRICE WATCH -SEPTEMBER 2025

- NORTH CENTRAL



Tomato

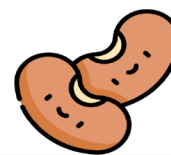


N1,036.83



1KG

Beans brown,sold loose



N1,635.21



1KG

Rice local sold loose

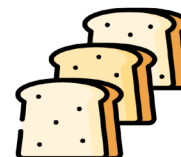


N2,031.33



1KG

Bread sliced 500g



N1,757.71



1 Loaf

Yam Tuber



N1,660.76



1KG

Palm oil: 1 bottle



N2,363.06



1 Litre

Beef,boneless



N6,402.17



1KG

Onion bulb



N1,062.53



1KG

Gari white,sold loose



N640.68



1KG

Wheat flour: prepacked (golden penny 2kg)



N3,997.02



2KG

SELECTED FOOD PRICE WATCH -SEPTEMBER 2025

- NORTH EAST



Tomato



N1,031.75

1KG

Beans brown,sold loose



N1,696.63

1KG

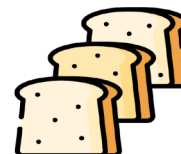
Rice local sold loose



N1,883.55

1KG

Bread sliced 500g



N1,450.00

1 Loaf

Yam Tuber



N1,874.64

1KG

Palm oil: 1 bottle



N2,509.62

1 Litre

Beef,boneless



N7,260.43

1KG

Onion bulb



N1,057.65

1KG

Gari white,sold loose



N672.77

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,672.65

2KG

SELECTED FOOD PRICE WATCH -SEPTEMBER 2025

- NORTH WEST



Tomato

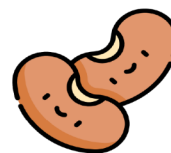


N870.78



1KG

Beans brown,sold loose



N1,397.97



1KG

Rice local sold loose

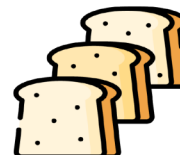


N1,962.70



1KG

Bread sliced 500g



N1,635.71



1 Loaf

Yam Tuber



N2,008.80



1KG

Palm oil: 1 bottle



N2,532.47



1 Litre

Beef,boneless



N5,734.88



1KG

Onion bulb



N981.53



1KG

Gari white,sold loose



N898.30



1KG

Wheat flour: prepacked (golden penny 2kg)



N3,466.94



2KG

SELECTED FOOD PRICE WATCH -SEPTEMBER 2025

- SOUTH EAST



Tomato



N2,004.88

1KG

Beans brown,sold loose



N2,241.48

1KG

Rice local sold loose



N2,029.48

1KG

Bread sliced 500g



N1,689.17

1 Loaf

Yam Tuber



N2,647.34

1KG

Palm oil: 1 bottle



N2,733.14

1 Litre

Beef,boneless



N8,673.78

1KG

Onion bulb



N1,983.42

1KG

Gari white,sold loose



N1,223.77

1KG

Wheat flour: prepacked (golden penny 2kg)



N5,087.94

2KG

SELECTED FOOD PRICE WATCH -SEPTEMBER 2025

- SOUTH WEST



Tomato



N1,371.20

 1KG

Beans brown,sold loose



N2,082.52

 1KG

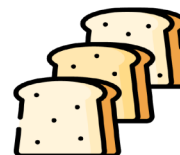
Rice local sold loose



N1,970.41

 1KG

Bread sliced 500g



N1,729.33

 1 Loaf

Yam Tuber



N1,830.79

 1KG

Palm oil: 1 bottle



N2,681.97

 1 Litre

Beef,boneless



N6,528.18

 1KG

Onion bulb



N1,315.95

 1KG

Gari white,sold loose



N910.33

 1KG

Wheat flour: prepacked (golden penny 2kg)



