

## Myanmar Monthly Food Price Report – March 2026

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### KEY HIGHLIGHTS

- Rice prices in March 2026 remained lower year-on-year (down 9 percent), although they increased slightly month-on-month, indicating a recovery following earlier declines driven by lower international prices and strong domestic supply. While easing pressure on consumers, these trends continue to raise concerns for paddy producers, [who face rising input costs](#) and fuel constraints.
- Export crop prices showed relatively limited movement this month, suggesting a pause in momentum after previous gains driven by the revised foreign exchange policy and stronger international market demand.
- Vegetable prices declined month-on-month, reflecting increased market supply during the peak harvest season. Prices of garlic, onion, and chili fell as new season's produce entered the market, outweighing ongoing supply disruptions. In contrast, potato prices continued to increase due to weather-related production constraints.
- Animal-sourced food prices continued to rise sharply year-on-year, led by mutton, chicken, and fish, reflecting supply constraints, disease outbreaks, and strong export demand. However, month-on-month changes were relatively modest, indicating short-term price stability.
- The conflict in Iran has led to a partial closure of the Strait of Hormuz, through which more than a quarter of the world's oil exports and 20–30 percent of global fertilizer exports pass. These developments are especially concerning for Myanmar's agrifood system, which depends heavily on fuel for transport, irrigation, mechanization, and processing. In addition, disruptions in fertilizer supply could adversely affect the upcoming monsoon season.

