

Myanmar Monthly Food Price Report – April 2026

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KEY HIGHLIGHTS

- Rice prices increased sharply month-on-month in April 2026 (up 8.9 percent) and remained broadly stable year-on-year, suggesting a continued recovery following earlier declines driven by lower international rice prices and strong domestic supply. However, regional price disparities remain significant across major producing and deficit areas.
- Most export crop prices showed relatively limited month-on-month movement, particularly for pulses, reflecting stable regional demand from China and India during the Thingyan holiday period. In contrast, maize prices increased sharply following expectations of the reopening of the Thailand–Myanmar border trade route.
- Vegetable prices showed mixed trends in April 2026. Onion, chili, and garlic prices increased modestly month-on-month, partly linked to improving border trade expectations and lower domestic garlic production, while potato prices declined sharply amid increased inflows of imported Chinese potatoes and weak domestic demand.
- Most animal-sourced food prices remained substantially higher year-on-year, led by mutton, pork, and fish, reflecting continued supply constraints, disease outbreaks, and export demand. Month-on-month changes remained relatively modest, although extreme summer temperatures affected poultry, livestock, and aquaculture production conditions during April.
- 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.

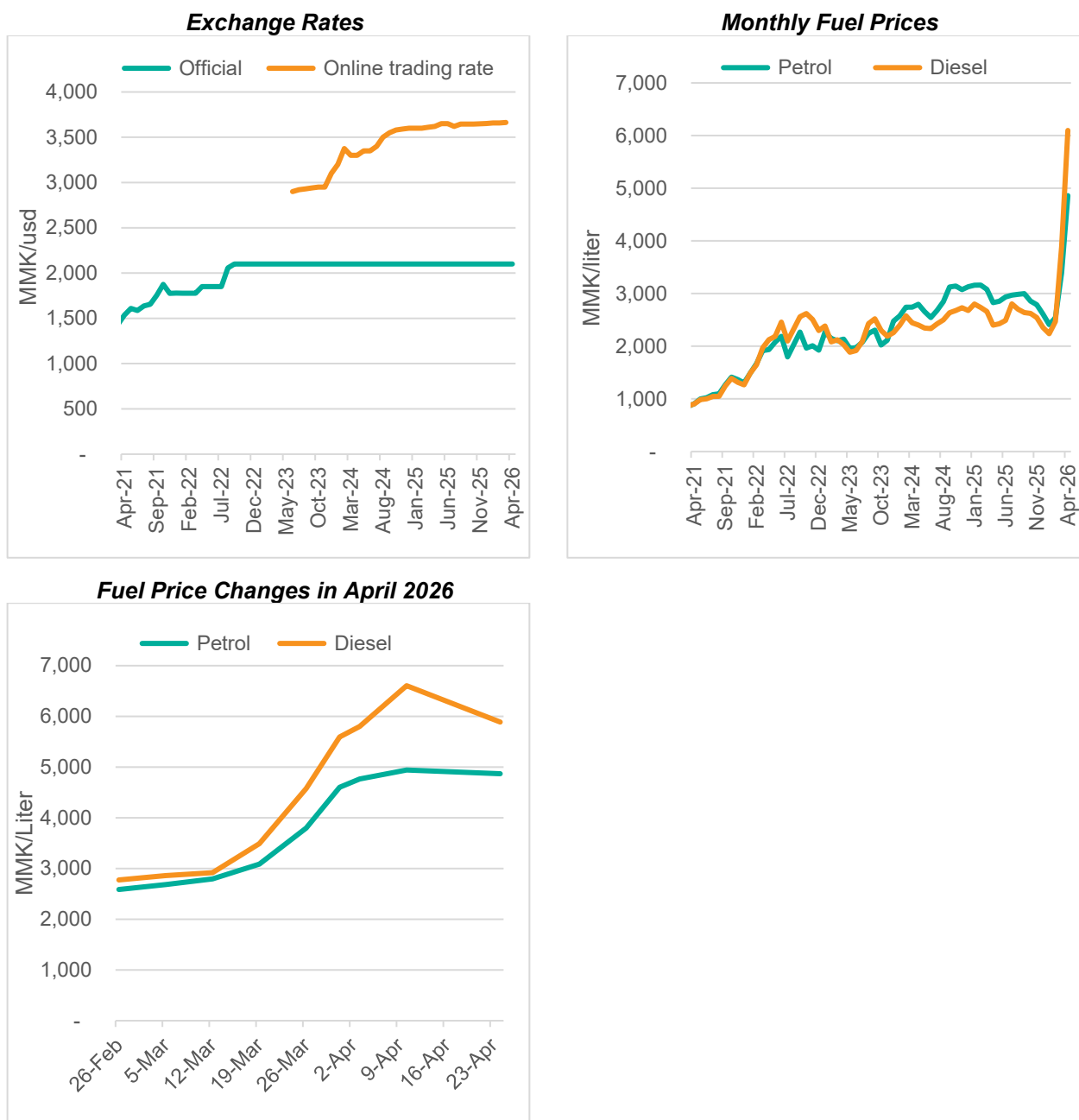
Introduction

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 April 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 1.5 percent compared to April 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. At the end of April 2026, diesel prices were 112 percent higher and petrol prices 88 percent higher than prior to the start of the conflict. Month-on-month, diesel prices increased by 28 percent and petrol prices by 29 percent between March and April (Figure 1). 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 that national average rice prices increased by 8.9 percent month-on-month and remained broadly stable year-on-year in April 2026, rising slightly by 0.7 percent compared to the same period last year. The sharp month-on-month increase suggests a continued recovery following earlier declines linked to lower international rice prices and strong domestic supply. A comparison of rice prices across different regions and states reveals the following:

