



NATIONAL BUREAU OF STATISTICS

# Selected Food Price Watch

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(MARCH 2026)

Report Date: May 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 March 2026 shows that the average price of Eggs (a crate of 30 pieces) stood at ₦6,127.62, representing a 20.12% year-on-year decline from ₦7,670.56 recorded in March 2025. On a month-on-month basis, the price also increased by 2.00% compared to February 2026. Similarly, the average price of Beans brown (1kg) was ₦1,325.85 in March 2026, reflecting a significant year-on-year decline of 49.32% from ₦2,616.26 in March 2025, while on a month-on-month basis, this item increased by 1.41% from ₦1,307.44 in February 2026.

In the same period, the average price of Garri white sold loose (1kg) declined to 41.19% year-on-year, from ₦1,362.96 in March 2025 to ₦801.54 in March 2026. Compared with February 2026, the price grew by 1.38%. Likewise, the average price of Onion bulb (1kg) decreased to ₦1,153.14 in March 2026 from ₦1,434.85 in March 2025, representing a year-on-year reduction of 19.63%, while a month-on-month increase of 1.59% was also recorded. The average price of Ginger fresh (1kg) stood at ₦5,541.25, which represents a 20.46% increase when compared to March 2025 (year-on-year), and an increase of 0.61% month-on-month.

The March 2026 state-level price profile indicates notable variations across states. Taraba State recorded the highest average price for Eggs (a crate of 30 pieces) at ₦6,999.00, while Niger State reported the lowest average price at ₦5,610.04. For Beans brown (1kg), Oyo State recorded the highest average price at ₦1,937.20, whereas Taraba State had the lowest at ₦745. In the case of Garri white (1kg), Abia State recorded the highest average price at ₦1,075.45, while Plateau State recorded the lowest at ₦513.78. Similarly, the average price of Onion bulb (1kg) was highest in Abia State at ₦2,115.67, while Kwara State recorded the lowest average price at ₦829.91.

A regional analysis indicates notable price variations across zones for selected food items. For Eggs (a crate of 30 pieces), the South-East zone recorded the highest average price at ₦6,521.47, followed by the North East at ₦6,375.91, while the North-West reported the lowest average price at ₦5,908.61.

In the case of Beans brown (1kg), the highest average prices were observed in the South-West (₦1,770.57) and South-South (₦1,762.49) zones, whereas the North-West recorded the lowest price at ₦851.11.

For Garri white (1kg), the South-South had the highest average price at ₦942.68, followed by the South-East at ₦942.04, while the North-Central zone recorded the lowest average price at ₦670.16. Similarly, the average price of Onion bulb (1kg) was highest in the South-East at ₦1,714.81, followed by the South-South at ₦1,266.80, while the North-Central recorded the lowest average price at ₦907.76.

# SELECTED FOOD PRICE WATCH - MARCH 2026

-National



## Tomato

Highest Price



Edo (N1502.3)

Lowest Price



Plateau (N719.81)

**N1,157.35**

MARCH 2025

YoY = -4.53%



**N1,104.95**

1KG  
MARCH 2026

MoM = 2.55%

**N1,077.43**

FEBRUARY 2026

## Rice local sold loose

Highest Price



Kogi(N2176.85)

Lowest Price



Bauchi (N1570.72))

**N2,242.64**

MARCH 2025

YoY = -16.33%



**N1,876.36**

1KG  
MARCH 2026

MoM = 0.94%

**N1,858.93**

FEBRUARY 2026

## Beans brown,sold loose

Highest Price



Oyo(N1937.2)

Lowest Price



Taraba(N745)

**N2,616.26**

MARCH 2025

YoY = -49.32%



**N1,325.85**

1KG  
MARCH 2026

MoM = 1.41%

**N1,307.44**

FEBRUARY 2026

## Yam Tuber

Highest Price



Delta(N2680.21)

Lowest Price



Niger(N1433.88)

**N2,141.13**

MARCH 2025

YoY = 0.17%



**N2,144.70**

1KG  
MARCH 2026

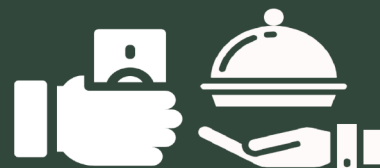
MoM = 1.69%

**N2,108.99**

FEBRUARY 2026

# SELECTED FOOD PRICE WATCH - MARCH 2026

-National



## Onion Bulb

Highest Price



Abia (N2115.67)



Lowest Price



Kwara (N829.91)