N3,512.87

 2KG

SELECTED FOOD PRICE WATCH -SEPTEMBER 2025

- SOUTH SOUTH



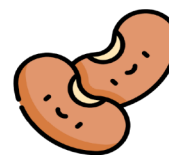
Tomato



N1,593.09

1KG

Beans brown,sold loose



N2,011.43

1KG

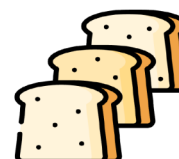
Rice local sold loose



N1,838.24

1KG

Bread sliced 500g



N1,693.83

1 Loaf

Yam Tuber



N2,464.15

1KG

Palm oil: 1 bottle



N2,392.64

1 Litre

Beef,boneless



N7,134.36

1KG

Onion bulb



N1,651.34

1KG

Gari white,sold loose



N977.56

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,788.99

2KG

APPENDIX

Item Label	NORTH CEN- TRAL	NORTH EAST	NORTH WEST	SOUTH EAST	SOUTH SOUTH	SOUTH WEST
Agric hen eggs,	254.72	233.09	239.77	268.85	248.41	248.22
Agric hen eggs, (a Crate of 30 pieces)	5,857.57	5,759.30	5,561.55	6,591.38	5,880.40	5,915.40
Beans Brown	1,635.21	1,696.63	1,397.97	2,241.48	2,011.43	2,082.52
Beans white	1,561.22	1,425.89	1,266.26	2,057.02	1,871.24	1,701.07
Beef Boneless	6,402.17	7,260.43	5,734.88	8,673.78	7,134.36	6,528.18
Bread (sliced), 450g	1,757.71	1,450.00	1,635.71	1,689.17	1,693.83	1,729.33
Bread (unsliced), 450g	1,666.63	1,316.67	1,658.28	1,590.42	1,672.15	1,400.08
Carrots, fresh	1,605.00	1,492.50	1,561.05	2,448.35	2,419.73	2,192.29
Cat fresh fish	6,883.99	6,211.92	4,665.76	6,668.57	5,931.85	5,668.17
Chicken feet	4,195.73	2,650.00	2,627.26	3,731.54	4,270.24	4,842.68
Chicken meat (Frozen)	6,332.97	4,904.50	4,926.14	8,001.41	5,822.79	5,702.00
Chicken Wings	5,149.29	3,958.33	4,118.34	5,330.89	5,489.63	5,502.64
Cray fish small white	8,769.81	9,363.77	8,928.81	8,558.19	7,135.78	9,706.94
Dried fish, Bonga	7,768.59	6,305.47	5,483.03	9,778.78	6,686.95	6,751.08
Garri white	640.68	672.77	898.30	1,223.77	977.56	910.33
Garri Yellow	765.14	788.33	989.91	1,244.56	944.56	1,109.88
Ginger, fresh	5,314.90	4,750.75	4,428.30	6,039.03	5,914.01	6,627.36
Goat Meat Bone in	5,778.56	6,224.32	5,994.66	8,995.08	7,371.26	7,186.35
Groundnut oil, 75cl	2,967.02	3,122.35	3,086.52	3,481.17	3,885.84	3,234.49
Groundnuts, roasted, 75cl bottle	2,390.39	2,553.97	2,620.79	3,191.63	2,558.04	2,695.89
Irish Potatoe	1,370.47	1,236.75	1,148.12	2,401.36	2,118.72	1,775.76
Local Rice (Broken)	2,286.67	1,669.21	1,802.06	2,092.23	3,294.19	2,788.53
Mackerel, Frozen	7,641.83	5,650.92	4,448.17	5,908.17	5,447.30	5,140.99
Maize (Corn) Grains (White) sold loose	731.72	607.93	872.79	1,247.60	1,113.41	847.27
Onions, fresh	1,062.53	1,057.65	981.53	1,983.42	1,651.34	1,315.95
Palm oil, 75cl	2,363.06	2,509.62	2,532.47	2,733.14	2,392.64	2,681.97
Plantain (ripe)	2,263.80	1,933.12	1,950.76	2,350.05	2,226.87	2,246.69
Plantain (unripe)	2,470.28	1,968.24	1,995.38	2,457.62	2,301.27	2,202.24
Rice Local, short-Grained	2,031.33	1,883.55	1,962.70	2,029.48	1,838.24	1,970.41
Rice Long-Grained (Imported)	2,512.48	2,153.44	2,243.20	2,406.60	2,356.13	2,239.03
Semovita, Prepacked (1kg)	2,259.13	2,458.19	1,907.24	2,679.74	2,708.12	2,245.77
Smoked fish	6,301.74	6,140.51	4,851.76	7,250.13	6,942.16	6,290.76
Sweet potatoes	686.37	625.91	610.44	928.02	1,394.00	838.95
Tilapia fresh fish (Epiya)	6,618.01	5,209.69	4,737.10	5,974.10	5,828.73	6,009.30
Tin Milk-Evaporated, Peak Milk, 150g	1,047.30	918.33	923.83	1,179.01	1,133.58	1,043.47
Tin Milk-Evaporated, Three Crown Milk, 160g	850.77	845.42	885.67	965.18	979.70	899.23
Titus, frozen	7,060.06	5,564.84	6,725.54	6,629.91	6,086.94	5,916.62
Tomatoes, fresh	1,036.83	1,031.75	870.78	2,004.88	1,593.09	1,371.20
Vegetable Oil, 75cl	3,170.60	2,766.29	2,975.94	3,847.53	3,737.51	3,034.98
Watermelon whole, medium size fresh	1,915.44	1,580.00	1,559.11	2,807.98	2,463.00	2,300.41
Wheat Flour, Prepacked (2kg)	3,997.02	3,672.65	3,466.94	5,087.94	3,788.99	3,512.87
Yam Tuber	1,660.76	1,874.64	2,008.80	2,647.34	2,464.15	1,830.79