- Several regions and states recorded notable month-on-month price increases. The largest increases were observed in Mon (39 percent), Kayah (25 percent), Sagaing (25 percent), Bago (15 percent), Ayeyarwady (13 percent), Tanintharyi (13 percent), and Nay Pyi Taw (12 percent), while prices remained stable in Kachin, Shan (North), Mandalay, and Magway. Yangon was the only region reporting a month-on-month decline.

- Year-on-year price trends were mixed across regions and states. Significant increases were recorded in Kachin (25 percent), Sagaing (19 percent), and Mon (7 percent), while major rice-producing areas such as Ayeyarwady, Mandalay, and Shan (East and South) continued to report lower prices compared to last year.
- Regional price gaps remained pronounced. Shan (North and East), Kachin, Kayah, Sagaing, and Magway recorded prices above the national average, while major producing regions such as Ayeyarwady, Bago, Mandalay, and Shan (South) remained below the national average, reflecting continued differences in production conditions, market access, and transport costs.

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)		
	Apr-26	Apr-25	Mar-26		Apr-26	Apr-25	Mar-26	
	Current	Last Year	Last Month	Last Month	Current	Last Year	Last Month	
Kachin	1,880	1,504	↑ 25.0%	1,880	→ 0.0%	1.13	0.91	1.23
Shan (North)	2,350			2,350	→ 0.0%	1.41		1.53
Shan (East)	1,974	2,444	↓ -19.2%	1,880	↑ 5.0%	1.18	1.48	1.23
Shan (South)	1,457	1,692	↓ -13.9%	1,363	↑ 6.9%	0.87	1.02	0.89
Kayah	1,880	1,880	→ 0.0%	1,504	↑ 25.0%	1.13	1.13	0.98
Kayin	1,410	1,504	↓ -6.3%	1,316	↑ 7.1%	0.85	0.91	0.86
Mon	1,504	1,410	↑ 6.7%	1,081	↑ 39.1%	0.90	0.85	0.71
Tanintharyi	1,692	1,645	↑ 2.9%	1,504	↑ 12.5%	1.01	0.99	0.98
Yangon	1,551	1,504	↑ 3.1%	1,645	↓ -5.7%	0.93	0.91	1.07
Ayeyarwady	1,245	1,410	↓ -11.7%	1,104	↑ 12.8%	0.75	0.85	0.72
Sagaing	1,880	1,574	↑ 19.4%	1,504	↑ 25.0%	1.13	0.95	0.98
Mandalay	1,410	1,645	↓ -14.3%	1,410	→ 0.0%	0.85	0.99	0.92
Magway	1,880	1,927	↓ -2.4%	1,880	→ 0.0%	1.13	1.16	1.23
Bago	1,410	1,410	→ 0.0%	1,222	↑ 15.4%	0.85	0.85	0.80
Nay Pyi Taw	1,504	1,645	↓ -8.6%	1,339	↑ 12.3%	0.90	0.99	0.87
National Avg.	1,668	1,657	↑ 0.7%	1,532	↑ 8.9%	1.00	1.00	1.00

Source: Department of Consumer Affairs

Other Crops

Most export crop prices showed relatively limited movements in April 2026. Pulses recorded modest month-on-month changes, with small increases in black gram (1.9 percent) and pigeon pea (1.1 percent). [Reports suggest that wholesale market closures during the Thingyan long holidays, combined with steady demand from China and India, contributed to relatively stable pulse prices this month.](#) However, year-on-year, significant price increases were recorded for black gram (16.5 percent), pigeon pea (11.5 percent), green gram (8.4 percent), and chickpea (7.3 percent).

