



NATIONAL BUREAU OF STATISTICS

Selected Food Price Watch

(OCTOBER 2025)

Report Date: December 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 October 2025, the Selected Food Price Watch report indicated that the average price of 1kg of local rice was N1,913.78, representing a 2.01% decline year-on-year from N1,944.64 recorded in October 2024. However, the price also showed a 1.59% decrease compared to September 2025. Similarly, the average price of Beans Brown (1kg) stood at N1,760.53 in October 2025, reflecting a 37.09% year-on-year decline from N2,798.50 recorded in October 2024, and a further 3.04% month-on-month decrease.

In the same vein, the average price of Garri White (1kg) dropped by 29.33% year-on-year, from N1,198.05 in October 2024 to N846.69 in October 2025. On a month-on-month basis, the price also fell by 2.88% compared to N871.78 recorded in September 2025. In addition, the average price of Tomatoes (1kg, sold loose) declined to N1,269.17 in October 2025 from N1,465.99 recorded in October 2024, representing a year-on-year decrease of 13.43%. On a month-on-month basis, the price also fell by 0.83%.

October 2025 state profile analysis shows that Ogun recorded the highest average price for Rice Local 1kg at N2,163.23, while Yobe had the lowest at N1,523.47. For Beans brown 1kg, Imo reported the highest average price at N2,174.09, with Yobe state recording the lowest at N1,263.68. Regarding the average price of Garri White 1kg, Bayelsa recorded the highest price at N1,165.3, while Plateau state recorded the lowest price at N490.1. Ebonyi state recorded the highest average price of Tomatoes (1kg) at N2,24.04, while the lowest was reported in Plateau at N687.09.

Regional analysis reveals significant price disparities for common food items. For Rice Local (1kg), North-central zone reported the highest average price at N2,021.70, followed by the South-west at N1,966.89. In contrast, the lowest average price was found in the North-east at N1,803.38. The average price for Beans Brown (1kg) had the highest prices in South-east and south-west zones, at N2,105.94 and N2,081.33, respectively. The North West recorded the lowest price for this item at N1,349.23. For Garri White 1kg, South-east zone recorded the highest average price at N1,066.85, followed by the South-south at N980.44 while the lowest average price was observed in the North-central at N630.44.

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 - OCTOBER 2025

-National



Tomato

Highest Price



Ebonyi (N2148.04)

Lowest Price



Plateau (N687.09)

N1,465.99

OCTOBER 2024

YoY = -13.43%

N1,269.17

1KG
OCTOBER 2025

MoM = -0.83%

N1,279.84

SEPTEMBER 2025

Rice local sold loose

Highest Price



Ogun(N2163.23)

Lowest Price



Yobe (N1523.47))

N1,944.64

OCTOBER 2024

YoY = -1.59%

N1,913.78

1KG
OCTOBER 2025

MoM = -2.01%

N1,952.94

SEPTEMBER 2025

Beans brown,sold loose

Highest Price



Imo(N2174.09)

Lowest Price



Yobe(N1263.68)

N2,798.50

OCTOBER 2024

YoY = -37.09%

N1,760.53

1KG
OCTOBER 2025

MoM = -3.04%

N1,815.76

SEPTEMBER 2025

Yam Tuber

Highest Price



Enugu(N2863.06)

Lowest Price



Benue(N1080.55)

N1,705.58

OCTOBER 2024

YoY = 18.66%

N2,023.83

1KG
OCTOBER 2025

MoM = -1.39%

N2,052.46

SEPTEMBER 2025

SELECTED FOOD PRICE WATCH - OCTOBER 2025

-National



Onion Bulb

Highest Price



Abia (N2353.05)

Lowest Price



Kwara (N833.07)

N1,251.52

YoY = 4.66%

OCTOBER 2024

N1,368.32



1KG

OCTOBER 2025

MoM = 9.33%

N1,307.44

SEPTEMBER 2025

Beef, boneless

Highest Price



Abia (N8984.43)

Lowest Price



Benue (N5419.03)

N5,858.58

YoY = 16.93%

OCTOBER 2024

N6,850.51



1KG

OCTOBER 2025

MoM = -0.16%

N6,861.25

SEPTEMBER 2025

Bread sliced 450g

Highest Price



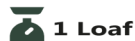
Adamawa (N1950)