Item Label	Average of September-24	Average of August-25	Average of September-25	MoM	YoY	Highest	Lowest
Agric hen eggs,	219.64	254.70	248.22	- 2.54	13.01	Enugu (325.88)	Yobe (213.13)
Agric hen eggs, (a Crate of 30 pieces)		6,040.07	5,897.87	- 2.35		Enugu (7405.85)	Gombe (5144.75)
Beans Brown	2,738.59	1,847.82	1,815.76	- 1.74	- 33.70	Enugu (2337.58)	Yobe (1223.42)
Beans white	2,579.02	1,664.99	1,623.42	- 2.50	- 37.05	Enugu (2109.58)	Yobe (1013.79)
Beef Boneless	5,633.60	6,860.07	6,861.25	0.02	21.79	Imo (9070.39)	Benue (5419.31)
Bread (sliced), 450g		1,659.27	1,660.51	0.07		Ebonyi (1988.83)	Yobe (1000)
Bread (unsliced), 450g		1,556.14	1,555.67	- 0.03		Ebonyi (2000.15)	Gombe (1050)
Carrots, fresh		1,905.32	1,919.76	0.76		Imo (2760.33)	Adamawa (1230)
Cat fresh fish	4,060.29	5,933.19	5,974.67	0.70	47.15	Plateau (8310.32)	Zamfara (3507.45)
Chicken feet	3,243.77	3,701.55	3,702.60	0.03	14.15	Osun (5425)	Bauchi (1500)
Chicken meat (Frozen)	5,759.80	5,854.54	5,875.58	0.36	2.01	Enugu (8766.79)	Gombe (4600)
Chicken Wings	4,062.96	4,892.88	4,898.15	0.11	20.56	Ondo (6377.96)	Adamawa (3100)
Cray fish small white		8,806.62	8,754.60	- 0.59		Ekiti (10015.02)	Bayelsa (6132.85)
Dried fish, Bonga		7,019.72	7,030.17	0.15		Imo (10595.16)	Borno (5074.28)
Garri white	1,170.25	932.53	871.78	- 6.52	- 25.51	Ebonyi (1297.22)	Taraba (450)
Garri Yellow	1,238.15	1,001.97	961.21	- 4.07	- 22.37	Enugu (1390.89)	Yobe (550)
Ginger, fresh		5,512.12	5,463.52	-0.88		Lagos (7690.39)	Zamfara (3456.91)
Goat Meat Bone in		6,810.85	6,812.96	0.03		Imo (9636.3)	Kogi (4032.63)
Groundnut oil, 75cl		3,243.36	3,276.67	1.03		Imo (4761.42)	Abia (2418.31)
Groundnuts, roasted,75cl bottle		2,642.75	2,645.51	0.10		Anambra (3571)	Adamawa (2200)
Irish Potatoe	1,662.81	1,670.96	1,633.09	- 2.27	- 1.79	Abia (2636.58)	Plateau (996.23)
Local Rice (Broken)		2,321.84	2,313.34	- 0.37		Bayelsa (3499.59)	Bauchi (1058.3)