Maize prices increased sharply by 14 percent month-on-month and 12.5 percent year-on-year, likely supported by expectations of the [reopening of the Thailand–Myanmar border trade route](#). [Onion](#) and chili prices also increased modestly month-on-month, by 3.3 percent and 1.5 percent respectively, following reports that [export license applications had resumed for several agricultural commodities](#) ahead of the planned reopening of border trade. Potato prices declined sharply by 21 percent month-on-month and 6 percent year-on-year. [Reports indicated that increased inflows of lower-priced Chinese potatoes via the Mai La and Northern Shan trade routes](#) into local markets have driven down prices for locally produced Shan potatoes, while [weak domestic demand and rising transport costs have left many producers facing losses](#). In contrast, garlic prices increased by 9 percent month-on-month, although they remained 18 percent lower year-on-year. Traders reported [lower domestic production this season, while reduced inflows of imported garlic](#) may also have contributed to upward pressure on prices this month.

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

Commodity	Apr-26	Apr-25		Mar-26	
	Current	Last Year		Last Month	
Export Crops					
- Maize	1,027	913	↑ 12.5%	902	↑ 13.9%
- Green Gram	3,491	3,220	↑ 8.4%	3,486	↑ 0.1%
- Black Gram	3,233	2,776	↑ 16.5%	3,172	↑ 1.9%
- Chickpea	2,598	2,422	↑ 7.3%	2,614	↓ -0.6%
- Pigeon Pea	3,198	2,869	↑ 11.5%	3,164	↑ 1.1%
Local Crops					
- Onion	2,109	1,990	↑ 6.0%	2,041	↑ 3.3%
- Garlic	7,961	9,694	↓ -17.9%	7,292	↑ 9.2%
- Chili	11,735	9,184	↑ 27.8%	11,565	↑ 1.5%
- Potato	3,342	3,571	↓ -6.4%	4,252	↓ -21.4%

Source: Myantrade and DoA - MIS

Animal-Sourced Food

Most animal-sourced foods continued to record substantial year-on-year price increases in April 2026 (Table 3), while month-on-month changes remained relatively modest, indicating short-term price stability. Chicken prices declined month-on-month, likely linked to extreme summer temperatures affecting poultry farms, where heat stress reduced feed intake, slowed weight gain, and increased mortality risks, particularly for heavier broilers, driving some farmers to sell earlier to avoid losses. In response, industry leaders, including [De Heus Myanmar](#) and [other poultry-sector companies](#), are continuing to issue technical guidance on mitigating heat stress. Similar heat-related [impacts were also reported in other livestock and aquaculture sectors](#), as temperatures in Myanmar's Dry Zone reached a 56-year record high of 48.2 degrees Celsius. Mutton remained the commodity with the largest year-on-year increase, rising by 81 percent, as [many goat producers have exited the market](#) and [transportation disruptions persist in key production areas](#). Pork prices rose by 12 percent year-on-year, driven by [ongoing impacts of swine fever outbreaks](#). Fish prices also remained high year-on-year, supported by [continued strong export demand](#), while month-on-month changes were relatively modest. [Increased inflows of freshwater fish into Yangon markets during April, partly due to early pond harvesting ahead of the summer heat](#), helped stabilize short-term supply. However, the seasonal [fishing ban from April to June](#) may constrain fish supply and will remain important to monitor potential price impacts in the coming months.

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

Commodity	Apr-26	Apr-25		Mar-26	
	Current	Last Year		Last Month	
- Eggs (piece)	475	424	↑ 12.0%	420	↑ 13.1%
Meat					
- Chicken	13,435	12,054	↑ 11.5%	13,605	↓ -1.3%
- Beef	18,452	14,881	↑ 24.0%	17,783	↑ 3.8%
- Pork	20,149	17,988	↑ 12.0%	19,881	↑ 1.3%
- Mutton	31,250	17,295	↑ 80.7%	28,795	↑ 8.5%
Fish					
- Carp	16,667	11,496	↑ 45.0%	16,726	↓ -0.4%
- Rohu	11,156	8,735	↑ 27.7%	11,395	↓ -2.1%

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 agrifood 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 increased modestly in April 2026, with the [FAO All Rice Price Index](#) rising by 1.9 percent month-on-month, although prices remained 2.7 percent below 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.
- **Thailand border trade and export outlook:** Preparations are underway to reopen the Myawaddy–Mae Sot Friendship Bridge No. 2 and resume formal border trade flows between Myanmar and Thailand. [Export license applications for maize, chili, onion, pulses, and other agricultural commodities have reportedly reactivated ahead of the reopening](#). These developments may improve cross-border trade activity and support agricultural market flows and export opportunities.
- **Maize export certification:** [Myanmar has established a public-private task force and begun issuing burn-free certification for maize exports to Thailand since March 2026](#), in response to Thailand's import requirements. This new certification mechanism could help facilitate continued maize exports, although implementation capacity, procedures, and their impacts on trade flows and export volumes will remain important to monitor.
- **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 and policy updates:** Following the government transition in April 2026, the new government launched a [“100-day project”](#) focused on administrative coordination, economic activities, infrastructure, and peace-related initiatives. In the agriculture sector, state-backed [loan programs](#) are being expanded to support production. While the project is still unfolding, related developments 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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