



NATIONAL BUREAU OF STATISTICS

Selected Food Price Watch

(JANUARY 2026)

Report Date: March 2026

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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.

EXECUTIVE SUMMARY

The Selected Food Price Watch report for January 2026 shows that the average price of locally produced Rice (1kg) stood at ₦1,841.83, representing a 10.94% year-on-year decline from ₦2,068.00 recorded in January 2025. On a month-on-month basis, the price also decreased by 0.18% compared to December 2025. Similarly, the average price of Brown beans (1kg) was ₦1,262.43 in January 2026, reflecting a significant year-on-year decline of 48.65% from ₦2,458.53 in January 2025, while on a month-on-month basis this item increased by 0.99% from ₦1,250.11 in December 2025.

In the same period, the average price of Onion bulb (1kg) decreased by 17.87% year-on-year, from ₦1,367.62 in January 2025 to ₦1,123.26 in January 2026. Compared with December 2025, the price also declined by 4.19%. Likewise, the average price of Tomatoes (1kg, sold loose) decreased to ₦1,024.65 in January 2026 from ₦1,081.44 in January 2025, representing a year-on-year reduction of 5.25%, while a month-on-month decline of 3.07% was also recorded. The average price of Cray fish (small white) 1kg stood at ₦8,660.06. This represents a 39.07% increase when compare to January 2025 (year-on-year) also an increase of 0.86% month-on-month.

The January 2026 state-level price profile indicates notable variations across states. Kogi State recorded the highest average price for locally produced Rice (1kg) at ₦2,159.61, while Bauchi State reported the lowest average price at ₦1,542.78. For Brown beans (1kg), Oyo State recorded the highest average price at ₦1,912.34, whereas Taraba State had the lowest at ₦650.00. In the case of Onion bulb (1kg), Abia State recorded the highest average price at ₦2,114.14, while Sokoto State recorded the lowest at ₦772.43. Similarly, the average price of Tomatoes (1kg) was highest in Rivers State at ₦1,380.21, while Kaduna State recorded the lowest average price at ₦673.45.

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 ₦2,013.45, followed by the South-West at ₦1,933.07, while the North-East reported the lowest average price at ₦1,622.93. In the case of Brown beans (1kg), the highest average prices were observed in the South-West (₦1,716.45) and South-South (₦1,712.66) zones, whereas the North-West recorded the lowest price at ₦773.17. For Onion bulb (1kg), the South-East had the highest average price at ₦1,677.25, followed by the South-South at ₦1,248.46, while the North-Central zone recorded the lowest average price at ₦893.25. Similarly, the average price of Tomatoes (1kg) was highest in the South-South at ₦1,296.93, followed by the South-East at ₦1,208.65, while the North-West recorded the lowest average price at ₦741.38.

SELECTED FOOD PRICE WATCH - JANUARY 2026

-National



Tomato

Highest Price



Rivers (N1380.21)

Lowest Price



Kaduna (N673.45)

N1,081.44

JANUARY 2025

YoY = -5.25%

N1,024.65

1KG
JANUARY 2026

MoM = -3.07%

N1,057.10

DECEMBER 2025

Rice local sold loose

Highest Price



Kogi(N2159.61)

Lowest Price



Bauchi (N1542.78))

N2,068.00

JANUARY 2025

YoY = -10.94%

N1,841.83

1KG
JANUARY 2026

MoM = -0.18%

N1,845.08

DECEMBER 2025

Beans brown,sold loose

Highest Price



Oyo(N1912.34)

Lowest Price



Taraba(N650)

N2,458.53

JANUARY 2025

YoY = -48.65%

N1,262.43

1KG
JANUARY 2026

MoM = 0.99%

N1,250.11

DECEMBER 2025

Yam Tuber

Highest Price



Delta(N2650.21)

Lowest Price



Niger(N1200.55)

N1,991.33

JANUARY 2025

YoY = 3.74%

N2,065.76

1KG
JANUARY 2026

MoM = 0.54%

N2,054.63

DECEMBER 2025

SELECTED FOOD PRICE WATCH - JANUARY 2026

-National



Onion Bulb

Highest Price



Abia (N2114.14)

Lowest Price



Sokoto (N772.43)

N1,367.62

JANUARY 2025

YoY = -17.87%

N1,123.26



1KG
JANUARY 2026

MoM = -4.19%

N1,172.39

DECEMBER 2025

Beef, boneless

Highest Price



Anambra (N8670.03)