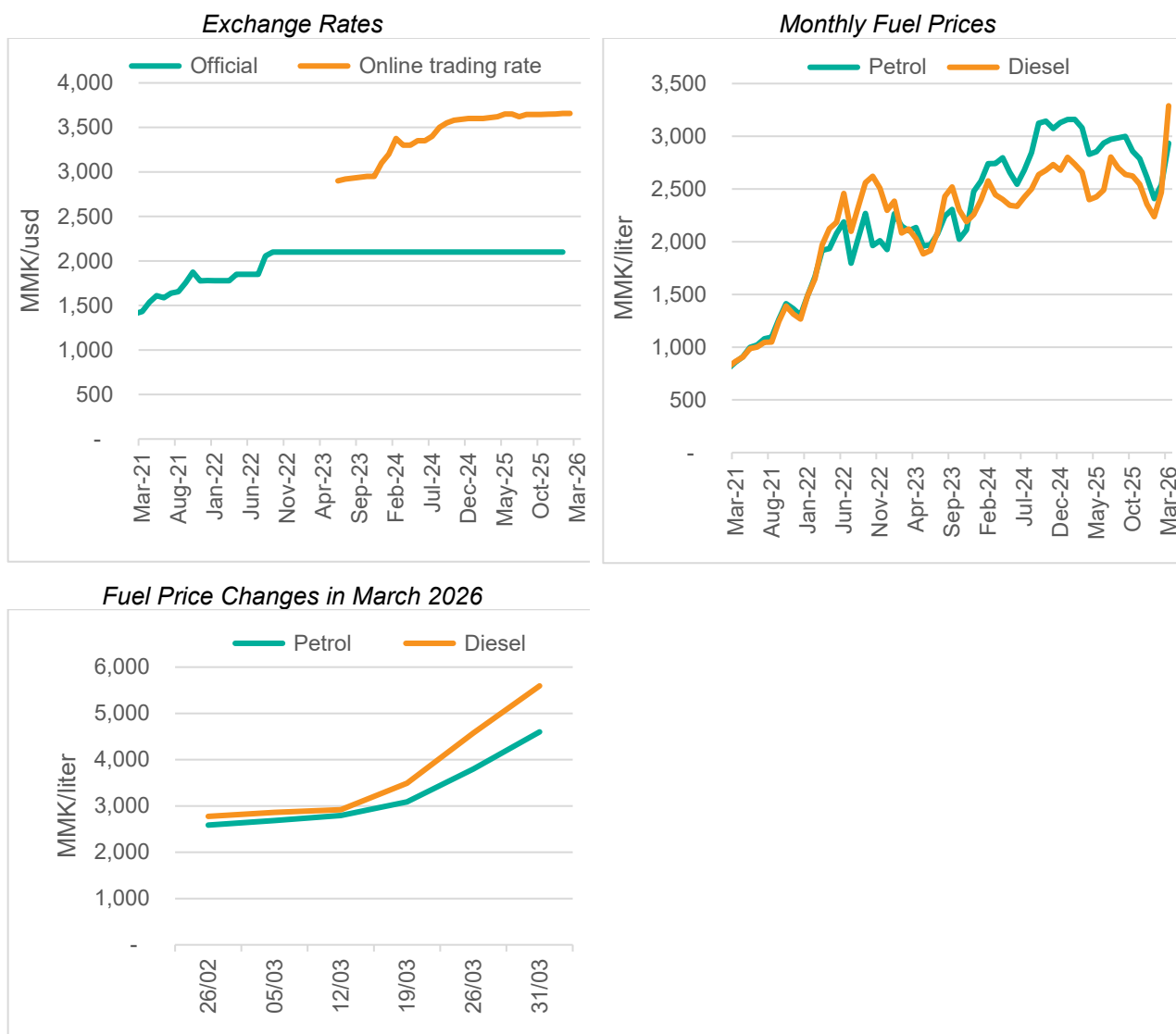
### Introduction

The rapidly evolving agricultural and food security situation in Myanmar requires a high frequency, systematic, and comprehensive approach to monitoring. The Myanmar Monthly Food Price Report synthesizes food price trends using publicly available datasets, focusing on key agricultural crops and highlighting regional differences in rice prices. By analyzing these trends, the report aims to provide insights into the broader agricultural market and the factors driving food price fluctuations in Myanmar.

Two primary factors influencing food price trends in the country are exchange rates and fuel prices. In March 2026, the official exchange rate remained unchanged at 2,100 MMK/USD – at the same level for three years (Figure 1). Meanwhile, the online trading rate had risen by 1.6 percent compared to March 2025. These rates affect export crop prices, as 15 percent of export earnings must be exchanged at the official rate, with the remaining 85 percent exchanged at the online trading rate.

Fuel prices increased substantially over the past month due to trade disruptions linked to the partial closure of the Strait of Hormuz. In mid-March 2026, diesel prices were 16 percent higher and petrol prices 33 percent higher than a month earlier. However, prices continued to rise rapidly throughout March (Figure 1): by the end of the month, diesel prices had more than doubled compared to end-February levels, while petrol prices were up by 78 percent. Moreover, fuel is becoming increasingly scarce across the country, [with even sharper price increases in remote and conflict-affected areas](#).

**Figure 1. Exchange Rate and Fuel Price Developments**



Source: Central Bank Myanmar (exchange rate) and Department of Consumer Affairs (fuel price)

## Food Price Developments

### Rice

Table 1 shows a 9 percent year-on-year decrease in rice prices in March 2026, indicating a continued but moderating decline compared to previous months, largely driven by lower international prices. Month-on-month, rice prices increased slightly (2.3 percent), suggesting a continued recovery [following earlier declines](#). A comparison of rice prices across different regions and states reveals the following:

- Most regions and states continue to report year-on-year price declines. The largest declines were observed in Ayeyarwady (25 percent), Kayah (26 percent), and Mon (23 percent). In contrast, Yangon and Kachin recorded year-on-year price increases.
- Prices increased month-on-month in several regions, including Ayeyarwady (12 percent), Kayah (7 percent), Sagaing (7 percent), and Magway (5 percent), while remaining stable in many others.
- Regional price gaps remain pronounced, with major producing areas such as Ayeyarwady reporting prices around 28 percent below the national average, while regions such as Shan (North) and Magway continue to record high prices above the national average, reflecting differences in production conditions, market access, and transport constraints.

