



NATIONAL BUREAU OF STATISTICS

# Selected Food Price Watch

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(MAY 2026)

Report Date: June 2026

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## EXECUTIVE SUMMARY

The Selected Food Price Watch report for May 2026 shows that the average price of Tomatoes 1kg stood at ₦1,560.56, representing a 12.05% year-on-year increase from ₦1,392.71 recorded in May 2025. On a month-on-month basis, the price also increased by 32.48% compared to April 2026. Similarly, the average price of bean Brown (1kg) was ₦1,344.93 in May 2026, reflecting a significant year-on-year decline of 43.61% from ₦2,385.15 in May 2025, while on a month-on-month basis, this item increased by 0.45% from ₦1,338.93 in April 2026.

In the same period, the average price of Garri white sold loose (1kg) declined to 39.39% year-on-year, from ₦1,341.79 in May 2025 to ₦813.24 in May 2026. Compared with April 2026, the price grew by 0.53%. Likewise, the average price of onion Bulb (1kg) decreased to ₦1,180.01 in May 2026 from ₦1,607.38 in May 2025, representing a year-on-year reduction of 26.59%, while a month-on-month increase of 1.34% was also recorded. The average price of Ginger Fresh (1kg) stood at ₦5,906.82, which represents a 7.28% increase when compared to May 2025 (year-on-year), and an increase of 5.82% month-on-month.

The May 2026 state-level price profile indicates notable variations across states. Lagos State recorded the highest average price for 1kg of tomatoes, ₦1,974.81, while Ekiti State reported the lowest average price, ₦1,017. For Beans Brown (1kg), Oyo State recorded the highest average price at ₦1,941.78, whereas Taraba State had the lowest at ₦760. In the case of Garri white (1kg), Abia State recorded the highest average price at ₦1,075.71, while Plateau State recorded the lowest at ₦521.1. Similarly, the average price of onion bulbs (1kg) was highest in Abia State at ₦2,199.07, while Nasarawa State recorded the lowest average price at ₦850.

A regional analysis indicates notable price variations across zones for selected food items. For Tomatoes (1kg), the South-East zone recorded the highest average price at ₦1,838.40, followed by the South-south at ₦1,821.60, while the North-west reported the lowest average price at ₦1,182.39. In the case of Beans Brown (1kg), the highest average prices were observed in the South West (₦1,790.71) and South-south (₦1,768.66) zones, whereas the North-east recorded the lowest price at ₦876.46. For Garri white (1kg), the South-east had the highest average price at ₦947.08, followed by the South-south at ₦944.01, while the North-Central zone recorded the lowest average price at ₦676.21. Similarly, the average price of Ginger (1kg) was highest in the South-west at ₦6,969.86, followed by the South east at ₦6,566.13, while the North-east recorded the lowest average price at ₦4,495.29.

## 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.



## Tomato

Highest Price



Lagos (N1974.81)

Lowest Price



Ekiti (N1017)

N1,392.71

YoY = 12.05%

MAY 2025

N1,560.56

1KG  
MAY 2026

MoM = 32.48%

N1,177.92

APRIL 2026

## Rice local sold loose

Highest Price



Ekiti(N2189.56)

Lowest Price



Bauchi (N1570.72)

N2,095.29

YoY = -9.06%

MAY 2025

N1,905.43

1KG  
MAY 2026

MoM = 0.63%

N1,893.44

APRIL 2026

## Beans brown,sold loose

Highest Price



Oyo(N1941.78)

Lowest Price



Taraba(N760)

N2,385.15

YoY = -43.61%

MAY 2025

N1,344.93

1KG  
MAY 2026

MoM = 0.45%

N1,338.93

APRIL 2026

## Yam Tuber

Highest Price



Delta (N2750.21)

Lowest Price



Jigawa(N1988.77)

N2,375.40

YoY = -1.19%

MAY 2025

N2,347.09

1KG  
MAY 2026

MoM = 5.80%

N2,218.46

APRIL 2026

# SELECTED FOOD PRICE WATCH - MAY 2026

-National



## Onion Bulb

Highest Price



Abia (N2199.07)

Lowest Price



Nasarawa(N850)

**N1,607.38**

MAY 2025

YoY = -26.59%

**N1,180.01**



MAY 2026

MoM = 1.34%

**N1,164.39**

APRIL 2026

## Beef, boneless

Highest Price



Anambra (N8856.65)

Lowest Price



Sokoto (N5833.67)