Lowest Price



Benue (N5419)

N6,122.57

JANUARY 2025

YoY = 12.28%

N6,874.17



1KG
JANUARY 2026

MoM = -0.16%

N6,885.09

DECEMBER 2025

Bread sliced 450g

Highest Price



Lagos (N1956.12)

Lowest Price



Yobe (N1024.7)

N1,604.78

JANUARY 2025

YoY = 3.88%

N1,667.01



1 Loaf
JANUARY 2026

MoM = -0.04%

N1,667.63

DECEMBER 2025

Palm oil: 1 bottle

Highest Price



Ekiti (N2800.25)

Lowest Price



Taraba (N2000)

N2,329.54

JANUARY 2025

YoY = 1.58%

N2,366.28



1 Litre
JANUARY 2026

MoM = -2.44%

N2,425.47

DECEMBER 2025

SELECTED FOOD PRICE WATCH -JANUARY 2026

-National



Wheat flour: prepacked (golden penny 2kg)

Highest Price



Kwara(N4663.09)

Lowest Price



Yobe (N3063.98)

N3,847.37
JANUARY 2025

YoY = -5.36%

N3,641.16
2KG
JANUARY 2026

MoM = -0.30%

N3,652.11
DECEMBER 2025

Gari white,sold loose

Highest Price



Abia (N1066.44)

Lowest Price



Plateau (N486.65)

N1,267.63
JANUARY 2025

YoY = -39.10%

N771.98
1KG
JANUARY 2026

MoM = -0.56%

N776.36
DECEMBER 2025

SELECTED FOOD PRICE WATCH -JANUARY 2026

- NORTH CENTRAL



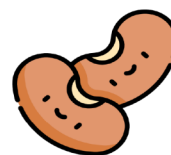
Tomato



N956.18



Beans brown,sold loose



N1,193.96



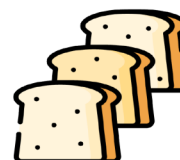
Rice local sold loose



N2,013.45



Bread sliced 450g



N1,725.36



Yam Tuber



N1,785.13



Palm oil: 1 bottle



N2,447.43



Beef,boneless



N6,378.47



Onion bulb



N893.25



Gari white,sold loose



N654.58



Wheat flour: prepacked (golden penny 2kg)