Lowest Price



Yobe (N1043.47)

N1,675.51



1 Loaf

OCTOBER 2025

YoY =

MoM = 0.90%

N1,660.51

SEPTEMBER 2025

Palm oil: 1 bottle

Highest Price



Enugu (N3068.63)

Lowest Price



Taraba (N2050)

N2,146.99

YoY = 18.21%

OCTOBER 2024

N2,537.90



1 Litre

OCTOBER 2025

MoM = 0.49%

N2,525.40

SEPTEMBER 2025

SELECTED FOOD PRICE WATCH -OCTOBER 2025

-National



Wheat flour: prepacked (golden penny 2kg)

Highest Price



Kwara(N4658.42)

Lowest Price



Osun (N3255.5)



N3,747.87

OCTOBER 2024

YoY = 1.04%



N3,786.75

2KG

OCTOBER 2025



N3,879.31

SEPTEMBER 2025

MoM = -2.39%

Gari white,sold loose

Highest Price



Bayelsa (N1165.3)

Lowest Price



Plateau (N490.1)



N1,198.05

OCTOBER 2024

YoY = -29.33%



N846.69



1KG

OCTOBER 2025



N871.78

SEPTEMBER 2025

MoM = -2.88%

SELECTED FOOD PRICE WATCH -OCTOBER 2025

- NORTH CENTRAL



Tomato



N1,032.05



Beans brown,sold loose



N1,627.59



Rice local sold loose



N2,021.70



Bread sliced 500g



N1,762.02



Yam Tuber



N1,637.09



Palm oil: 1 bottle



N2,367.83



Beef,boneless



N6,407.00



Onion bulb



N1,033.36



Gari white,sold loose



N630.44



Wheat flour: prepacked (golden penny 2kg)



N4,001.87



SELECTED FOOD PRICE WATCH -OCTOBER 2025

- NORTH EAST



Tomato

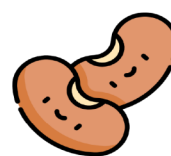


N1,102.73



1KG

Beans brown,sold loose



N1,543.66



1KG

Rice local sold loose



N1,803.38



1KG

Bread sliced 500g



N1,486.85



1 Loaf

Yam Tuber



N1,929.97



1KG

Palm oil: 1 bottle



N2,569.37



1 Litre

Beef,boneless



N7,316.58



1KG

Onion bulb



N1,477.77



1KG

Gari white,sold loose



N724.65



1KG

Wheat flour: prepacked (golden penny 2kg)



N3,722.71



2KG

SELECTED FOOD PRICE WATCH -OCTOBER 2025

- NORTH WEST



Tomato



N898.21

 1KG

Beans brown,sold loose



N1,349.23

 1KG

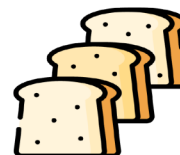
Rice local sold loose



N1,924.28

 1KG

Bread sliced 500g



N1,702.28

 1 Loaf

Yam Tuber



N1,979.06

 1KG

Palm oil: 1 bottle



N2,623.25

 1 Litre

Beef,boneless



N5,850.44

 1KG

Onion bulb



N997.58

 1KG

Gari white,sold loose



N840.39

 1KG

Wheat flour: prepacked (golden penny 2kg)



N3,547.25

 2KG

SELECTED FOOD PRICE WATCH -OCTOBER 2025

- SOUTH EAST



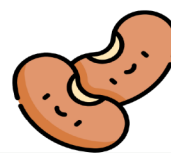
Tomato



N1,807.92



Beans brown,sold loose



N2,105.94



Rice local sold loose



N1,909.00



Bread sliced 500g



N1,649.93



Yam Tuber



N2,439.17



Palm oil: 1 bottle



N2,617.88



Beef,boneless



N8,364.95



Onion bulb



N1,950.88



Gari white,sold loose



N1,066.85



Wheat flour: prepacked (golden penny 2kg)



N4,278.23



SELECTED FOOD PRICE WATCH -OCTOBER 2025

- SOUTH WEST



Tomato

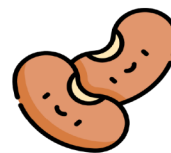


N1,372.34



1KG

Beans brown,sold loose



N2,081.33



1KG

Rice local sold loose



N1,966.89



1KG

Bread sliced 500g



N1,730.14



1 Loaf

Yam Tuber



N1,831.27



1KG

Palm oil: 1 bottle



N2,685.78



1 Litre

Beef,boneless



N6,530.16



1KG

Onion bulb



N1,317.59



1KG

Gari white,sold loose



N911.14



1KG

Wheat flour: prepacked (golden penny 2kg)