**N6,662.92**

MAY 2025

YoY = 7.63%

**N7,171.41**



MAY 2026

MoM = 3.63%

**N6,919.94**

APRIL 2026

## Bread sliced 450g

Highest Price



Adamawa(N1970)

Lowest Price



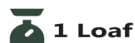
Yobe (N1026.7)

**N1,657.59**

MAY 2025

YoY = 1.79%

**N1,687.18**



MAY 2026

MoM = 0.27%

**N1,682.60**

APRIL 2026

## Palm oil: 1 bottle

Highest Price



Ekiti (N2812.07)

Lowest Price



Abia (N2025.75)

**N2,475.08**

MAY 2025

YoY = -3.17%

**N2,396.62**



MAY 2026

MoM = 0.01%

**N2,396.32**

APRIL 2026

# SELECTED FOOD PRICE WATCH - MAY 2026

-National



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

Highest Price



Kwara (N4663.25)

Lowest Price



Yobe (N3090.1)



**N4,185.55**

MAY 2025

YoY = -12.25%



**N3,672.94**

2KG

MAY 2026

MoM = 0.18%



**N3,666.51**

APRIL 2026



## Gari white, sold loose

Highest Price



Abia (N1075.71)

Lowest Price



Plateau (N521.1)



**N1,341.79**

MAY 2025

YoY = -39.39%



**N813.24**

1KG

MAY 2026

MoM = 0.53%



**N808.96**

APRIL 2026





# SELECTED FOOD PRICE WATCH - MAY 2026

## - NORTH CENTRAL



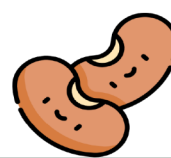
Tomato



**N1,451.25**

1KG

Beans brown,sold loose



**N1,248.52**

1KG

Rice local sold loose



Lorem ipsum

**N2,031.24**

1KG

Bread sliced 450g



**N1,726.83**

1 Loaf

Yam Tuber



**N2,119.73**

1KG

Palm oil: 1 bottle



**N2,457.30**

1 Litre

Beef,boneless



**N6,999.35**

1KG

Onion bulb



**N931.15**

1KG

Gari white,sold loose



**N676.21**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,988.66**

2KG

# SELECTED FOOD PRICE WATCH - MAY 2026

## - NORTH EAST



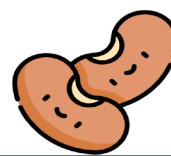
Tomato



**N1,450.20**

1KG

Beans brown,sold loose



**N876.46**

1KG

Rice local sold loose



Lorem ipsum

**N1,657.02**

1KG

Bread sliced 450g



**N1,485.70**

1 Loaf

Yam Tuber



**N2,172.71**

1KG

Palm oil: 1 bottle



**N2,288.33**

1 Litre

Beef,boneless



**N7,554.49**

1KG

Onion bulb



**N1,125.35**

1KG

Gari white,sold loose



**N738.83**

1KG

Wheat flour: prepacked (golden penny 2kg)

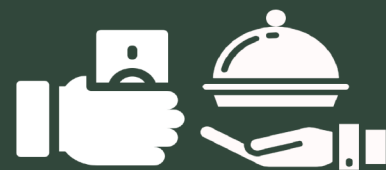


**N3,462.56**

2KG

# SELECTED FOOD PRICE WATCH - MAY 2026

## - NORTH WEST



Tomato



**N1,182.39**



1KG

Beans brown,sold loose



**N897.20**



1KG

Rice local sold loose



Lorem ipsum

**N1,895.40**



1KG

Bread sliced 450g



**N1,773.54**



1 Loaf

Yam Tuber



**N2,234.32**



1KG

Palm oil: 1 bottle



**N2,416.10**



1 Litre

Beef,boneless



**N6,186.27**



1KG

Onion bulb



**N1,014.83**



1KG

Gari white,sold loose



**N797.60**



1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,591.88**



2KG

# SELECTED FOOD PRICE WATCH - MAY 2026

## - SOUTH EAST



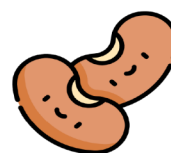
Tomato



**N1,838.40**



Beans brown,sold loose



**N1,625.50**



Rice local sold loose

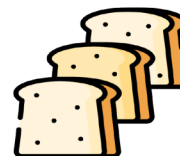


Lorem ipsum

**N2,032.13**



Bread sliced 450g



**N1,659.35**



Yam Tuber



**N2,540.67**



Palm oil: 1 bottle



**N2,241.39**



Beef,boneless



**N8,420.68**



Onion bulb



**N1,755.96**



Gari white,sold loose



**N947.08**



Wheat flour: prepacked (golden penny 2kg)



