

Myanmar Monthly Food Price Report – May 2025

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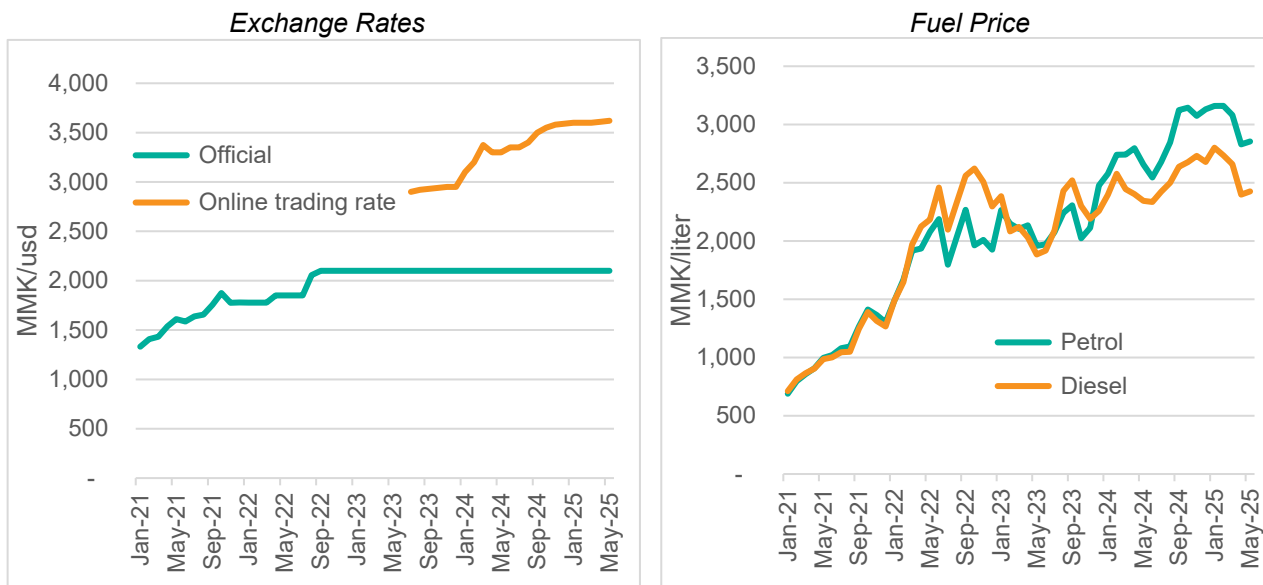
KEY HIGHLIGHTS

- Rice prices declined nationally, falling 12.3 percent year-on-year, with sharp drops in Ayeyarwady and Mandalay, but significant increases in Shan (East) and persistently high prices in conflict-affected regions.
- Export crop prices diverged, with green gram and maize increasing due to strong international demand, while black gram and pigeon pea saw year-on-year declines due to reduced demand in India, but support from higher Minimum Support Prices increased prices month-to-month.
- Animal-sourced food prices surged, led by chicken (up 75 percent) and eggs (up 58 percent) due to rising production and fuel costs, while fish prices rose over 40 percent amid strong export demand.
- Multiple risks lie ahead, including the impact of the March earthquake, falling international rice prices, ongoing conflict, and uncertain monsoon season production, all of which may undermine farm income and food security.

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.

Figure 1: Exchange Rate and Fuel Price Developments



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

Two primary factors influencing food price trends in the country are exchange rates and fuel prices. In May 2025, the official exchange rate remained unchanged at 2,100 MMK/USD – the same level for almost three years (Figure 1). Meanwhile, the online trading rate rose by 0.3 percent compared to April 2025 and by 9.7 percent compared to May 2024. These rates affect export crop prices, as 25 percent of export earnings must be exchanged at the official rate, with the remaining 75 percent exchanged at the online trading rate. Fuel

prices also increased, with diesel and petrol prices rising by 3.5 percent and 7.4 percent respectively in May 2025 compared to May 2024.