N3,516.34



2KG

SELECTED FOOD PRICE WATCH -OCTOBER 2025

- SOUTH SOUTH



Tomato



N1,592.89

1KG

Beans brown,sold loose



N2,003.69

1KG

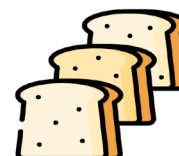
Rice local sold loose



N1,836.87

1KG

Bread sliced 500g



N1,698.67

1 Loaf

Yam Tuber



N2,467.59

1KG

Palm oil: 1 bottle



N2,390.74

1 Litre

Beef,boneless



N7,126.94

1KG

Onion bulb



N1,647.47

1KG

Gari white,sold loose



N980.44

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,740.10

2KG

APPENDIX

Item Label	NORTH CENTRAL	NORTH EAST	NORTH WEST	SOUTH EAST	SOUTH SOUTH	SOUTH WEST
Agric hen eggs,	245.69	269.62	241.59	271.65	246.61	247.78
Agric hen eggs, (a Crate of 30 pieces)	5,841.32	6,357.72	5,654.04	6,453.22	5,896.87	5,913.37
Beans Brown	1,627.59	1,543.66	1,349.23	2,105.94	2,003.69	2,081.33
Beans white	1,552.35	1,365.59	1,190.94	1,991.91	1,865.81	1,699.71
Beef Boneless	6,407.00	7,316.58	5,850.44	8,364.95	7,126.94	6,530.16
Bread (sliced), 450g	1,762.02	1,486.85	1,702.28	1,649.93	1,698.67	1,730.14
Bread (unsliced), 450g	1,673.19	1,458.95	1,682.84	1,582.31	1,674.63	1,399.89
Carrots, fresh	1,611.02	1,526.72	1,588.97	2,426.12	2,422.20	2,198.10
Cat fresh fish	6,890.50	6,539.57	4,687.78	6,760.10	5,937.10	5,672.81
Chicken feet	4,200.24	2,822.32	2,621.66	3,778.51	4,273.70	4,853.65
Chicken meat (Frozen)	6,336.65	5,106.49	4,903.57	7,946.41	5,822.78	5,715.14
Chicken Wings	5,154.64	4,221.37	4,107.57	5,365.69	5,492.99	5,505.78
Cray fish small white	8,777.79	9,029.36	8,862.09	8,559.30	7,140.36	9,707.25
Dried fish, Bonga	7,780.53	7,240.86	5,475.78	9,997.44	6,688.42	6,756.05
Garri white	630.44	724.65	840.39	1,066.85	980.44	911.14
Garri Yellow	756.57	809.52	903.21	1,093.08	939.96	1,110.02
Ginger, fresh	5,308.99	4,412.54	4,456.83	6,055.31	5,913.39	6,626.50
Goat Meat Bone in	5,789.35	7,029.78	6,084.36	8,450.41	7,376.11	7,196.66
Groundnut oil, 75cl	2,971.84	3,371.80	3,243.90	3,088.03	3,900.00	3,234.80
Groundnuts, roasted, 75cl bottle	2,382.30	2,929.49	2,595.69	2,735.50	2,560.79	2,701.70
Irish Potatoe	1,365.23	1,168.72	1,020.95	2,175.74	2,121.70	1,777.74
Local Rice (Broken)	2,261.63	1,729.54	1,776.31	2,078.95	3,295.14	2,783.51
Mackerel, Frozen	7,633.47	5,908.57	4,396.26	6,030.62	5,462.91	5,143.30
Maize (Corn) Grains (White) sold loose	700.87	795.46	876.34	1,177.11	1,114.30	848.43
Onions, fresh	1,033.36	1,477.77	997.58	1,950.88	1,647.47	1,317.59
Palm oil, 75cl	2,367.83	2,569.37	2,623.25	2,617.88	2,390.74	2,685.78
Plantain (ripe)	2,275.20	2,026.10	1,944.95	2,237.57	2,228.28	2,248.84
Plantain (unripe)	2,483.97	2,094.82	1,990.98	2,343.70	2,301.02	2,203.72
Rice Local, short-Grained	2,021.70	1,803.38	1,924.28	1,909.00	1,836.87	1,966.89
Rice Long-Grained (Imported)	2,503.82	2,071.35	2,144.62	2,192.28	2,353.79	2,232.34
Semovita, Prepacked (1kg)	2,263.79	2,477.14	1,949.00	2,605.06	2,708.92	2,245.91
Smoked fish	6,317.42	6,537.82	4,770.39	6,857.63	6,944.28	6,292.07
Sweet potatoes	677.90	703.25	597.72	899.15	1,391.95	841.09
Tilapia fresh fish (Epiya)	6,623.76	5,811.15	4,725.13	5,994.61	5,830.54	6,012.27
Tin Milk-Evaporated, Peak Milk, 150g	1,050.18	1,117.40	925.28	1,101.38	1,138.91	1,046.45
Tin Milk-Evaporated, Three Crown Milk, 160g	853.83	1,073.59	901.12	936.75	981.17	907.88
Titus, frozen	7,072.61	6,009.70	6,719.64	6,541.60	6,091.53	5,920.26
Tomatoes, fresh	1,032.05	1,102.73	898.21	1,807.92	1,592.89	1,372.34
Vegetable Oil, 75cl	3,175.59	2,919.01	2,936.49	3,515.48	3,741.65	3,038.79
Watermelon whole, medium size fresh	1,898.10	1,866.62	1,563.24	2,541.05	2,464.75	2,302.38
Wheat Flour, Prepacked (2kg)	4,001.87	3,722.71	3,547.25	4,278.23	3,740.10	3,516.34
Yam Tuber	1,637.09	1,929.97	1,979.06	2,439.17	2,467.59	1,831.27