N3,979.78



SELECTED FOOD PRICE WATCH -JANUARY 2026

- NORTH EAST



Tomato



N953.58

1KG

Beans brown,sold loose



N814.13

1KG

Rice local sold loose



N1,622.93

1KG

Bread sliced 450g



N1,476.28

1 Loaf

Yam Tuber



N1,968.66

1KG

Palm oil: 1 bottle



N2,241.88

1 Litre

Beef,boneless



N7,406.94

1KG

Onion bulb



N1,087.37

1KG

Gari white,sold loose



N699.53

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,449.07

2KG

SELECTED FOOD PRICE WATCH -JANUARY 2026

- NORTH WEST



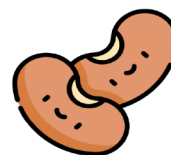
Tomato



N741.38

1KG

Beans brown,sold loose



N773.17

1KG

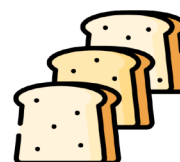
Rice local sold loose



N1,754.53

1KG

Bread sliced 450g



N1,725.00

1 Loaf

Yam Tuber



N2,004.36

1KG

Palm oil: 1 bottle



N2,359.90

1 Litre

Beef,boneless



N5,907.81

1KG

Onion bulb



N911.75

1KG

Gari white,sold loose



N692.43

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,503.63

2KG

SELECTED FOOD PRICE WATCH -JANUARY 2026

- SOUTH EAST



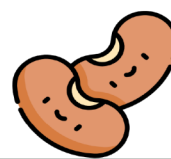
Tomato



N1,208.65

1KG

Beans brown,sold loose



N1,496.09

1KG

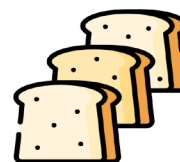
Rice local sold loose



N1,887.72

1KG

Bread sliced 450g



N1,605.28

1 Loaf

Yam Tuber



N2,333.43

1KG

Palm oil: 1 bottle



N2,203.23

1 Litre

Beef,boneless



N8,308.90

1KG

Onion bulb



N1,677.25

1KG

Gari white,sold loose



N913.07

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,523.01

2KG

SELECTED FOOD PRICE WATCH -JANUARY 2026

- SOUTH SOUTH



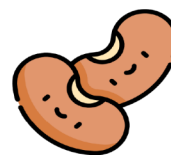
Tomato



N1,296.93

1KG

Beans brown,sold loose



N1,712.66

1KG

Rice local sold loose



N1,832.86

1KG

Bread sliced 450g



N1,696.67

1 Loaf

Yam Tuber



N2,510.41

1KG

Palm oil: 1 bottle



N2,352.00

1 Litre

Beef,boneless



N7,202.12

1KG

Onion bulb



N1,248.46

1KG

Gari white,sold loose



N928.68

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,738.82

2KG

SELECTED FOOD PRICE WATCH -JANUARY 2026

- SOUTH WEST



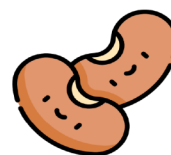
Tomato



N1,080.44

1KG

Beans brown,sold loose



N1,716.45

1KG

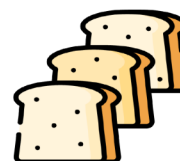
Rice local sold loose



N1,933.07

1KG

Bread sliced 450g



N1,743.81

1 Loaf

Yam Tuber



N1,894.21

1KG

Palm oil: 1 bottle



N2,553.61

1 Litre

Beef,boneless



N6,523.59

1KG

Onion bulb



N1,087.41

1KG

Gari white,sold loose



N799.90

1KG

Wheat flour: prepacked (golden penny 2kg)



N3,599.47

2KG

APPENDIX

Item Label	NORTH CEN- TRAL	NORTH EAST	NORTH WEST	SOUTH EAST	SOUTH SOUTH	SOUTH WEST
Agric hen eggs,	241.93	241.71	236.25	245.89	238.10	238.40
Agric hen eggs, (a Crate of 30 pieces)	5,811.19	6,263.76	5,645.63	6,291.04	5,836.83	5,816.76
Beans Brown	1,193.96	814.13	773.17	1,496.09	1,712.66	1,716.45
