



NATIONAL BUREAU OF STATISTICS

# Selected Food Price Watch

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(APRIL 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 April 2026 shows that the average price of Tomatoes (1kg) stood at ₦1,177.92, representing a 8.23% year-on-year decline from ₦1,283.57 recorded in April 2025. On a month-on-month basis, the price also increased by 6.60% compared to March 2026. Similarly, the average price of Beans brown (1kg) was ₦1,338.93 in April 2026, reflecting a significant year-on-year decline of 44.89% from ₦2,429.39 in April 2025, while on a month-on-month basis, this item increased by 0.99% from ₦1,325.85 in March 2026.

In the same period, the average price of Garri white sold loose (1kg) declined by 39.86% year-on-year, from ₦1,345.10 in April 2025 to ₦808.96 in April 2026. Compared with March 2026, the price grew by 0.93%. Likewise, the average price of Onion bulb (1kg) decreased to ₦1,164.39 in April 2026 from ₦1,503.56 in April 2025, representing a year-on-year reduction of 22.56%, while a month-on-month increase of 0.98% was also recorded. The average price of Ginger fresh (1kg) stood at ₦5,581.82, which represents a 12.30% increase when compared to April 2025 (year-on-year), and an increase of 0.73% month-on-month.

The April 2026 state-level price profile indicates notable variations across states. Bayelsa State recorded the highest average price of Tomatoes (1kg), ₦1,600.73, while Plateau State reported the lowest average price, ₦730.48. For Beans brown (1kg), Oyo State recorded the highest average price at ₦1,938.91, whereas Taraba State had the lowest at ₦750. In the case of Garri white (1kg), Abia State recorded the highest average price at ₦1,075.47, while Plateau State recorded the lowest at ₦517.94. Similarly, the average price of Onion bulb (1kg) was highest in Abia State at ₦2,191.63, while Nasarawa State recorded the lowest average price at ₦832.16.

A regional analysis indicates notable price variations across zones for selected food items. For Tomatoes (1kg), the South-South zone recorded the highest average price at ₦1,561.10, followed by the South-East at ₦1,379.57, while the North-West reported the lowest average price at ₦822.72. In the case of Beans brown (1kg), the highest average prices were observed in the South-West (₦1,787.09) and South-South (₦1,764.99) zones, whereas the North-East recorded the lowest price at ₦871.79. For Garri white (1kg), the South-East had the highest average price at ₦944.58, followed by the South-South at ₦944.01, while the North-Central zone recorded the lowest average price at ₦673.88. Similarly, the average price of Ginger (1kg) was highest in the South-West at ₦6,812.92, followed by the South-East at ₦6,432.15, while the North-East recorded the lowest average price at ₦3,881.12.

# SELECTED FOOD PRICE WATCH - APRIL 2026

-National



## Tomato

Highest Price



Bayelsa (N1600.73)

Lowest Price



Plateau (N730.48)

**N1,283.57**

APRIL 2025

YoY = -8.23%

**N1,177.92**

1KG  
APRIL 2026

MoM = 6.60%

**N1,104.95**

MARCH 2026

## Rice local sold loose

Highest Price



Kogi(N2182.78)

Lowest Price



Bauchi (N1570.72)

**N2,144.05**

APRIL 2025

YoY = -11.69%

**N1,893.44**

1KG  
APRIL 2026

MoM = 0.91%

**N1,876.36**

MARCH 2026

## Beans brown,sold loose

Highest Price



Oyo(N1938.91)

Lowest Price



Taraba(N750)

**N2,429.39**

APRIL 2025

YoY = -44.89%

**N1,338.93**

1KG  
APRIL 2026

MoM = 0.99%

**N1,325.85**

MARCH 2026

## Yam Tuber

Highest Price



Imo (N2707.16)

Lowest Price



Niger(N1448.16)

**N2,240.08**

APRIL 2025

YoY = -0.97%

**N2,218.46**

1KG  
APRIL 2026

MoM = 3.44%

**N2,144.70**

MARCH 2026

# SELECTED FOOD PRICE WATCH - APRIL 2026

-National



## Onion Bulb

Highest Price



Abia (N2191.63)

Lowest Price



Nasarawa(N832.16)

**N1,503.56**

APRIL 2025

YoY = -22.56%

**N1,164.39**



1KG  
APRIL 2026

MoM = 0.98%

**N1,153.14**

MARCH 2026

## Beef, boneless

Highest Price



Anambra (N8848.68)