**N1,434.85**

MARCH 2025

YoY = -19.63%

**N1,153.14**



1KG

MARCH 2026

MoM = 1.59%

**N1,135.12**

FEBRUARY 2026

## Beef, boneless

Highest Price



Anambra (N8771.95)



Lowest Price



Benue (N5422.16)

**N6,523.50**

MARCH 2025

YoY = 5.82%

**N6,903.31**



1KG

MARCH 2026

MoM = 0.14%

**N6,893.87**

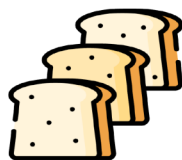
FEBRUARY 2026

## Bread sliced 450g

Highest Price



Adamawa (N1970)



Lowest Price



Yobe (N1026.7)

**N1,680.17**

MARCH 2025

YoY = -0.29%

**N1,675.31**



1 Loaf

MARCH 2026

MoM = 0.18%

**N1,672.38**

FEBRUARY 2026

## Palm oil: 1 bottle

Highest Price



Ekiti (N2801.95)



Lowest Price



Abia (N2012.54)

**N2,511.77**

MARCH 2025

YoY = -4.71%

**N2,393.38**



1 Litre

MARCH 2026

MoM = 0.27%

**N2,386.96**

FEBRUARY 2026

# SELECTED FOOD PRICE WATCH - MARCH 2026

-National



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

Highest Price




Kwara(N4663.19))

Lowest Price




Yobe (N3090.1)

  
**N4,114.24**  
MARCH 2025

YoY = -11.03%

  
**N3,660.61**  
2KG  
MARCH 2026

MoM = 0.28%

  
**N3,650.57**  
FEBRUARY 2026

## Gari white,sold loose

Highest Price



Abia (N1075.45)

Lowest Price



Plateau (N513.78)

  
**N1,362.96**  
MARCH 2025

YoY = -41.19%

  
**N801.54**  
1KG  
MARCH 2026

MoM = 1.38%

  
**N790.62**  
FEBRUARY 2026

# SELECTED FOOD PRICE WATCH - MARCH 2026

## - NORTH CENTRAL



Tomato



**N978.86**



1KG

Beans brown,sold loose



**N1,229.76**



1KG

Rice local sold loose



**N2,027.00**



1KG

Bread sliced 450g



**N1,726.36**



1 Loaf

Yam Tuber



**N1,848.96**



1KG

Palm oil: 1 bottle



**N2,454.75**



1 Litre

Beef,boneless



**N6,381.13**



1KG

Onion bulb



**N907.76**



1KG

Gari white,sold loose



**N670.16**



1KG

Wheat flour: prepacked (golden penny 2kg)



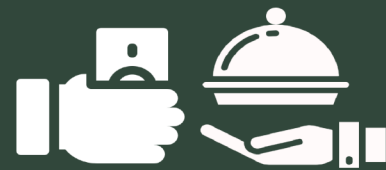
**N3,985.81**



2KG

# SELECTED FOOD PRICE WATCH - MARCH 2026

## - NORTH EAST



Tomato



**N1,121.04**

1KG

Beans brown,sold loose



**N868.79**

1KG

Rice local sold loose



**N1,655.52**

1KG

Bread sliced 450g



**N1,485.70**

1 Loaf

Yam Tuber



**N2,042.54**

1KG

Palm oil: 1 bottle



**N2,287.49**

1 Litre

Beef,boneless



**N7,440.33**

1KG

Onion bulb



**N1,113.02**

1KG

Gari white,sold loose



**N733.33**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,462.56**

2KG

# SELECTED FOOD PRICE WATCH - MARCH 2026

## - NORTH WEST



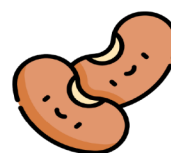
Tomato



**N784.39**



Beans brown,sold loose



**N851.11**



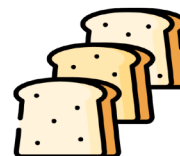
Rice local sold loose



**N1,816.12**



Bread sliced 450g



**N1,738.02**



Yam Tuber



**N2,087.67**



Palm oil: 1 bottle



**N2,419.53**



Beef,boneless



**N5,959.36**



Onion bulb



**N965.88**



Gari white,sold loose



**N763.09**



Wheat flour: prepacked (golden penny 2kg)



