



NATIONAL BUREAU OF STATISTICS

# Selected Food Price Watch

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(NOVEMBER 2025)

Report Date: January 2026

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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)**."

The November 2025 Selected Food Price Watch report shows that the average price of locally produced rice (1kg) stood at ₦1,861.95, representing a 5.00% year-on-year decline from ₦1,959.98 recorded in November 2024. On a month-on-month basis, the price also decreased by 2.71% compared to October 2025. Similarly, the average price of brown beans (1kg) was ₦1,547.03 in November 2025, reflecting a significant year-on-year decline of 43.14% from ₦2,720.96 in November 2024, alongside a further month-on-month decrease of 12.13%.

In the same period, the average price of white garri (1kg) fell by 32.00% year-on-year, from ₦1,205.39 in November 2024 to ₦819.70 in November 2025. Compared with October 2025, the price also declined by 3.19%. Likewise, the average price of tomatoes (1kg, sold loose) decreased to ₦1,243.02 in November 2025 from ₦1,472.18 in November 2024, representing a year-on-year reduction of 15.57%, while a month-on-month decline of 2.06% was also recorded. The average price of Palm oil stood at ₦2,508.73, this represent a 1.70% increase when compare to November 2024 (year-on-year) and a decline of 1.15% month-on-month.

The November 2025 state-level price profile indicates notable variations across states. Kogi State recorded the highest average price for locally produced rice (1kg) at ₦2,159.99, while Bauchi State reported the lowest average price at ₦1,237.81. For brown beans (1kg), Imo State recorded the highest average price at ₦2,172.39, whereas Adamawa State had the lowest at ₦725.00. In the case of white garri (1kg), Bayelsa State recorded the highest average price at ₦1,164.28, while Plateau State recorded the lowest at ₦487.31. Similarly, the average price of tomatoes (1kg) was highest in Imo State at ₦2,010.70, while Plateau State recorded the lowest average price at ₦684.38.

A regional analysis indicates notable price variations across zones for selected food items. For locally produced rice (1kg), the North-Central zone recorded the highest average price at ₦2,019.45, followed by the South-West at ₦1,942.98, while the North-East reported the lowest average price at ₦1,608.54. In the case of brown beans (1kg), the highest average prices were observed in the South-East (₦2,044.16) and South-South (₦1,975.32) zones, whereas the North-East recorded the lowest price at ₦982.79. For white garri (1kg), the South-East had the highest average price at ₦1,062.35, followed by the South-South at ₦923.41, while the North-Central zone recorded the lowest average price at ₦626.36. Similarly, the average price of tomatoes (1kg) was highest in the South-East at ₦1,763.84, followed by the South-South at ₦1,568.27, while the North-West recorded the lowest average price at ₦867.70.

## 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 - NOVEMBER 2025

-National



## Tomato

Highest Price



Imo (N2010.7)

Lowest Price



Plateau (N684.38)

**N1,472.18**

YoY = -15.57%

NOVEMBER 2024

**N1,243.02**



NOVEMBER 2025

MoM = -2.06%

**N1,269.17**

OCTOBER 2025

## Rice local sold loose

Highest Price



Kogi(N2159.99)

Lowest Price



Bauchi (N1237.81))

**N1,959.98**

YoY = -5.00%

NOVEMBER 2024

**N1,861.95**



NOVEMBER 2025

MoM = -2.71%

**N1,913.78**

OCTOBER 2025

## Beans brown,sold loose

Highest Price



Imo(N2174.39)

Lowest Price



Adamawa(N725)

**N2,720.96**

YoY = -43.14%

NOVEMBER 2024

**N1,547.03**



NOVEMBER 2025

MoM = -12.13%

**N1,760.53**

OCTOBER 2025

## Yam Tuber

Highest Price



Enugu(N2828.86)

Lowest Price



Benue(N1080.52)