Lowest Price



Benue (N5422.57)

**N6,544.54**

APRIL 2025

YoY = 5.74%

**N6,919.94**



1KG  
APRIL 2026

MoM = 0.24%

**N6,903.31**

MARCH 2026

## Bread sliced 450g

Highest Price



Adamawa(N1970)

Lowest Price



Yobe (N1026.7)

**N1,688.40**

APRIL 2025

YoY = -0.34%

**N1,682.60**



1 Loaf  
APRIL 2026

MoM = 0.43%

**N1,675.31**

MARCH 2026

## Palm oil: 1 bottle

Highest Price



Ekiti (N2819.09)

Lowest Price



Abia (N2024.41)

**N2,516.36**

APRIL 2025

YoY = -4.77%

**N2,396.32**



1 Litre  
APRIL 2026

MoM = 0.12%

**N2,393.38**

MARCH 2026

# SELECTED FOOD PRICE WATCH - APRIL 2026

-National



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

Highest Price



Kwara(N4663.23))

Lowest Price



Yobe (N3090.1)

**N4,166.57**

YoY = -12.00%

APRIL 2025



**N3,666.51**

2KG

APRIL 2026

MoM = 0.16%

**N3,660.61**

MARCH 2026



## Gari white,sold loose

Highest Price



Abia (N1075.47)

Lowest Price



Plateau (N517.94)

**N1,345.10**

YoY = -39.86%

APRIL 2025



**N808.96**

1KG

APRIL 2026

MoM = 0.93%

**N801.54**

MARCH 2026



# SELECTED FOOD PRICE WATCH - APRIL 2026

## - NORTH CENTRAL



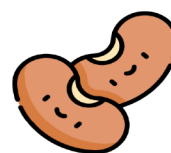
Tomato



**N1002.93**

1KG

Beans brown,sold loose



**N1241.28**

1KG

Rice local sold loose



**N2029.79**

1KG

Bread sliced 450g



**N1726.66**

1 Loaf

Yam Tuber



**N1863.59**

1KG

Palm oil: 1 bottle



**N2456.40**

1 Litre

Beef,boneless



**N6382.56**

1KG

Onion bulb



**N911.40**

1KG

Gari white,sold loose



**N673.88**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3987.58**

2KG

# SELECTED FOOD PRICE WATCH - APRIL 2026

## - NORTH EAST



Tomato

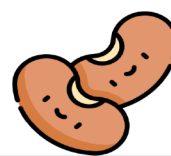


**N1196.87**



1KG

Beans brown,sold loose



**N871.79**



1KG

Rice local sold loose



**N1657.02**



1KG

Bread sliced 450g



**N1485.70**



1 Loaf

Yam Tuber



**N2069.54**



1KG

Palm oil: 1 bottle



**N2288.33**



1 Litre

Beef,boneless



**N7440.33**



1KG

Onion bulb



**N1113.02**



1KG

Gari white,sold loose



**N738.00**



1KG

Wheat flour: prepacked (golden penny 2kg)



**N3462.56**



2KG

# SELECTED FOOD PRICE WATCH - APRIL 2026

## - NORTH WEST



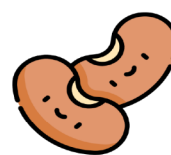
Tomato



**N822.72**

1KG

Beans brown,sold loose



**N885.95**

1KG

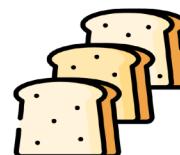
Rice local sold loose



**N1851.05**

1KG

Bread sliced 450g



**N1752.50**

1 Loaf

Yam Tuber



**N2154.97**

1KG

Palm oil: 1 bottle



**N2418.91**

1 Litre

Beef,boneless



**N6014.31**

1KG

Onion bulb



**N996.32**

1KG

Gari white,sold loose



**N782.92**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3570.39**

2KG

# SELECTED FOOD PRICE WATCH - APRIL 2026

## - SOUTH EAST



Tomato

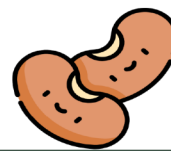


**N1379.57**



1KG

Beans brown,sold loose



**N1621.33**



1KG

Rice local sold loose



**N2018.22**



1KG

Bread sliced 450g



**N1655.10**



1 Loaf

Yam Tuber



**N2467.47**



1KG

Palm oil: 1 bottle



**N2240.16**



1 Litre

Beef,boneless



**N8406.40**



1KG

Onion bulb



**N1735.53**



1KG

Gari white,sold loose



**N944.58**



1KG

Wheat flour: prepacked (golden penny 2kg)