**N3,550.95**



# SELECTED FOOD PRICE WATCH - MARCH 2026

## - SOUTH EAST



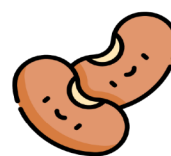
Tomato



**N1,282.40**

1KG

Beans brown,sold loose



**N1,615.87**

1KG

Rice local sold loose



**N1,967.87**

1KG

Bread sliced 450g



**N1,621.88**

1 Loaf

Yam Tuber



**N2,435.66**

1KG

Palm oil: 1 bottle



**N2,232.10**

1 Litre

Beef,boneless



**N8,374.28**

1KG

Onion bulb



**N1,714.81**

1KG

Gari white,sold loose



**N942.04**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,561.74**

2KG

# SELECTED FOOD PRICE WATCH - MARCH 2026

## - SOUTH WEST



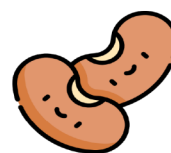
Tomato



**N1,114.77**

1KG

Beans brown,sold loose



**N1,770.57**

1KG

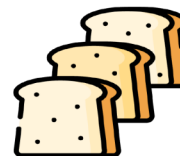
Rice local sold loose



**N1,956.32**

1KG

Bread sliced 450g



**N1,745.18**

1 Loaf

Yam Tuber



**N2,010.23**

1KG

Palm oil: 1 bottle



**N2,559.43**

1 Litre

Beef,boneless



**N6,531.99**

1KG

Onion bulb



**N1,116.28**

1KG

Gari white,sold loose



**N809.66**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,603.02**

2KG

# SELECTED FOOD PRICE WATCH - MARCH 2026

## - SOUTH SOUTH



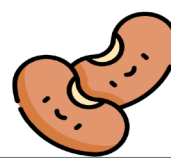
Tomato



**N1,452.27**

1KG

Beans brown,sold loose



**N1,762.49**

1KG

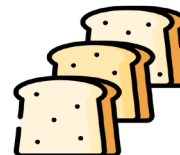
Rice local sold loose



**N1,835.52**

1KG

Bread sliced 450g



**N1,706.83**

1 Loaf

Yam Tuber



**N2,550.41**

1KG

Palm oil: 1 bottle



**N2,365.50**

1 Litre

Beef,boneless



**N7,222.29**

1KG

Onion bulb



**N1,266.80**

1KG

Gari white,sold loose



**N942.68**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,747.16**

2KG

## APPENDIX

Item Label	NORTH CEN- TRAL	NORTH EAST	NORTH WEST	SOUTH EAST	SOUTH SOUTH	SOUTH WEST
Agric hen eggs,	251.53	266.01	253.08	262.79	254.77	253.18
Agric hen eggs, (a Crate of 30 pieces)	5,960.00	6,375.91	5,908.61	6,521.47	6,108.17	6,021.62
Beans Brown	1,229.76	868.79	851.11	1,615.87	1,762.49	1,770.57
Beans white	1,214.82	826.15	814.46	1,598.16	1,733.08	1,614.05
Beef Boneless	6,381.13	7,440.33	5,959.36	8,374.28	7,222.29	6,531.99
Bread (sliced), 450g	1,726.36	1,485.70	1,738.02	1,621.88	1,706.83	1,745.18
Bread (unsliced), 450g	1,631.77	1,497.15	1,729.39	1,637.25	1,674.98	1,409.64
Carrots, fresh	1,683.39	1,518.21	1,735.34	2,439.58	2,525.60	2,287.03
Cat fresh fish	6,767.64	6,529.22	4,830.66	6,911.23	5,918.61	5,754.92