Item Label	Average of October-24	Average of September-25	Average of October-25	MoM	YoY	Highest	Lowest
Agric hen eggs,	235.67	248.22	252.79	1.84	7.26	Enugu (300)	Gombe (229.44)
Agric hen eggs, (a Crate of 30 pieces)		5,897.87	5,993.01	1.61		Enugu (6598.44)	Niger (5301.37)
Beans Brown	2,798.50	1,815.76	1,760.53	- 3.04	- 37.09	Imo (2174.09)	Yobe (1263.68)
Beans white	2,603.32	1,623.42	1,587.82	- 2.19	- 39.01	Enugu (2100.93)	Jigawa (1107.64)
Beef Boneless	5,858.58	6,861.25	6,850.51	- 0.16	16.93	Abia (8984.43)	Benue (5419.03)
Bread (sliced), 450g		1,660.51	1,675.51	0.90		Adamawa (1950)	Yobe (1043.47)
Bread (unsliced), 450g		1,555.67	1,583.91	1.82		Taraba (1950)	Ekiti (1060.85)
Carrots, fresh		1,919.76	1,930.07	0.54		Imo (2719.34)	Kebbi (1248.89)
Cat fresh fish	4,148.74	5,974.67	6,047.17	1.21	45.76	Plateau (8320.53)	Zamfara (3621.58)
Chicken feet	3,267.62	3,702.60	3,739.02	0.98	14.43	Osun (5429.5)	Adamawa (1786.03)
Chicken meat (Frozen)	5,971.98	5,875.58	5,899.46	0.41	- 1.21	Enugu (8777.09)	Katsina (4550)
Chicken Wings	4,193.97	4,898.15	4,945.54	0.97	17.92	Ondo (6379.36)	Plateau (3623.8)
Cray fish small white		8,754.60	8,690.20	- 0.74		Gombe (10514.53)	Bayelsa (6135.75)
Dried fish, Bonga		7,030.17	7,213.33	2.61		Ebonyi (10993.31)	Katsina (5085.33)
Garri white	1,198.05	871.78	846.69	-2.88	- 29.33	Bayelsa (1165.3)	Plateau (490.1)
Garri Yellow	1,266.31	961.21	925.43	- 3.72	-26.92	Oyo (1215.48)	Plateau (577.06)
Ginger, fresh		5,463.52	5,414.92	-0.89		Lagos (7690.18)	Zamfara (3458.42)
Goat Meat Bone in		6,812.96	6,891.44	1.15		Abia (8934.09)	Kogi (4033.85)
Groundnut oil, 75cl		3,276.67	3,297.03	0.62		Delta (4153.2)	Abia (2329.41)
Groundnuts, roasted,75cl bottle		2,645.51	2,639.87	- 0.21		Taraba (3770.9)	Bauchi (2188.89)
Irish Potatoe	1,733.48	1,633.09	1,567.32	- 4.03	- 9.59	Abia (2350.54)	Plateau (986.03)
Local Rice (Broken)		2,313.34	2,311.07	- 0.10		Bayelsa (3498.49)	Bauchi (1256.5)
Mackerel, Frozen	4,136.14	5,719.08	5,768.92	0.87	39.48	Plateau (9077.08)	Zamfara (3661.67)
Maize (Corn) Grains (White) sold loose	1,080.44	888.68	904.74	1.81	-16.26	Imo (1581.23)	Adamawa (550)