Beans white	1,187.45	769.31	735.16	1,476.38	1,675.58	1,542.86
Beef Boneless	6,378.47	7,406.94	5,907.81	8,308.90	7,202.12	6,523.59
Bread (sliced), 450g	1,725.36	1,476.28	1,725.00	1,605.28	1,696.67	1,743.81
Bread (unsliced), 450g	1,630.90	1,487.89	1,680.49	1,609.15	1,667.15	1,408.69
Carrots, fresh	1,654.60	1,478.57	1,644.55	2,375.03	2,506.77	2,230.17
Cat fresh fish	6,766.12	6,494.29	4,775.55	6,851.19	5,916.94	5,744.71
Chicken feet	4,399.06	3,688.19	2,648.24	3,875.78	4,314.89	4,922.33
Chicken meat (Frozen)	6,306.77	4,999.54	4,915.13	8,098.99	5,809.04	5,795.22
Chicken Wings	5,266.75	4,091.18	4,176.23	5,504.88	5,445.99	5,581.59
Cray fish small white	8,771.90	8,653.81	8,648.92	9,006.09	7,197.17	9,723.37
Dried fish, Bonga	7,799.35	7,688.66	5,684.87	9,455.66	6,685.85	6,836.29
Garri white	654.58	699.53	692.43	913.07	928.68	799.90
Garri Yellow	796.00	716.57	694.46	946.81	878.97	945.00
Ginger, fresh	5,346.45	3,880.92	4,765.19	6,182.51	6,039.58	6,708.20
Goat Meat Bone in	5,719.90	6,835.94	6,015.03	8,450.11	7,314.30	7,210.29
Groundnut oil, 75cl	3,016.32	2,881.02	3,026.55	2,528.45	3,690.62	3,191.08
Groundnuts, roasted, 75cl bottle	2,383.63	2,690.56	2,624.88	2,415.30	2,575.36	2,709.43
Irish Potatoe	1,673.65	1,687.91	1,225.09	2,439.00	2,662.10	2,405.25
Local Rice (Broken)	2,280.48	1,638.60	1,686.22	1,948.74	2,918.55	2,583.52
Mackerel, Frozen	7,635.31	5,785.91	4,415.93	6,093.75	5,478.70	5,207.51
Maize (Corn) Grains (White) sold loose	694.91	488.96	824.74	905.05	1,059.87	762.35
Onions, fresh	893.25	1,087.37	911.75	1,677.25	1,248.46	1,087.41
Palm oil, 75cl	2,447.43	2,241.88	2,359.90	2,203.23	2,352.00	2,553.61
Plantain (ripe)	2,293.87	1,937.66	1,824.68	2,135.19	2,214.79	2,134.42
Plantain (unripe)	2,499.34	1,947.05	1,814.50	2,133.02	2,227.28	2,092.04
Rice Local, short-Grained	2,013.45	1,622.93	1,754.53	1,887.72	1,832.86	1,933.07
Rice Long-Grained (Imported)	2,500.88	2,015.85	2,028.08	2,154.19	2,258.93	2,194.53
Semovita, Prepacked (1kg)	2,216.61	2,407.13	1,877.99	2,170.06	2,634.46	2,150.77
Smoked fish	6,330.07	6,635.87	4,701.58	7,262.41	6,762.64	6,280.85
Sweet potatoes	681.47	634.31	545.17	858.92	1,139.53	671.35
Tilapia fresh fish (Epiya)	6,639.68	5,905.33	4,593.79	6,212.22	5,829.09	6,049.62
Tin Milk-Evaporated, Peak Milk, 150g	1,051.41	1,104.80	885.94	1,019.24	1,135.45	1,057.70
Tin Milk-Evaporated, Three Crown Milk, 160g	862.62	1,029.89	865.54	892.77	994.24	909.21
Titus, frozen	7,087.79	5,603.47	6,806.69	6,413.97	6,031.51	5,929.21
Tomatoes, fresh	956.18	953.58	741.38	1,208.65	1,296.93	1,080.44
Vegetable Oil, 75cl	3,145.99	3,181.69	2,640.20	3,847.36	3,706.18	3,017.97
Watermelon whole, medium size fresh	1,901.54	1,648.10	1,537.01	2,420.25	2,422.69	2,383.74
Wheat Flour, Prepacked (2kg)	3,979.78	3,449.07	3,503.63	3,523.01	3,738.82	3,599.47
Yam Tuber	1,785.13	1,968.66	2,004.36	2,333.43	2,510.41	1,894.21