Chicken feet	4,401.04	3,714.97	2,722.83	3,930.59	4,314.89	4,925.87
Chicken meat (Frozen)	6,308.16	5,014.30	4,962.75	8,132.26	5,810.70	5,796.10
Chicken Wings	5,269.27	4,126.07	4,275.76	5,553.96	5,445.99	5,566.79
Cray fish small white	8,921.68	8,750.26	8,955.42	9,222.77	7,338.34	9,762.81
Dried fish, Bonga	7,807.15	7,724.34	5,746.05	9,478.30	6,688.35	6,847.84
Garri white	670.16	733.33	763.09	942.04	942.68	809.66
Garri Yellow	807.64	743.73	767.12	993.07	902.47	953.19
Ginger, fresh	5,408.26	3,835.12	4,983.41	6,398.12	6,127.74	6,752.82
Goat Meat Bone in	5,721.01	6,866.87	6,116.53	8,512.27	7,318.80	7,216.96
Groundnut oil, 75cl	3,017.53	2,904.23	3,121.82	2,548.91	3,690.62	3,192.54
Groundnuts, roasted, 75cl bottle	2,386.95	2,704.15	2,678.71	2,481.60	2,592.53	2,705.68
Irish Potatoe	1,729.73	1,730.75	1,322.37	2,528.68	2,732.10	2,476.27
Local Rice (Broken)	2,285.34	1,667.70	1,729.15	1,967.01	2,918.55	2,586.44
Mackerel, Frozen	7,639.81	5,810.08	4,480.37	6,155.25	5,480.37	5,214.84
Maize (Corn) Grains (White) sold loose	701.34	505.47	862.50	934.79	1,063.20	781.38
Onions, fresh	907.76	1,113.02	965.88	1,714.81	1,266.80	1,116.28
Palm oil, 75cl	2,454.75	2,287.49	2,419.53	2,232.10	2,365.50	2,559.43
Plantain (ripe)	2,333.03	1,971.68	1,870.08	2,186.38	2,262.13	2,210.10
Plantain (unripe)	2,518.77	1,972.46	1,886.98	2,226.81	2,272.78	2,195.78
Rice Local, short-Grained	2,027.00	1,655.52	1,816.12	1,967.87	1,835.52	1,956.32
Rice Long-Grained (Imported)	2,514.76	2,034.35	2,075.12	2,212.25	2,263.93	2,216.93
Semovita, Prepacked (1kg)	2,174.05	2,355.00	1,912.62	2,187.05	2,506.13	1,871.14
Smoked fish	6,331.52	6,689.04	4,760.45	7,358.50	6,762.97	6,285.63
Sweet potatoes	687.00	784.93	634.22	929.64	1,282.03	725.05
Tilapia fresh fish (Epiya)	6,641.58	5,935.17	4,661.15	6,274.59	5,829.09	6,051.19
Tin Milk-Evaporated, Peak Milk, 150g	1,054.35	1,126.96	903.40	1,043.63	1,135.45	1,058.89
Tin Milk-Evaporated, Three Crown Milk, 160g	868.61	1,042.44	891.81	902.92	994.24	911.33
Titus, frozen	7,090.25	5,626.03	6,882.56	6,507.24	6,033.51	5,945.65
Tomatoes, fresh	978.86	1,121.04	784.39	1,282.40	1,452.27	1,114.77
Vegetable Oil, 75cl	3,147.49	3,211.45	2,696.89	3,891.10	3,706.18	3,016.61
Watermelon whole, medium size fresh	1,909.63	1,714.56	1,606.60	2,483.41	2,445.19	2,421.46
Wheat Flour, Prepacked (2kg)	3,985.81	3,462.56	3,550.95	3,561.74	3,747.16	3,603.02
Yam Tuber	1,848.96	2,042.54	2,087.67	2,435.66	2,550.41	2,010.23