Mackerel, Frozen	4,046.99	5,725.51	5,719.08	- 0.11	41.32	Plateau (9067.73)	Zamfara (3799.12)
Maize (Corn) Grains (White) sold	1,065.14	951.04	888.68	- 6.56	- 16.57	Imo (1488.5)	Yobe (547.84)
Onions, fresh	1,207.27	1,335.84	1,307.44	- 2.13	8.30	Abia (2511.36)	Kwara (838.28)
Palm oil, 75cl	2,070.62	2,512.12	2,525.40	0.53	21.96	Enugu (3458.42)	Plateau (2132.44)
Plantain (ripe)	1,500.43	2,147.23	2,153.84	0.31	43.55	Anambra (2721)	Gombe (1550)
Plantain (unripe)	1,511.09	2,205.45	2,226.44	0.95	47.34	Enugu (3035.42)	Gombe (1600)
Rice Local, short-Grained	1,914.77	1,963.87	1,952.94	- 0.56	1.99	Enugu (2385.73)	Lagos (1648.83)
Rice Long-Grained (Imported)	2,403.86	2,358.89	2,319.31	- 1.68	- 3.52	Abuja (2710.28)	Lagos (1968.85)
Semovita, Prepacked (1kg)		2,324.86	2,352.32	1.18		Abia (3382.5)	Sokoto (1800.95)
Smoked fish (Mackerel)		6,218.62	6,231.51	0.21		Anambra (8443.86)	Kebbi (3540.92)
Sweet potatoes	870.15	877.83	834.35	- 4.95	- 4.11	Rivers (1549.23)	Nasarawa (450.69)
Tilapia fresh fish (Epiya)	3,850.97	5,731.08	5,720.07	- 0.19	48.54	Benue (8376.42)	Sokoto (3819)
Tin Milk-Evaporated, Peak Milk,	935.49	1,031.43	1,034.20	0.27	10.55	Enugu (1413)	Jigawa (813.5)
Tin Milk-Evaporated, Three Crown Milk, 160g		910.28	900.73	- 1.05		Enugu (1098.25)	Gombe (765)
Titus, frozen	4,416.93	6,310.33	6,352.95	0.68	43.83	Kwara (8951.84)	Gombe (4550.88)
Tomatoes, fresh	1,430.87	1,285.61	1,279.84	- 0.45	- 10.56	Ebonyi (2301.38)	Plateau (697.69)
Vegetable Oil, 75cl	2,607.67	3,238.63	3,229.63	-0.28	23.85	Abia (4393.75)	Bauchi (1988.44)
Watermelon whole, medium size fresh		2,059.05	2,065.46	0.31		Anambra (3086.86)	Borno (950)
Wheat Flour, Prepacked (2kg)	3,570.75	3,904.53	3,879.31	- 0.65	8.64	Anambra (6032.5)	Zamfara (2977.59)
Yam Tuber	1,668.49	2,086.15	2,052.46	- 1.61	23.01	Imo (3015.9)	Benue (1090.6)

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