**N3,578.30**



# SELECTED FOOD PRICE WATCH - MAY 2026

## - SOUTH WEST



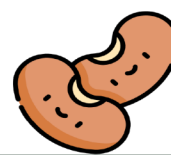
Tomato



**N1,747.05**

1KG

Beans brown,sold loose



**N1,790.71**

1KG

Rice local sold loose

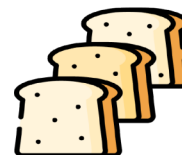


Lorem ipsum

**N1,983.10**

1KG

Bread sliced 450g



**N1,745.21**

1 Loaf

Yam Tuber



**N2,471.97**

1KG

Palm oil: 1 bottle



**N2,571.85**

1 Litre

Beef,boneless



**N6,550.61**

1KG

Onion bulb



**N1,143.64**

1KG

Gari white,sold loose



**N823.46**

1KG

Wheat flour: prepacked (golden penny 2kg)



**N3,614.18**

2KG

# SELECTED FOOD PRICE WATCH - MAY 2026

## - SOUTH SOUTH



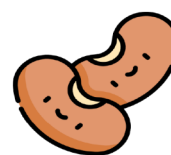
Tomato



**N1,821.60**



Beans brown,sold loose



**N1,768.66**



Rice local sold loose

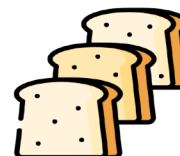


Lorem ipsum

**N1,835.52**



Bread sliced 450g



**N1,706.83**



Yam Tuber



**N2,632.08**



Palm oil: 1 bottle



**N2,365.50**



Beef,boneless



**N7,718.13**



Onion bulb



**N1,274.13**



Gari white,sold loose



**N944.01**



Wheat flour: prepacked (golden penny 2kg)