**N1,836.01**

YoY = 10.87%

NOVEMBER 2024

**N2,035.59**



NOVEMBER 2025

MoM = 0.58%

**N2,023.83**

OCTOBER 2025

# SELECTED FOOD PRICE WATCH - NOVEMBER 2025

-National



## Onion Bulb

Highest Price



Abia (N2300.76)

Lowest Price



Kwara (N826.57)

**N1,878.00**  
NOVEMBER 2024

YoY = -29.03%

**N1,332.77**  
1KG  
NOVEMBER 2025

MoM = -2.60%

**N1,368.32**  
OCTOBER 2025

## Beef, boneless

Highest Price



Abia (N8950.5)

Lowest Price



Benue (N5419.03)

**N6,001.32**  
NOVEMBER 2024

YoY = 15.11%

**N6,908.22**  
1KG  
NOVEMBER 2025

MoM = 0.84%

**N6,850.51**  
OCTOBER 2025

## Bread sliced 450g

Highest Price



Lagos (N1954.31)

Lowest Price



Yobe (N1046.81)

**N1,677.28**  
NOVEMBER 2024

YoY =

**N1,677.28**  
1 Loaf  
NOVEMBER 2025

MoM = 0.11%

**N1,675.51**  
OCTOBER 2025

## Palm oil: 1 bottle

Highest Price



Enugu (N3073.23)

Lowest Price



Taraba (N2050)

**N2,466.79**  
NOVEMBER 2024

YoY = 1.70%

**N2,508.73**  
1 Litre  
NOVEMBER 2025

MoM = -1.15%

**N2,537.90**  
OCTOBER 2025

# SELECTED FOOD PRICE WATCH - NOVEMBER 2025

-National



## Wheat flour: prepacked (golden penny 2kg)

Highest Price



Kwara(N4662.49)

Lowest Price



Zamfara (N3185.22)



**N3,819.37**

YoY = -0.28%

NOVEMBER 2024



**N3,808.54**

2KG

NOVEMBER 2025



**N3,786.75**

MoM = 0.58%

OCTOBER 2025

## Gari white,sold loose

Highest Price



Bayelsa (N1164.28)

Lowest Price



Plateau (N487.31)