**Table 1. Regional Urban Retail Rice Prices (MMK/KG) Emata**

State/Region	Comparison over Time (nominal prices)						Comparison of States/Regions (relative to national average)			
	Mar-26	Mar-25	Feb-26		Mar-26	Mar-25	Feb-26			
	Current	Last Year	Last Month		Current	Last Year	Last Month			
Kachin	1,880	1,598	↑	17.6%	1,880	→	0.0%	1.23	0.95	1.26
Shan (North)	2,350				2,350	→	0.0%	1.53		1.57
Shan (East)	1,880	2,444	↓	-23.1%	1,786	↑	5.3%	1.23	1.45	1.19
Shan (South)	1,363	1,692	↓	-19.4%	1,363	→	0.0%	0.89	1.00	0.91
Kayah	1,504	2,021	↓	-25.6%	1,410	↑	6.7%	0.98	1.20	0.94
Kayin	1,316	1,598	↓	-17.6%	1,316	→	0.0%	0.86	0.95	0.88
Mon	1,081	1,410	↓	-23.3%	1,081	→	0.0%	0.71	0.83	0.72
Tanintharyi	1,504	1,692	↓	-11.1%	1,504	→	0.0%	0.98	1.00	1.00
Yangon	1,645	1,504	↑	9.4%	1,645	→	0.0%	1.07	0.89	1.10
Ayeyarwady	1,104	1,480	↓	-25.4%	987	↑	11.9%	0.72	0.88	0.66
Sagaing	1,504	1,598	↓	-5.9%	1,410	↑	6.7%	0.98	0.95	0.94
Mandalay	1,410	1,645	↓	-14.3%	1,410	→	0.0%	0.92	0.97	0.94
Magway	1,880	1,927	↓	-2.4%	1,786	↑	5.3%	1.23	1.14	1.19
Bago	1,222	1,410	↓	-13.3%	1,222	→	0.0%	0.80	0.83	0.82
Nay Pyi Taw	1,339	1,645	↓	-18.6%	1,316	↑	1.8%	0.87	0.97	0.88
National Avg.	1,532	1,690	↓	-9.4%	1,498	↑	2.3%	1.00	1.00	1.00

Source: Department of Consumer Affairs

*Other Crops*

Export crop prices showed relatively limited movements in March 2026. Pulses showed modest month-on-month changes, with small declines reported for black gram (1.5 percent), chickpea (0.6 percent), and pigeon pea (1.8 percent), suggesting stabilization following earlier increases. Green gram prices increased slightly (0.8 percent), while maize prices remained stable month-on-month. Overall, these trends indicate a pause in momentum after [previous gains driven by strong external demand](#).

**Table 2. Average Wholesale Prices in Myanmar (MMK/KG)**

Commodity	Mar-26	Mar-25	Feb-26				
	Current	Last Year	Last Month				
<b>Export Crops</b>							
- Maize	902	953	↓	-5.4%	902	→	0.0%
- Green Gram	3,486	3,175	↑	9.8%	3,458	↑	0.8%
- Black Gram	2,887	3,004	↓	-3.9%	2,931	↓	-1.5%
- Chickpea	2,614	2,570	↑	1.7%	2,630	↓	-0.6%
- Pigeon Pea	3,164	3,017	↑	4.9%	3,224	↓	-1.8%
<b>Local Crops</b>							
- Onion	2,041	2,519	↓	-19.0%	2,253	↓	-9.4%
- Garlic	7,292	10,640	↓	-31.5%	8,203	↓	-11.1%
- Chili	11,565	9,474	↑	22.1%	12,615	↓	-8.3%
- Potato	4,252	3,977	↑	6.9%	4,111	↑	3.4%

Source: Myantrade and DoA - MIS

Most vegetable harvests began in March 2026, leading to increased market supply and downward pressure on prices. For example, [new-season garlic entered the market in large volumes from mid-February](#),

contributing to an 11.1 percent month-on-month price decline, while prices remained below last year's levels. Similarly, March marked the peak harvest period for [summer onions](#) and [chili](#), with prices falling by 9.4 percent and 8.3 percent, respectively. While supply disruptions persisted, the seasonal increase in production outweighed these effects, resulting in lower prices. In contrast, potato prices continued to increase month-on-month, while also rising year-on-year, as [recent frost damage in Southern Shan State had affected potato production](#).