**N3,747.16**



# APPENDIX

Item Label	NORTH CEN- TRAL	NORTH EAST	NORTH WEST	SOUTH EAST	SOUTH SOUTH	SOUTH WEST
Agric hen eggs,	258.26	271.84	256.78	264.04	260.94	256.67
Agric hen eggs, (a Crate of 30 pieces)	5,989.73	6,388.24	5,932.19	6,549.86	6,123.50	6,041.07
Beans Brown	1,248.52	876.46	897.20	1,625.50	1,768.66	1,790.71
Beans white	1,226.46	835.98	876.66	1,616.22	1,741.42	1,621.37
Beef Boneless	6,999.35	7,554.49	6,186.27	8,420.68	7,718.13	6,550.61
Bread (sliced), 450g	1,726.83	1,485.70	1,773.54	1,659.35	1,706.83	1,745.21
Bread (unsliced), 450g	1,632.27	1,497.15	1,771.81	1,644.27	1,674.98	1,410.21
Carrots, fresh	1,751.23	1,601.54	1,820.20	2,487.05	2,612.10	2,376.81
Cat fresh fish	6,769.62	6,541.56	4,941.61	6,969.25	5,942.29	5,778.14
Chicken feet	4,402.87	3,723.80	2,804.89	3,965.71	4,320.06	4,946.41
Chicken meat (Frozen)	6,309.03	5,021.63	5,332.59	8,237.58	5,813.20	5,796.34
Chicken Wings	5,270.38	4,133.40	4,353.02	5,597.11	5,461.83	5,580.22
Cray fish small white	9,030.44	9,011.92	9,246.85	9,306.15	7,446.84	9,787.23
Dried fish, Bonga	7,816.03	7,751.17	6,001.13	9,549.64	6,712.37	6,901.56
Garri white	676.21	738.83	797.60	947.08	944.01	823.46
Garri Yellow	812.96	748.73	808.16	998.69	904.14	960.27
Ginger, fresh	5,684.74	4,495.29	5,540.01	6,566.13	6,392.91	6,969.86
Goat Meat Bone in	5,722.02	6,866.87	6,378.76	8,599.13	7,318.80	7,228.60
Groundnut oil, 75cl	3,018.15	2,904.90	3,204.25	2,568.53	3,691.29	3,201.02
Groundnuts, roasted, 75cl bottle	2,388.91	2,705.49	2,706.53	2,499.10	2,594.53	2,707.41
Irish Potatoe	1,761.87	1,806.92	1,441.06	2,547.87	2,754.76	2,553.26
Local Rice (Broken)	2,289.23	1,670.03	1,799.36	1,988.09	2,918.55	2,601.14
Mackerel, Frozen	7,642.10	5,812.41	4,565.35	6,198.69	5,480.37	5,281.82
Maize (Corn) Grains (White) sold loose	703.59	507.47	896.01	942.65	1,066.89	804.83
Onions, fresh	931.15	1,125.35	1,014.83	1,755.96	1,274.13	1,143.64
Palm oil, 75cl	2,457.30	2,288.33	2,416.10	2,241.39	2,365.50	2,571.85
Plantain (ripe)	2,384.98	2,016.18	1,974.42	2,284.17	2,310.29	2,313.91
Plantain (unripe)	2,561.64	2,014.46	1,978.60	2,308.62	2,354.78	2,327.56
Rice Local, short-Grained	2,031.24	1,657.02	1,895.40	2,032.13	1,835.52	1,983.10
Rice Long-Grained (Imported)	2,519.93	2,035.35	2,142.20	2,262.27	2,263.93	2,224.81
Semovita, Prepacked (1kg)	2,139.70	2,355.00	1,969.17	2,214.44	2,506.13	1,861.17
Smoked fish	6,334.40	6,694.54	4,825.07	7,415.55	6,767.81	6,319.22
Sweet potatoes	694.66	828.76	734.30	936.65	1,302.19	738.61
Tilapia fresh fish (Epiya)	6,642.95	5,938.83	4,706.68	6,318.90	5,832.09	6,073.60
Tin Milk-Evaporated, Peak Milk, 150g	1,055.29	1,126.96	933.53	1,049.88	1,135.45	1,066.55
Tin Milk-Evaporated, Three Crown Milk, 160g	870.91	1,042.78	907.62	910.06	994.24	914.42
Titus, frozen	8,111.58	7,408.53	7,991.98	7,749.96	7,655.16	7,416.27
Tomatoes, fresh	1,451.25	1,450.20	1,182.39	1,838.40	1,821.60	1,747.05
Vegetable Oil, 75cl	3,151.15	3,211.45	2,768.46	3,924.67	3,706.18	3,030.50
Watermelon whole, medium size fresh	1,919.60	1,734.89	1,611.30	2,514.85	2,462.53	2,448.72
Wheat Flour, Prepacked (2kg)	3,988.66	3,462.56	3,591.88	3,578.30	3,747.16	3,614.18
Yam Tuber	2,119.73	2,172.71	2,234.32	2,540.67	2,632.08	2,471.97