Item Label	Average of March-25	Average of February-26	Average of March-26	MoM	YoY	Highest	Lowest
Agric hen eggs,	261.18	248.35	256.48	3.28	- 1.80	Abia (284.06)	Plateau (240.75)
Agric hen eggs, (a Crate of 30 pieces)	7,670.56	6,007.35	6,127.62	2.00	- 20.12	Taraba (6999)	Niger (5610.04)
Beans Brown	2,616.26	1,307.44	1,325.85	1.41	- 49.32	Oyo (1937.2)	Taraba (745)
Beans white	2,215.11	1,255.13	1,276.63	1.71	- 42.37	Bayelsa (1799.36)	Kaduna (726.17)
Beef Boneless	6,523.50	6,893.87	6,903.31	0.14	5.82	Anambra (8771.95)	Benue (5422.16)
Bread (sliced), 450g	1,680.17	1,672.38	1,675.31	0.18	- 0.29	Adamawa (1970)	Yobe (1026.7)
Bread (unsliced), 450g	1,561.24	1,597.43	1,600.14	0.17	2.49	Ebonyi (1962.99)	Ekiti (1065.23)
Carrots, fresh	1,947.05	1,970.61	2,003.08	1.65	2.88	Delta (2710.02)	Borno (1000.58)
Cat fresh fish	5,507.11	6,064.96	6,080.02	0.25	10.40	Plateau (8323.59)	Kaduna (3680.57)
Chicken feet	3,487.06	3,970.94	3,979.85	0.22	14.13	Osun (5500.26)	Jigawa (2453.23)
Chicken meat (Frozen)	5,675.68	5,917.61	5,926.60	0.15	4.42	Enugu (8871.33)	Taraba (4500)
Chicken Wings	4,671.31	4,997.31	5,011.30	0.28	7.28	Ondo (6448.77)	Adamawa (3450)
Cray fish small white	6,657.00	8,785.16	8,820.59	0.40	32.50	Abuja (10007.21)	Bayelsa (6587.57)
Dried fish, Bonga	6,493.78	7,279.89	7,292.62	0.17	12.30	Enugu (10219.53)	Jigawa (5200.45)
Garri white	1,362.96	790.62	801.54	1.38	- 41.19	Abia (1075.45)	Plateau (513.78)
Garri Yellow	1,456.65	841.74	853.65	1.41	- 41.40	Abia (1139.48)	Taraba (520)
Ginger, fresh	4,600.23	5,507.43	5,541.25	0.61	20.46	Lagos (7714.64)	Borno (3209.92)
Goat Meat Bone in	6,892.46	6,845.74	6,860.54	0.22	- 0.46	Imo (8795.61)	Kogi (4034.54)
Groundnut oil, 75cl	3,218.82	3,085.18	3,093.09	0.26	- 3.91	Delta (4250.6)	Adamawa (2200)
Groundnuts, roasted, 75cl bottle	2,487.68	2,584.42	2,591.40	0.27	4.17	Taraba (3300)	Bauchi (2200)
Irish Potatoe	1,881.76	2,008.92	2,044.40	1.77	8.64	Bayelsa (2988.55)	Kano (1279.29)
Local Rice (Broken)	2,671.73	2,180.50	2,188.45	0.36	- 18.09	Delta (3250.81)	Adamawa (1350.42)
Mackerel, Frozen	5,482.63	5,789.30	5,801.33	0.21	5.81	Plateau (9099.33)	Zamfara (3757.92)
Maize (Corn) Grains (White) sold	1,278.76	795.82	803.27	0.94	- 37.18	Bayelsa (1220.4)	Adamawa (400)
Onions, fresh	1,434.85	1,135.12	1,153.14	1.59	- 19.63	Abia (2115.67)	Kwara (829.91)
Palm oil, 75cl	2,511.77	2,386.96	2,393.38	0.27	- 4.71	Ekiti (2801.95)	Abia (2012.54)
Plantain (ripe)	2,002.58	2,110.03	2,135.60	1.21	6.64	Plateau (2785.29)	Gombe (1590.16)
Plantain (unripe)	2,214.57	2,154.85	2,178.93	1.12	- 1.61	Plateau (2969.43)	Gombe (1604.56)
Rice Local, short-Grained	2,242.64	1,858.93	1,876.36	0.94	- 16.33	Kogi (2176.85)	Bauchi (1570.72)
Rice Long-Grained (Imported)	2,679.51	2,211.79	2,223.83	0.54	- 17.01	Abuja (2718.63)	Yobe (1830.6)
Semovita, Prepacked (1kg)	2,173.12	2,241.04	2,160.42	- 3.60	- 0.58	Adamawa (2860)	Lagos (1774.19)
Smoked fish (Mackerel)	5,752.76	6,276.99	6,293.57	0.26	9.40	Taraba (8750)	Kebbi (3724.29)
Sweet potatoes	909.88	805.41	828.34	2.85	- 8.96	Delta (1410.8)	Plateau (470.29)
Tilapia fresh fish (Epiya)	5,459.04	5,862.40	5,875.26	0.22	7.62	Benue (8377.54)	Sokoto (3751.01)
Tin Milk-Evaporated, Peak Milk,	999.18	1,044.52	1,050.00	0.53	5.09	Gombe (1430)	Taraba (870)
Tin Milk-Evaporated, Three Crown Milk, 160g	872.14	928.00	933.12	0.55	6.99	Gombe (1290.57)	Ekiti (800.26)
Titus, frozen	5,860.01	6,363.69	6,377.76	0.22	8.84	Kwara (8957.84)	Adamawa (5100)
Tomatoes, fresh	1,157.35	1,077.43	1,104.95	2.55	- 4.53	Edo (1502.3)	Plateau (719.81)
Vegetable Oil, 75cl	3,337.01	3,233.79	3,242.48	0.27	- 2.83	Anambra (4086.58)	Jigawa (2579.37)
Watermelon whole, medium size fresh	2,040.82	2,046.91	2,068.05	1.03	1.33	Enugu (2665.22)	Zamfara (1350.7)
Wheat Flour, Prepacked (2kg)	4,114.24	3,650.57	3,660.61	0.28	- 11.03	Kwara (4663.19)	Yobe (3090.1)
Yam Tuber	2,141.13	2,108.99	2,144.70	1.69	0.17	Delta (2680.21)	Niger (1433.88)

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