Food Price Developments

Rice

Table 1 shows a 12.3 percent year-on-year decrease in rice price in May 2025, marking a reversal from previous years primarily due to declining international prices. A comparison of rice prices across different regions and states reveals the following:

- The most secure and major rice-producing areas – Bago, Ayeyarwady, and Yangon – report the lowest prices among all regions and states. Prices in Ayeyarwady dropped significantly (15 percent lower in May 2025 compared to 6 percent in May 2024), possibly due to rising marketing costs (e.g., transportation, roadblocks) when transporting rice out of the region.
- In May 2024, Sagaing – a major rice-producing area - had rice prices 8 percent below the national average, likely due to high conflict intensity. By May 2025, prices were 5 percent above the national average, suggesting production challenges during the 2025 dry season.
- Shan (East) experienced the largest year-to-year increases in rice prices - up 28 percent, making it the highest state or region with the highest prices in the country. On the other hand, Kayah saw a significant decline (39 percent lower than last year), although prices remain among the highest nationwide.
- Mandalay, affected by both the earthquake aftermath, and on-going conflict, recorded a 22 percent drop in rice prices compared to last year. Magway continues to report prices significantly above the national average - 13 percent higher in May 2025, compared to 16 percent above average in May 2024.

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)		
	May-25	May-24	Apr-25			May-25	May-24	Apr-25	
	Current	Last Year	Last Month	Last Month	Last Month	Current	Last Year	Last Month	
Kachin	1,504	1,551	↓ -3.0%	1,504	→ 0.0%	0.91	0.82	0.91	
Shan (East)	2,444	1,903	↑ 28.4%	2,444	→ 0.0%	1.47	1.01	1.48	
Shan (South)	1,551	1,692	↓ -8.3%	1,692	↓ -8.3%	0.94	0.90	1.02	
Kayah	2,021	3,290	↓ -38.6%	1,880	↑ 7.5%	1.22	1.74	1.13	
Kayin	1,504	1,786	↓ -15.8%	1,504	→ 0.0%	0.91	0.94	0.91	
Mon	1,410	1,645	↓ -14.3%	1,410	→ 0.0%	0.85	0.87	0.85	
Tanintharyi	1,645	1,880	↓ -12.5%	1,645	→ 0.0%	0.99	0.99	0.99	
Yangon	1,504	1,880	↓ -20.0%	1,504	→ 0.0%	0.91	0.99	0.91	
Ayeyarwady	1,410	1,786	↓ -21.1%	1,410	→ 0.0%	0.85	0.94	0.85	
Sagaing	1,739	1,739	→ 0.0%	1,574	↑ 10.4%	1.05	0.92	0.95	
Mandalay	1,645	2,115	↓ -22.2%	1,645	→ 0.0%	0.99	1.12	0.99	
Magway	1,880	1,809	↑ 3.9%	1,927	↓ -2.4%	1.13	0.96	1.16	
Bago	1,410	1,598	↓ -11.8%	1,410	→ 0.0%	0.85	0.85	0.85	
Nay Pyi Taw	1,551	1,786	↓ -13.2%	1,645	↓ -5.7%	0.94	0.94	0.99	
National Avg.	1,658	1,890	↓ -12.3%	1,657	↑ 0.1%	1.00	1.00	1.00	

Source: Department of Consumer Affairs

Other Crops

In contrast to rice, other major export crops, including maize and green gram, saw significant price increases in May 2025 compared to the same period last year (Table 2). These increases were primarily driven by international market developments. Maize prices in May remained largely unchanged from April, as export prices in recent months have remained relatively stable.

Green gram has shown strong price increases year-on year, driven by steady demand from export markets, including China and Europe. Prices for black gram and pigeon pea declined compared to last year due to reduced demand from India, where domestic supplies were high. However, prices increased month-on-month, supported by higher Minimum Support Prices for both crops in India.