**N1,205.39**

YoY = -32.00%

NOVEMBER 2024



**N819.70**



1KG

NOVEMBER 2025



**N846.69**

MoM = -3.19%

OCTOBER 2025



# SELECTED FOOD PRICE WATCH -NOVEMBER 2025

## - NORTH CENTRAL



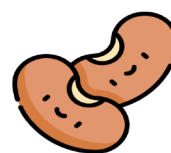
Tomato



**N1,024.11**

1KG

Beans brown,sold loose



**N1,521.91**

1KG

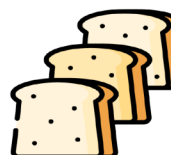
Rice local sold loose



**N2,019.45**

1KG

Bread sliced 500g



**N1,763.02**

1 Loaf

Yam Tuber



**N1,661.88**

1KG

Palm oil: 1 bottle



**N2,369.08**

1 Litre

Beef,boneless



**N6,408.31**

1KG

Onion bulb



**N988.97**

1KG

Gari white,sold loose



**N626.36**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N4,003.36**

2KG

# SELECTED FOOD PRICE WATCH - NOVEMBER 2025

## - NORTH EAST



Tomato



**N1,110.97**

1KG

Beans brown,sold loose



**N982.79**

1KG

Rice local sold loose



**N1,608.54**

1KG

Bread sliced 500g



**N1,490.13**

1 Loaf

Yam Tuber



**N1,863.97**

1KG

Palm oil: 1 bottle



**N2,465.13**

1 Litre

Beef,boneless



**N7,514.66**

1KG

Onion bulb



**N1,471.30**

1KG

Gari white,sold loose



**N718.02**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,706.57**

2KG

# SELECTED FOOD PRICE WATCH -NOVEMBER 2025

## - NORTH WEST



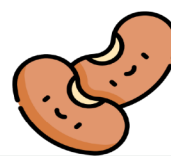
Tomato



**N867.70**

1KG

Beans brown,sold loose



**N1,176.04**

1KG

Rice local sold loose



**N1,863.32**

1KG

Bread sliced 500g



**N1,684.87**

1 Loaf

Yam Tuber



**N1,997.99**

1KG

Palm oil: 1 bottle



**N2,615.23**

1 Litre

Beef,boneless



**N5,921.28**

1KG

Onion bulb



**N961.17**

1KG

Gari white,sold loose



**N794.76**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,555.06**

2KG

# SELECTED FOOD PRICE WATCH -NOVEMBER 2025

## - SOUTH EAST



Tomato



**N1,763.84**

1KG

Beans brown,sold loose



**N2,044.16**

1KG

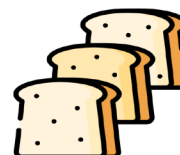
Rice local sold loose



**N1,879.29**

1KG

Bread sliced 500g



**N1,658.84**

1 Loaf

Yam Tuber



**N2,480.48**

1KG

Palm oil: 1 bottle



**N2,625.32**

1 Litre

Beef,boneless



**N8,434.06**

1KG

Onion bulb



**N1,972.86**

1KG

Gari white,sold loose



**N1,062.35**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N4,331.71**

2KG

# SELECTED FOOD PRICE WATCH -NOVEMBER 2025

## - SOUTH WEST



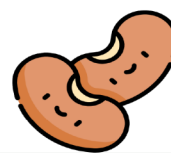
Tomato



**N1,309.10**

1KG

Beans brown,sold loose



**N1,730.82**

1KG

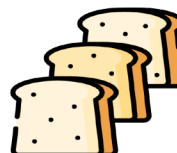
Rice local sold loose



**N1,942.98**

1KG

Bread sliced 500g



**N1,743.38**

1 Loaf

Yam Tuber



**N1,874.70**

1KG

Palm oil: 1 bottle



**N2,604.60**

1 Litre

Beef,boneless



**N6,536.83**

1KG

Onion bulb



**N1,241.74**

1KG

Gari white,sold loose



**N818.66**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,600.83**

2KG

# SELECTED FOOD PRICE WATCH -NOVEMBER 2025

## - SOUTH SOUTH



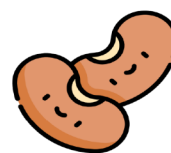
Tomato



**N1,568.27**

1KG

Beans brown,sold loose



**N1,975.32**

1KG

Rice local sold loose



**N1,834.52**

1KG

Bread sliced 500g



**N1,704.83**

1 Loaf

Yam Tuber



**N2,477.24**

1KG

Palm oil: 1 bottle



**N2,398.00**

1 Litre

Beef,boneless



**N7,136.29**

1KG

Onion bulb



**N1,586.48**

1KG

Gari white,sold loose