**N3565.66**



2KG

# SELECTED FOOD PRICE WATCH - APRIL 2026

## - SOUTH WEST



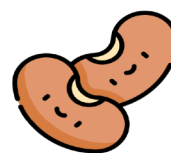
Tomato



**N1226.32**

1KG

Beans brown,sold loose



**N1787.09**

1KG

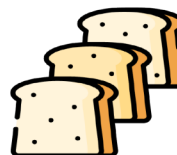
Rice local sold loose



**N1974.17**

1KG

Bread sliced 450g



**N1745.21**

1 Loaf

Yam Tuber



**N2295.67**

1KG

Palm oil: 1 bottle



**N2568.84**

1 Litre

Beef,boneless



**N6541.98**

1KG

Onion bulb



**N1126.47**

1KG

Gari white,sold loose



**N819.83**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3611.44**

2KG

# SELECTED FOOD PRICE WATCH - APRIL 2026

## - SOUTH SOUTH



Tomato



**N1561.10**



1KG

Beans brown,sold loose



**N1764.99**



1KG

Rice local sold loose

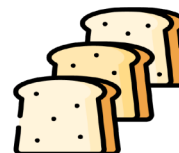


**N1835.52**



1KG

Bread sliced 450g



**N1706.83**



1 Loaf

Yam Tuber



**N2570.74**



1KG

Palm oil: 1 bottle



**N2365.50**



1 Litre

Beef,boneless



**N7222.29**



1KG

Onion bulb



**N1268.96**



1KG

Gari white,sold loose



**N944.01**



1KG

Wheat flour: prepacked (golden penny 2kg)



**N3747.16**



2KG

# APPENDIX

Item Label	NORTH CEN- TRAL	NORTH EAST	NORTH WEST	SOUTH EAST	SOUTH SOUTH	SOUTH WEST
Agric hen eggs,	255.67	269.01	255.68	263.54	257.27	256.04
Agric hen eggs, (a Crate of 30 pieces)	5,983.77	6,379.74	5,925.19	6,543.31	6,115.83	6,040.41
Beans Brown	1,241.28	871.79	885.95	1,621.33	1,764.99	1,787.09
Beans white	1,222.26	832.48	863.03	1,614.44	1,736.75	1,615.77
Beef Boneless	6,382.56	7,440.33	6,014.31	8,406.40	7,222.29	6,541.98
Bread (sliced), 450g	1,726.66	1,485.70	1,752.50	1,655.10	1,706.83	1,745.21
Bread (unsliced), 450g	1,632.10	1,497.15	1,755.94	1,639.77	1,674.98	1,409.64
Carrots, fresh	1,693.98	1,544.54	1,756.91	2,457.86	2,555.43	2,314.04
Cat fresh fish	6,768.42	6,534.22	4,875.22	6,930.69	5,920.12	5,766.14
Chicken feet	4,402.22	3,717.47	2,759.08	3,948.15	4,315.39	4,939.57
Chicken meat (Frozen)	6,308.72	5,014.63	5,023.07	8,167.04	5,811.37	5,796.22
Chicken Wings	5,270.03	4,128.07	4,311.79	5,582.06	5,459.33	5,577.83
Cray fish small white	8,947.95	8,788.59	9,019.81	9,256.52	7,373.34	9,785.63