Meanwhile, vegetable prices showed considerable volatility throughout the year. Chili prices declined compared to last year, due to reduced export demand by Thailand, partially linked to logistical challenges. Potato prices rose sharply – by 63 percent year-on-year – following the closure of the Myanmar-China border stations, as Myanmar usually imports potatoes from China. However, prices declined between April and May, coinciding with the peak harvest season in May and June. Onion prices fell by 7 percent, likely due to a reduction in exports linked to poor quality harvests this season.

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

Commodity	May-25	May-24		Apr-25		
	Current	Last Year		Last Month		
Export Crops						
- Maize	932	822	↑ 13.4%	913	↑ 2.0%	
- Green Gram	3,330	2,458	↑ 35.4%	3,220	↑ 3.4%	
- Black Gram	2,943	3,040	↓ -3.2%	2,776	↑ 6.0%	
- Chickpea	2,531	2,641	↓ -4.2%	2,422	↑ 4.5%	
- Pigeon Pea	2,966	3,595	↓ -17.5%	2,869	↑ 3.4%	
Local Crops						
- Onion	1,887	2,028	↓ -6.9%	1,990	↓ -5.2%	
- Garlic	9,784	8,206	↑ 19.2%	9,694	↑ 0.9%	
- Chili	9,269	10,927	↓ -15.2%	9,184	↑ 0.9%	
- Potato	3,316	2,039	↑ 62.6%	3,571	↓ -7.1%	

Source: Myantrade and DoA - MIS

Animal-Sourced Food

Most animal-sourced foods saw substantial price increases in May 2025 compared to the same period last year (Table 3). Chicken, typically the least expensive meat, rose by 75 percent year-on-year and by 7 percent month-on-month. Egg prices increased 58 percent over the last year. These sharp increases are linked high production costs – including significant price hikes for broilers and layers – as well as elevated fuel prices, unreliable electricity, transportation difficulties and security concerns.

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

Commodity	May-25	May-24		Apr-25		
	Current	Last Year		Last Month		
- Eggs (piece)	450	285	↑ 57.9%	424	↑ 6.1%	
Meat						
- Chicken	12,963	7,413	↑ 74.9%	12,054	↑ 7.5%	
- Beef	16,204	10,552	↑ 53.6%	14,881	↑ 8.9%	
- Pork	19,378	10,701	↑ 81.1%	17,988	↑ 7.7%	
- Mutton	19,754	15,000	↑ 31.7%	17,295	↑ 14.2%	
Fish						
- Carp	12,835	9,014	↑ 42.4%	11,496	↑ 11.6%	
- Rohu	8,452	5,820	↑ 45.2%	8,735	↓ -3.2%	

Source: Department of Consumer Affairs

Other meat products also showed significant increases. Fish prices rose in May 2025 compared to the previous year – by 42 percent for carp and 45 percent for rohu – driven by [continued strong export demand](#).

Looking Forward

Key developments to monitor in upcoming months include:

- **Impacts of the earthquake:** On March 28, a severe earthquake struck central Myanmar, causing extensive economic and social impacts. Monitoring food and agricultural markets in affected areas - and assessing the progress of recovery efforts - will be critical, as many farmers are likely to face liquidity constraints due to required reconstruction investments.
- **International rice price developments:** International rice prices declined substantially in May 2025 – [down 23 percent](#) compared to the same period last year. Given the strong integration of Myanmar's rice markets with global markets, these price trends will have important implications for agricultural incentives, farm income, paddy production, and rice exports.
- **Conflict-driven food price increases:** Ongoing conflicts have contributed to higher food prices in affected areas. As conflicts continue to escalate, food security in these areas is likely to remain fragile.
- **Monsoon season:** May marks the start of the main production period for monsoon crops, a time when prices typically rise as the lean season approaches. However, this trend has not materialized this year, likely due to the sharp drop in international rice prices. As a result, paddy production may fall below normal levels, driven by weakened production incentives.

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