**N974.86**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,750.66**

2KG

## APPENDIX

Item Label	NORTH CEN- TRAL	NORTH EAST	NORTH WEST	SOUTH EAST	SOUTH SOUTH	SOUTH WEST
Agric hen eggs,	242.78	253.93	237.52	250.84	244.80	242.51
Agric hen eggs, (a Crate of 30 pieces)	5,839.40	6,323.92	5,650.34	6,364.17	5,892.71	5,866.56
Beans Brown	1,521.91	982.79	1,176.04	2,044.16	1,975.32	1,730.82
Beans white	1,478.32	864.96	1,049.85	1,979.33	1,836.42	1,521.58
Beef Boneless	6,408.31	7,514.66	5,921.28	8,434.06	7,136.29	6,536.83
Bread (sliced), 450g	1,763.02	1,490.13	1,684.87	1,658.84	1,704.83	1,743.38
Bread (unsliced), 450g	1,674.55	1,422.21	1,660.95	1,610.33	1,682.82	1,408.83
Carrots, fresh	1,613.67	1,406.83	1,631.31	2,439.02	2,427.77	2,209.33
Cat fresh fish	6,892.01	6,639.59	4,779.26	6,793.80	5,937.77	5,745.59
Chicken feet	4,201.67	2,749.72	2,604.32	3,827.82	4,291.06	4,911.62
Chicken meat (Frozen)	6,338.04	5,108.25	4,914.08	8,056.00	5,833.50	5,750.00
Chicken Wings	5,156.41	4,056.67	4,202.91	5,419.68	5,506.83	5,552.04
Cray fish small white	8,781.01	8,505.31	8,833.24	8,604.20	7,110.45	9,738.92
Dried fish, Bonga	7,782.98	7,327.85	5,650.82	9,924.95	6,712.02	6,811.11
Garri white	626.36	718.02	794.76	1,062.35	974.86	818.66
Garri Yellow	752.67	781.78	844.78	1,066.58	923.41	1,018.08
Ginger, fresh	5,306.66	4,056.15	4,577.98	6,101.26	5,934.19	6,635.02
Goat Meat Bone in	5,792.05	6,833.23	6,181.26	8,638.04	7,388.63	7,231.12
Groundnut oil, 75cl	2,973.18	3,359.02	3,326.92	3,203.81	3,918.62	3,275.18
Groundnuts, roasted, 75cl bottle	2,381.27	2,996.23	2,610.82	2,790.63	2,578.70	2,738.02
Irish Potatoe	1,527.34	1,521.04	1,170.33	2,283.51	2,137.93	1,816.84
Local Rice (Broken)	2,253.68	1,510.51	1,759.58	1,976.05	3,185.88	2,590.28
Mackerel, Frozen	7,632.42	5,843.54	4,460.10	6,309.31	5,474.20	5,197.66
Maize (Corn) Grains (White) sold loose	694.70	508.90	870.66	1,164.97	1,100.53	796.77
Onions, fresh	988.97	1,471.30	961.17	1,972.86	1,586.48	1,241.74
Palm oil, 75cl	2,369.08	2,465.13	2,615.23	2,625.32	2,398.00	2,604.60
Plantain (ripe)	2,277.41	1,931.50	1,910.25	2,269.56	2,227.46	2,221.48
Plantain (unripe)	2,486.49	1,949.45	1,981.86	2,359.81	2,305.10	2,145.67
Rice Local, short-Grained	2,019.45	1,608.54	1,863.32	1,879.29	1,834.52	1,942.98
Rice Long-Grained (Imported)	2,501.66	1,983.50	2,095.02	2,170.41	2,324.27	2,207.98
Semovita, Prepacked (1kg)	2,264.72	2,478.67	1,954.49	2,638.80	2,715.80	2,239.96
Smoked fish	6,320.57	6,560.38	4,872.53	7,065.68	6,952.47	6,290.00
Sweet potatoes	644.45	736.42	608.69	895.81	1,340.03	708.09
Tilapia fresh fish (Epiya)	6,625.41	5,960.59	4,684.58	6,260.32	5,836.09	6,053.96
Tin Milk-Evaporated, Peak Milk, 150g	1,050.94	1,128.07	881.85	1,111.65	1,152.28	1,055.27
Tin Milk-Evaporated, Three Crown Milk, 160g	854.58	1,160.96	878.13	945.33	987.91	904.95
Titus, frozen	7,073.55	5,825.62	6,799.80	6,627.16	6,096.68	5,918.88
Tomatoes, fresh	1,024.11	1,110.97	867.70	1,763.84	1,568.27	1,309.10
Vegetable Oil, 75cl	3,176.87	3,115.46	2,921.65	3,751.51	3,750.51	3,024.19
Watermelon whole, medium size fresh	1,899.49	1,926.99	1,596.65	2,664.64	2,476.03	2,376.65
Wheat Flour, Prepacked (2kg)	4,003.36	3,706.57	3,555.06	4,331.71	3,750.66	3,600.83
Yam Tuber	1,661.88	1,863.97	1,997.99	2,480.48	2,477.24	1,874.70