Dried fish, Bonga	7,810.43	7,736.67	5,777.22	9,509.68	6,692.20	6,899.72
Garri white	673.88	738.00	782.92	944.58	944.01	819.83
Garri Yellow	810.90	748.23	796.17	995.30	904.14	958.46
Ginger, fresh	5,422.93	3,881.12	5,050.65	6,432.15	6,147.91	6,812.92
Goat Meat Bone in	5,721.66	6,866.87	6,158.86	8,547.99	7,318.80	7,223.84
Groundnut oil, 75cl	3,017.94	2,904.90	3,166.98	2,561.69	3,691.12	3,196.70
Groundnuts, roasted, 75cl bottle	2,388.23	2,705.49	2,699.79	2,487.67	2,594.53	2,706.59
Irish Potatoe	1,743.14	1,771.92	1,335.35	2,534.58	2,742.43	2,517.57
Local Rice (Broken)	2,287.75	1,670.03	1,746.40	1,976.21	2,918.55	2,598.71
Mackerel, Frozen	7,641.17	5,812.41	4,507.25	6,166.77	5,480.37	5,267.56
Maize (Corn) Grains (White) sold loose	702.81	507.30	882.09	939.04	1,066.20	798.12
Onions, fresh	911.40	1,113.02	996.32	1,735.53	1,268.96	1,126.47
Palm oil, 75cl	2,456.40	2,288.33	2,418.91	2,240.16	2,365.50	2,568.84
Plantain (ripe)	2,343.64	1,980.68	1,885.98	2,212.56	2,268.13	2,292.61
Plantain (unripe)	2,523.55	1,978.30	1,907.63	2,239.75	2,290.78	2,274.71
Rice Local, short-Grained	2,029.79	1,657.02	1,851.05	2,018.22	1,835.52	1,974.17
Rice Long-Grained (Imported)	2,518.05	2,035.35	2,091.27	2,253.74	2,263.93	2,219.61
Semovita, Prepacked (1kg)	2,155.82	2,355.00	1,925.98	2,213.26	2,506.13	1,859.59
Smoked fish	6,332.83	6,690.04	4,772.90	7,403.04	6,764.81	6,298.31
Sweet potatoes	689.74	805.76	672.92	933.63	1,296.36	736.58
Tilapia fresh fish (Epiya)	6,642.47	5,935.17	4,687.31	6,301.77	5,829.93	6,061.01
Tin Milk-Evaporated, Peak Milk, 150g	1,054.94	1,126.96	921.10	1,047.10	1,135.45	1,066.42
Tin Milk-Evaporated, Three Crown Milk, 160g	870.07	1,042.78	903.70	906.66	994.24	914.37
Titus, frozen	7,104.29	5,636.87	6,909.41	6,525.33	6,037.18	6,107.79
Tomatoes, fresh	1,002.93	1,196.87	822.72	1,379.57	1,561.10	1,226.32
Vegetable Oil, 75cl	3,149.77	3,211.45	2,740.81	3,907.20	3,706.18	3,016.37
Watermelon whole, medium size fresh	1,914.05	1,724.72	1,628.68	2,487.65	2,453.53	2,437.49
Wheat Flour, Prepacked (2kg)	3,987.58	3,462.56	3,570.39	3,565.66	3,747.16	3,611.44
Yam Tuber	1,863.59	2,069.54	2,154.97	2,467.47	2,570.74	2,295.67