### Animal-Sourced Food

All animal-sourced foods continued to record substantial year-on-year price increases in March 2026 (Table 3), while month-on-month changes remained relatively modest, indicating short-term price stability. Mutton remained the commodity with the largest year-on-year increase, rising by 46 percent, as [many goat producers had exited the market](#) and [transportation disruptions persist in key production areas](#). Pork prices rose by 13 percent year-on-year, driven by [ongoing impacts of swine fever outbreaks](#). Chicken prices increased significantly by 20 percent year-on-year, reflecting continued supply constraints linked to [high mortality rates and weak growth performance in poultry farms](#). Fish prices also rose sharply year-on-year, by 64 percent for carp and 39 percent for rohu, supported by [sustained strong export demand](#). However, the seasonal [fishing ban from April to June](#) may constrain fish supply and will be important to monitor for potential price impacts in the coming months. Egg prices increased slightly both year-on-year and month-on-month, indicating relatively stable supply conditions.

**Table 3. Average Retail Prices in Myanmar (MMK/KG)**

Commodity	Mar-26	Mar-25		Feb-26	
	Current	Last Year		Last Month	
- Eggs (piece)	420	413	↑ 1.6%	415	↑ 1.2%
<b>Meat</b>					
- Chicken	13,605	11,364	↑ 19.7%	13,435	↑ 1.3%
- Beef	17,783	14,069	↑ 26.4%	17,634	↑ 0.8%
- Pork	19,881	17,532	↑ 13.4%	19,792	↑ 0.5%
- Mutton	28,795	19,754	↑ 45.8%	28,646	↑ 0.5%
<b>Fish</b>					
- Carp	16,726	10,218	↑ 63.7%	16,726	→ 0.0%
- Rohu	11,395	8,201	↑ 38.9%	11,361	↑ 0.3%

Source: Department of Consumer Affairs

### Looking Forward

Key developments to monitor in upcoming months include:

- **Implications of the Conflict in Iran:** The conflict in Iran has led to a partial closure of the Strait of Hormuz, through which more than a quarter of the world's oil exports and 20–30 percent of global fertilizer exports pass. This could have major implications for the functioning of the global agri-food system. FAO experts note that [“a full-blown food crisis is not inevitable but the window to prevent one is rapidly closing”](#). The partial closure of the Strait of Hormuz is particularly significant for Myanmar, given its heavy reliance on supplies transiting this route. Urea prices have risen sharply in recent weeks, while China—typically a key exporter of urea to Myanmar—has imposed export restrictions on nitrogen and phosphate fertilizers. These developments are especially concerning for Myanmar's agrifood system, which depends heavily on fuel for transport, irrigation, mechanization, and processing. In addition, disruptions in fertilizer supply could adversely affect the upcoming monsoon season.
- **International rice price developments:** International rice prices declined modestly in March 2026 - [down 3.8 percent](#) compared to the same period last year. Given the strong integration of Myanmar's rice markets with global markets, these trends may continue to influence agricultural incentives, paddy production, farm income, and rice export prospects in Myanmar.
- **Maize export certification and trade access:** Thailand's requirement for burn-free certification for imported maize, effective March 2026, introduces new compliance requirements for Myanmar exporters,

alongside a shorter tax-free import window. This may create additional constraints for exporters, and its impact on trade flows and export volumes will need to be closely monitored in the coming months.

- **India and the Philippines trade demand outlook:** The extension of [India's duty-free import policy](#) for pulses and a recent [trade agreement between Myanmar and the Philippines](#) for maize are expected to support continued demand for Myanmar crops. Combined with potential supply shortfalls in key producing countries, these developments may help sustain export demand in the coming months.
- **Governance transition and policy continuity:** With a new government expected to assume state authority in April, the transition phase may bring short-term adjustments in administrative processes, trade facilitation, and market operations. While the direction of policy remains uncertain, any changes could influence market sentiment, trade flows, and transport conditions, with potential implications for food supply chains and price stability in the coming months.

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*This work was undertaken as part of the Myanmar Agrifood System and Food Security Monitoring project led by the International Food Policy Research Institute (IFPRI). Funding support for this study was provided by the Livelihoods and Food Security Fund (LIFT) and LAMP. This publication has not gone through IFPRI's standard peer-review procedure. The opinions expressed here belong to the authors, and do not necessarily reflect those of IFPRI, LIFT, LAMP, or CGIAR.*