Onions, fresh	1,251.52	1,307.44	1,368.32	4.66	9.33	Abia (2353.05)	Kwara (833.07)
Palm oil, 75cl	2,146.99	2,525.40	2,537.90	0.49	18.21	Enugu (3068.63)	Taraba (2050)
Plantain (ripe)	1,507.21	2,153.84	2,155.36	0.07	43.00	Plateau (2712.07)	Gombe (1532.29)
Plantain (unripe)	1,539.66	2,226.44	2,233.53	0.32	45.07	Plateau (2949.74)	Gombe (1640.1)
Rice Local, short-Grained	1,944.64	1,952.94	1,913.78	- 2.01	- 1.59	Ogun (2163.23)	Yobe (1523.47)
Rice Long-Grained (Imported)	2,471.28	2,319.31	2,255.28	- 2.76	- 8.74	Abuja (2709.6)	Yobe (1877.16)
Semovita, Prepacked (1kg)		2,352.32	2,354.23	0.08		Abia (3393.6)	Kaduna (1799.36)
Smoked fish (Mackerel)		6,231.51	6,231.02	- 0.01		Taraba (8371.3)	Kebbi (3468.7)
Sweet potatoes	898.53	834.35	839.00	0.56	- 6.63	Cross River (1550.74)	Nasarawa (444.54)
Tilapia fresh fish (Epiya)	3,944.39	5,720.07	5,819.97	1.75	47.55	Bauchi (8761.45)	Sokoto (3776.37)
Tin Milk-Evaporated, Peak Milk, 150g	955.73	1,034.20	1,058.15	2.32	10.72	Imo (1379)	Jigawa (879.13)
Tin Milk-Evaporated, Three Crown Milk, 160g		900.73	939.03	4.25		Bauchi (1315.85)	Ekiti (789.77)
Titus, frozen	4,509.38	6,352.95	6,415.75	0.99	42.28	Kwara (8954.1)	Adamawa (5212.96)
Tomatoes, fresh	1,465.99	1,279.84	1,269.17	- 0.83	- 13.43	Ebonyi (2148.04)	Plateau (687.09)
Vegetable Oil, 75cl	2,719.16	3,229.63	3,204.29	- 0.78	17.84	Edo (3862.29)	Bauchi (2550)
Watermelon whole, medium size fresh		2,065.46	2,073.98	0.41		Anambra (3011.35)	Borno (1143.28)
Wheat Flour, Prepacked (2kg)	3,747.87	3,879.31	3,786.75	- 2.39	1.04	Kwara (4658.42)	Osun (3255.5)
Yam Tuber	1,705.58	2,052.46	2,023.83	- 1.39	18.66	Enugu (2863.06)	Benue (1080.55)

CONTACT



National Bureau of Statistics

Head Office

No 1, Wole Olanipekun Street,
Formerly, Plot 762 Independence
Avenue
Off Constitution Avenue,
CBD, Abuja, F. C. T.

Mr. Ichedi S.J

Information Desk

Head, Communication & Public
Relations Department (C&PRD)
Phone: +2348037051701
sjichedi@nigerianstat.gov.ng

Moses Mathew

Statistical Information Officer

Phone: +2347069071157
matmoses@nigerianstat.gov.ng

Dr A.A. Ayo

Head Prices Division

Phone: +2348036082904
anthonyayo@nigerianstat.gov.ng



@nbs_nigeria



NBSNigeria



nbs_nigeria