Item Label	Average of April-25	Average of March-26	Average of April-26	MoM	YoY	Highest	Lowest
Agric hen eggs,	259.32	256.48	259.22	1.07	- 0.04	Abia (284.42)	Plateau (243.38)
Agric hen eggs, (a Crate of 30 pieces)	6,150.18	6,127.62	6,143.11	0.25	- 0.11	Taraba (7000)	Niger (5624.09)
Beans Brown	2,429.39	1,325.85	1,338.93	0.99	- 44.89	Oyo (1938.91)	Taraba (750)
Beans white	2,097.31	1,276.63	1,291.33	1.15	- 38.43	Bayelsa (1800.36)	Taraba (757)
Beef Boneless	6,544.54	6,903.31	6,919.94	0.24	- 5.74	Anambra (8848.68)	Benue (5422.57)
Bread (sliced), 450g	1,688.40	1,675.31	1,682.60	0.43	- 0.34	Adamawa (1970)	Yobe (1026.7)
Bread (unsliced), 450g	1,547.52	1,600.14	1,605.56	0.34	- 3.75	Ebonyi (1963.15)	Ekiti (1065.23)
Carrots, fresh	1,931.32	2,003.08	2,025.12	1.10	- 4.86	Delta (2750.02)	Borno (1010.58)
Cat fresh fish	5,572.49	6,080.02	6,094.10	0.23	- 9.36	Plateau (8323.8)	Kaduna (3710.87)
Chicken feet	3,502.70	3,979.85	3,992.01	0.31	- 13.97	Osun (5501.2)	Jigawa (2476)
Chicken meat (Frozen)	5,740.15	5,926.60	5,943.00	0.28	- 3.53	Enugu (8922.22)	Taraba (4500)
Chicken Wings	4,771.92	5,011.30	5,026.33	0.30	- 5.33	Ondo (6445.92)	Adamawa (3450)
Cray fish small white	6,655.66	8,820.59	8,857.90	0.42	- 33.09	Abuja (10009.21)	Bayelsa (6593.57)
Dried fish, Bonga	6,657.74	7,292.62	7,314.42	0.30	- 9.86	Enugu (10278.16)	Katsina (5242.35)
Garri white	1,345.10	801.54	808.96	0.93	- 39.86	Abia (1075.47)	Plateau (517.94)
Garri Yellow	1,422.34	853.65	861.92	0.97	- 39.40	Abia (1142.51)	Taraba (525)
Ginger, fresh	4,970.66	5,541.25	5,581.82	0.73	- 12.30	Lagos (7759.89)	Borno (3215.92)
Goat Meat Bone in	6,708.45	6,860.54	6,874.62	0.21	- 2.48	Imo (8798.1)	Kogi (4035.96)
Groundnut oil, 75cl	3,250.32	3,093.09	3,104.30	0.36	- 4.49	Delta (4250.6)	Adamawa (2200)
Groundnuts, roasted, 75cl bottle	2,545.72	2,591.40	2,597.14	0.22	- 2.02	Taraba (3300)	Bauchi (2200)
Irish Potatoe	1,948.61	2,044.40	2,065.24	1.02	- 5.99	Bayelsa (2990.55)	Kano (1287.98)
Local Rice (Broken)	2,517.89	2,188.45	2,195.78	0.34	- 12.79	Delta (3250.81)	Adamawa (1350.42)
Mackerel, Frozen	5,417.40	5,801.33	5,817.16	0.27	- 7.38	Plateau (9104.61)	Zamfara (3776.99)
Maize (Corn) Grains (White) sold loose	1,239.61	803.27	811.33	1.00	- 34.55	Bayelsa (1220.42)	Adamawa (400)
Onions, fresh	1,503.56	1,153.14	1,164.39	0.98	- 22.56	Abia (2191.63)	Nasarawa (832.16)
Palm oil, 75cl	2,516.36	2,393.38	2,396.32	0.12	- 4.77	Ekiti (2819.09)	Abia (2024.41)
Plantain (ripe)	2,057.40	2,135.60	2,159.96	1.14	- 4.99	Plateau (2804.46)	Gombe (1598.16)
Plantain (unripe)	2,231.81	2,178.93	2,202.15	1.07	- 1.33	Plateau (2974.41)	Gombe (1610.56)
Rice Local, short-Grained	2,144.05	1,876.36	1,893.44	0.91	- 11.69	Kogi (2182.78)	Bauchi (1570.72)
Rice Long-Grained (Imported)	2,574.11	2,223.83	2,233.71	0.44	- 13.22	Abuja (2720.3)	Yobe (1830.6)
Semovita, Prepacked (1kg)	2,257.20	2,160.42	2,161.17	0.03	- 4.25	Adamawa (2860)	Lagos (1775)
Smoked fish (Mackerel)	5,920.84	6,293.57	6,304.71	0.18	- 6.48	Taraba (8750)	Kebbi (3754.53)
Sweet potatoes	938.42	828.34	844.30	1.93	- 10.03	Delta (1460.8)	Plateau (470.42)
Tilapia fresh fish (Epiya)	5,489.28	5,875.26	5,885.78	0.18	- 7.22	Benue (8377.62)	Sokoto (3780.1)
Tin Milk-Evaporated, Peak Milk, 150g	994.19	1,050.00	1,055.15	0.49	- 6.13	Gombe (1430)	Taraba (870)
Tin Milk-Evaporated, Three Crown Milk, 160g	888.91	933.12	936.70	0.38	- 5.38	Gombe (1290.57)	Ekiti (807.41)
Titus, frozen	5,939.29	6,377.76	6,416.58	0.61	- 8.04	Kwara (8965.13)	Adamawa (5100)
Tomatoes, fresh	1,283.57	1,104.95	1,177.92	6.60	- 8.23	Bayelsa (1600.73)	Plateau (730.48)
Vegetable Oil, 75cl	3,374.81	3,242.48	3,253.35	0.34	- 3.60	Abia (4111.3)	Zamfara (2597.66)
Watermelon whole, medium size fresh	2,057.35	2,068.05	2,079.24	0.54	- 1.06	Enugu (2675.02)	Borno (1390.85)
Wheat Flour, Prepacked (2kg)	4,166.57	3,660.61	3,666.51	0.16	- 12.00	Kwara (4663.23)	Yobe (3090.1)
Yam Tuber	2,240.08	2,144.70	2,218.46	3.44	- 0.97	Imo (2707.16)	Niger (1448.16)

## CONTACT



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