Item Label	Average of November-24	Average of October-25	Average of November-25	MoM	YoY	Highest	Lowest
Agric hen eggs,	247.26	252.79	244.97	- 3.10	- 0.93	Taraba (287.56)	Gombe (224.65)
Agric hen eggs, (a Crate of 30 pieces)		5,993.01	5,966.17	- 0.45		Taraba (7029.9)	Niger (5299.34)
Beans Brown	2,720.96	1,760.53	1,547.03	-12.13	- 43.14	Imo (2172.39)	Adamawa (725)
Beans white	2,546.70	1,587.82	1,430.58	- 9.90	- 43.83	Enugu (2099.24)	Bauchi (600)
Beef Boneless	6,001.32	6,850.51	6,908.22	0.84	15.11	Abia (8950.5)	Benue (5419.03)
Bread (sliced), 450g		1,675.51	1,677.28	0.11		Lagos (1954.31)	Yobe (1046.81)
Bread (unsliced), 450g		1,583.91	1,580.63	- 0.21		Taraba (1950)	Ekiti (1061)
Carrots, fresh		1,930.07	1,923.61	- 0.33		Imo (2732.94)	Borno (848.96)
Cat fresh fish	4,259.99	6,047.17	6,097.45	0.83	43.13	Plateau (8323.15)	Kaduna (3672.33)
Chicken feet	3,336.70	3,739.02	3,743.12	0.11	12.18	Osun (5461.85)	Adamawa (1775)
Chicken meat (Frozen)	6,130.51	5,899.46	5,924.20	0.42	- 3.37	Enugu (8847.31)	Katsina (4587.23)
Chicken Wings	4,316.41	4,945.54	4,954.24	0.18	14.78	Ogun (6460.51)	Gombe (3566.95)
Cray fish small white		8,690.20	8,606.72	- 0.96		Ekiti (10001.88)	Bayelsa (6135.27)
Dried fish, Bonga		7,213.33	7,263.98	0.70		Imo (11533.12)	Katsina (5147.08)
Garri white	1,205.39	846.69	819.70	- 3.19	- 32.00	Bayelsa (1164.28)	Plateau (487.31)
Garri Yellow	1,311.03	925.43	887.97	- 4.05	- 32.27	Enugu (1198.5)	Plateau (571.11)
Ginger, fresh		5,414.92	5,390.56	- 0.45		Lagos (7684.44)	Borno (3185.06)
Goat Meat Bone in		6,891.44	6,911.39	0.29		Ebonyi (9001)	Kogi (4034.16)
Groundnut oil, 75cl		3,297.03	3,336.13	1.19		Delta (4162.6)	Abia (2341.06)
Groundnuts, roasted,75cl bottle		2,639.87	2,669.61	1.13		Taraba (3600)	Bauchi (2188.89)
Irish Potatoe	1,778.96	1,567.32	1,706.92	8.91	- 4.05	Ebonyi (2403.52)	Katsina (1100.52)
Local Rice (Broken)		2,311.07	2,207.92	- 4.46		Bayelsa (3490.29)	Adamawa (1150)
Mackerel, Frozen	4,203.76	5,768.92	5,818.56	0.86	38.41	Plateau (9079.47)	Zamfara (3701.1)
Maize (Corn) Grains (White) sold loose	1,156.91	904.74	843.77	- 6.74	- 27.07	Imo (1580.17)	Adamawa (375)
Onions, fresh	1,878.00	1,368.32	1,332.77	- 2.60	- 29.03	Abia (2300.76)	Kwara (826.57)
Palm oil, 75cl	2,466.79	2,537.90	2,508.73	- 1.15	1.70	Enugu (3073.23)	Taraba (2050)
Plantain (ripe)	1,540.20	2,155.36	2,133.62	- 1.01	38.53	Plateau (2714.44)	Gombe (1485.74)
Plantain (unripe)	1,566.20	2,233.53	2,202.13	- 1.41	40.60	Plateau (2952.48)	Gombe (1601.04)



## CONTACT

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