Item Label	Average of May-25	Average of April-26	Average of May-26	MoM	YoY	Highest	Lowest
Agric hen eggs,	265.73	259.22	261.14	0.74	- 1.72	Abia (285.69)	Plateau (245.56)
Agric hen eggs, (a Crate of 30 pieces)	6,263.92	6,143.11	6,149.18	0.10	- 1.83	Taraba (7020)	Niger (5637.94)
Beans Brown	2,385.15	1,338.93	1,344.93	0.45	- 43.61	Oyo (1941.78)	Taraba (760)
Beans white	2,040.51	1,291.33	1,297.18	0.45	- 36.43	Bayelsa (1805.36)	Taraba (760)
Beef Boneless	6,662.92	6,919.94	7,171.41	3.63	7.63	Anambra	Sokoto (5833.67)
Bread (sliced), 450g	1,657.59	1,682.60	1,687.18	0.27	1.79	Adamawa (1970)	Yobe (1026.7)
Bread (unsliced), 450g	1,556.06	1,605.56	1,609.30	0.23	3.42	Ebonyi (1969.83)	Ekiti (1065.23)
Carrots, fresh	1,911.69	2,025.12	2,080.49	2.73	8.83	Delta (2780.02)	Borno (1100.58)
Cat fresh fish	5,613.44	6,094.10	6,118.83	0.41	9.00	Plateau (8324)	Zamfara (3870.34)
Chicken feet	3,506.13	3,992.01	4,006.07	0.35	14.26	Osun (5508.21)	Jigawa (2523.12)
Chicken meat (Frozen)	5,808.52	5,943.00	6,012.60	1.17	3.51	Enugu (9126.91)	Taraba (4510)
Chicken Wings	4,831.51	5,026.33	5,037.89	0.23	4.27	Ondo (6445.92)	Adamawa (3454)
Cray fish small white	8,046.84	8,857.90	8,971.56	1.28	11.49	Abuja (10050.71)	Bayelsa (6608.57)
Dried fish, Bonga	6,703.08	7,314.42	7,369.16	0.75	9.94	Enugu (10281.96)	Ogun (5312)
Garri white	1,341.79	808.96	813.24	0.53	- 39.39	Abia (1075.71)	Plateau (521.1)
Garri Yellow	1,438.26	861.92	865.41	0.40	- 39.83	Abia (1142.94)	Taraba (525)
Ginger, fresh	5,505.77	5,581.82	5,906.82	5.82	7.28	Bayelsa (8000.48)	Borno (3450.92)
Goat Meat Bone in	6,710.94	6,874.62	6,923.97	0.72	3.17	Imo (8802.1)	Kogi (4036.66)
Groundnut oil, 75cl	3,215.27	3,104.30	3,113.05	0.28	- 3.18	Delta (4250.6)	Adamawa (2200)
Groundnuts, roasted,75cl bottle	2,605.85	2,597.14	2,600.22	0.12	- 0.22	Taraba (3300)	Bauchi (2200)
Irish Potatoo	2,081.09	2,065.24	2,104.04	1.88	1.10	Bayelsa (2996.55)	Kano (1289.7)
Local Rice (Broken)	2,576.60	2,195.78	2,208.08	0.56	- 14.30	Delta (3250.81)	Adamawa (1350.42)
Mackerel, Frozen	5,466.19	5,817.16	5,834.95	0.31	6.75	Plateau (9108.94)	Zamfara (3830)
Maize (Corn) Grains (White) sold	1,216.55	811.33	815.83	0.55	- 32.94	Bayelsa (1223.42)	Adamawa (400)
Onions, fresh	1,607.38	1,164.39	1,180.01	1.34	- 26.59	Abia (2199.07)	Nasarawa (850)
Palm oil, 75cl	2,475.08	2,396.32	2,396.62	0.01	- 3.17	Ekiti (2812.07)	Abia (2025.75)
Plantain (ripe)	2,079.84	2,159.96	2,210.24	2.33	6.27	Plateau (2819.61)	Adamawa (1680)
Plantain (unripe)	2,307.64	2,202.15	2,256.91	2.49	- 2.20	Plateau (2980.45)	Gombe (1660.56)
Rice Local, short-Grained	2,095.29	1,893.44	1,905.43	0.63	- 9.06	Ekiti (2189.56)	Bauchi (1570.72)
Rice Long-Grained (Imported)	2,604.69	2,233.71	2,245.70	0.54	- 13.78	Abuja (2720.72)	Yobe (1830.6)
Semovita, Prepacked (1kg)	2,293.91	2,161.17	2,166.71	0.26	- 5.55	Adamawa (2860)	Lagos (1777.15)
Smoked fish (Mackerel)	6,064.74	6,304.71	6,321.17	0.26	4.23	Taraba (8750)	Kebbi (3775.02)
Sweet potatoes	1,045.03	844.30	862.25	2.13	- 17.49	Delta (1470.8)	Plateau (480.38)
Tilapia fresh fish (Epiya)	5,557.98	5,885.78	5,894.84	0.15	6.06	Benue (8377.68)	Sokoto (3812.22)
Tin Milk-Evaporated, Peak Milk, 150g	1,011.75	1,055.15	1,057.97	0.27	4.57	Gombe (1430)	Taraba (870)
Tin Milk-Evaporated, Three Crown Milk, 160g	906.08	936.70	938.07	0.15	3.53	Gombe (1290.57)	Ekiti (807.41)
Titus, frozen	6,076.52	6,416.58	7,739.31	20.61	27.36	Kwara (9000.06)	Adamawa (7000)
Tomatoes, fresh	1,392.71	1,177.92	1,560.56	32.48	12.05	Lagos (1974.81)	Ekiti (1017)
Vegetable Oil, 75cl	3,347.49	3,253.35	3,263.50	0.31	- 2.51	Abia (4150.61)	Zamfara (2572.55)
Watermelon whole, medium size	2,078.50	2,079.24	2,085.61	0.31	0.34	Enugu (2696.11)	Borno (1400.85)
Wheat Flour, Prepacked (2kg)	4,185.55	3,666.51	3,672.94	0.18	- 12.25	Kwara (4663.25)	Yobe (3090.1)
Yam Tuber	2,375.40	2,218.46	2,347.09	5.80	- 1.19	Delta (2750.21)	Jigawa (1988.77)





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