Item Label	Average of January-25	Average of December-25	Average of January-26	MoM	YoY	Highest	Lowest
Agric hen eggs,	248.04	240.69	240.16	- 0.22	- 3.18	Benue (260.97)	Gombe (222.64)
Agric hen eggs, (a Crate of 30 pieces)	5,878.14	5,926.84	5,923.16	- 0.06	0.77	Taraba (6950.83)	Niger (5299.3)
Beans Brown	2,458.53	1,250.11	1,262.43	0.99	- 48.65	Oyo (1912.34)	Taraba (650)
Beans white	2,123.85	1,200.88	1,209.91	0.75	- 43.03	Bayelsa (1788.36)	Bauchi (677)
Beef Boneless	6,122.57	6,885.09	6,874.17	- 0.16	12.28	Anambra	Benue (5419)
Bread (sliced), 450g	1,604.78	1,667.63	1,667.01	- 0.04	3.88	Lagos (1956.12)	Yobe (1024.7)
Bread (unsliced), 450g	1,452.98	1,581.29	1,583.99	0.17	9.02	Kogi (1907.58)	Ekiti (1062)
Carrots, fresh	1,787.16	1,920.33	1,953.03	1.70	9.28	Delta (2698.02)	Borno (970.58)
Cat fresh fish	5,226.87	6,068.40	6,053.60	- 0.24	15.82	Plateau (8323.31)	Kaduna (3700.2)
Chicken feet	3,293.63	3,956.88	3,953.04	- 0.10	20.02	Osun (5500)	Jigawa (2442)
Chicken meat (Frozen)	5,497.03	5,910.03	5,910.03	- 0.00	7.51	Enugu (8860.45)	Taraba (4500)
Chicken Wings	4,340.11	4,992.94	4,982.10	- 0.22	14.79	Ogun (6478)	Adamawa (3400)
Cray fish small white	6,227.04	8,586.04	8,660.06	0.86	39.07	Osun (9995.88)	Bayelsa (6500.57)
Dried fish, Bonga	6,131.98	7,243.91	7,268.45	0.34	18.53	Enugu (10285.18)	Jigawa (5188.46)
Garri white	1,267.63	776.36	771.98	- 0.56	- 39.10	Abia (1066.44)	Plateau (486.65)
Garri Yellow	1,358.96	835.24	821.91	- 1.60	- 39.52	Oyo (1100)	Adamawa (500)
Ginger, fresh	4,206.80	5,361.85	5,445.03	1.55	29.43	Lagos (7696)	Borno (3194.18)
Goat Meat Bone in	6,202.36	6,848.93	6,825.90	- 0.34	10.05	Imo (8749.27)	Kogi (4033.29)
Groundnut oil, 75cl	2,939.73	3,126.55	3,068.07	- 1.87	4.37	Delta (4250.6)	Adamawa (2200)
Groundnuts, roasted,75cl bottle	2,387.76	2,589.11	2,567.25	- 0.84	7.52	Taraba (3250)	Bauchi (2200)
Irish Potatoe	1,790.91	1,902.61	1,973.45	3.72	10.19	Bayelsa (2950.55)	Zamfara (1039.65)
Local Rice (Broken)	2,508.15	2,169.31	2,171.75	0.11	- 13.41	Delta (3250.81)	Adamawa (1300)
Mackerel, Frozen	5,117.81	5,799.04	5,774.60	- 0.42	12.83	Plateau (9080.42)	Zamfara (3726.84)
Maize (Corn) Grains (White) sold	1,168.34	798.97	784.59	- 1.80	- 32.85	Bayelsa (1210.4)	Bauchi (374)
Onions, fresh	1,367.62	1,172.39	1,123.26	- 4.19	- 17.87	Abia (2114.14)	Sokoto (772.43)
Palm oil, 75cl	2,329.54	2,425.47	2,366.28	- 2.44	1.58	Ekiti (2800.25)	Taraba (2000)
Plantain (ripe)	1,876.03	2,081.03	2,087.22	0.30	11.26	Plateau (2714.77)	Gombe (1557.55)
Plantain (unripe)	2,119.07	2,140.23	2,120.54	- 0.92	0.07	Plateau (2952.01)	Gombe (1591.46)
Rice Local, short-Grained	2,068.00	1,845.08	1,841.83	- 0.18	- 10.94	Kogi (2159.61)	Bauchi (1542.78)
Rice Long-Grained (Imported)	2,505.48	2,201.22	2,197.01	- 0.19	- 12.31	Abuja (2700.23)	Yobe (1824.78)
Semovita, Prepacked (1kg)	2,072.00	2,270.15	2,234.23	- 1.58	7.83	Adamawa (2800)	Kaduna (1834.65)
Smoked fish (Mackerel)	5,407.63	6,286.57	6,259.72	- 0.43	15.76	Taraba (8700)	Kebbi (3539.52)
Sweet potatoes	852.52	752.86	744.65	- 1.09	- 12.65	Delta (1215.8)	Kano (440.04)
Tilapia fresh fish (Epiya)	5,065.36	5,845.44	5,848.64	0.05	15.46	Benue (8377.24)	Sokoto (3738.56)
Tin Milk-Evaporated, Peak Milk,	928.00	1,047.47	1,039.06	- 0.80	11.97	Gombe (1334.2)	Kano (841.37)
Tin Milk-Evaporated, Three Crown Milk, 160g	837.23	928.66	923.27	- 0.58	10.28	Yobe (1289.62)	Ekiti (800)
Titus, frozen	5,467.23	6,341.11	6,343.69	0.04	16.03	Kwara (8957.06)	Adamawa (5100)
Tomatoes, fresh	1,081.44	1,057.10	1,024.65	- 3.07	- 5.25	Rivers (1380.21)	Kaduna (673.45)
Vegetable Oil, 75cl	2,975.96	3,272.21	3,220.95	- 1.57	8.23	Abia (4005.78)	Zamfara (2482.56)
Watermelon whole, medium size	1,850.84	2,013.45	2,024.28	0.54	9.37	Enugu (2571.59)	Sokoto (1248.46)
Wheat Flour, Prepacked (2kg)	3,847.37	3,652.11	3,641.16	- 0.30	- 5.36	Kwara (4663.09)	Yobe (3068.98)
Yam Tuber	1,991.33	2,054.63	2,065.76	0.54	3.74	Delta (2650.21)	Niger (1200.55)

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