

Myanmar Monthly Food Price Report – September 2025

May Thet Htar, Bart Minten, and Ian Masias

KEY HIGHLIGHTS

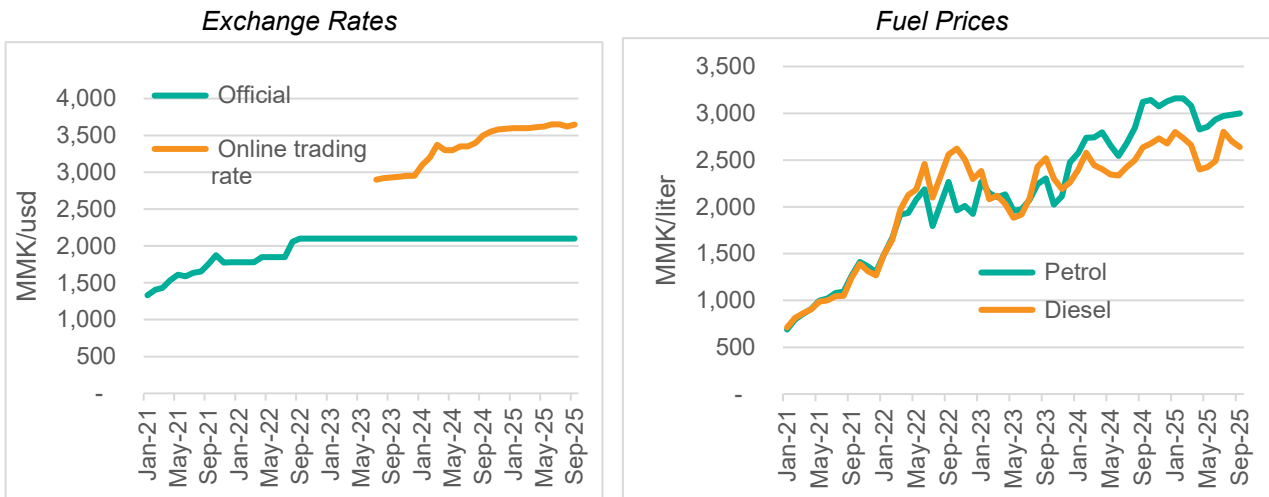
- Rice prices in September 2025 declined nationally, falling by 8 percent year-on-year and 5 percent compared to the previous month. The decrease was driven by international market trends and downward pressure from the incoming monsoon harvest. Prices either stabilized or declined across most states and regions in the country.
- Export crop prices diverged, with green gram rising this year due to strong international demand, while black gram and pigeon pea declined year-on-year due to reduced demand in India.
- Animal-sourced food prices surged over the last year – e.g. pork rose by 55 percent – due to rising production costs, while fish prices rose amid strong export demand.
- Multiple risks lie ahead, including falling international rice prices, ongoing conflict, quality concerns, import restrictions, and disruptions in border trade, all of which may undermine agricultural production, 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.

Two primary factors influencing food price trends in the country are exchange rates and fuel prices. In September 2025, the official exchange rate remained unchanged at 2,100 MMK/USD – the same level for three years (Figure 1). Meanwhile, the online trading rate slightly increased (+1 percent) in September 2025 compared to August 2025 and rose by 4 percent compared to September 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. Diesel prices in September 2025 remained unchanged from September 2024 while petrol prices declined by 4 percent over the same period.

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 8 percent year-on-year decrease in rice prices in September 2025, marking a reversal from previous years [largely driven by falling international prices](#). A comparison of rice prices across different regions and states reveals the following:

- The most secure and major rice-producing areas – Bago and Ayeyarwady – report low prices as the monsoon harvest [has started in some of these regions](#). Mon and Nay Pyi Taw also report relatively low prices, with prices 22 percent below the national average.
- Shan (North) and Magway experienced the largest year-to-year increases in rice prices. However, prices decreased in recent months in Shan (North) [as cross-regional trade has become more reliable](#) following the military’s regaining control of three major cities along Asian Highway 14 connecting Mandalay and northern Shan. [Improved access and logistics in Kayah State](#) might also have contributed to a large price decline this month. Shan (East) saw a decrease of 15 percent compared to last month seemingly linked [to the temporary suspension of cross-border trade](#).
- Kachin saw price increases in September 2025 compared to a month earlier (6 percent). Mon and Tanintharyi also experienced price increase this month.

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)		
	Sept-25 Current	Sept-24 Last Year	Aug-25 Last Month	Sept-25 Current	Sept-24 Last Year	Aug-25 Last Month
Kachin	1,692	1,693	↓ -0.1%	1.08	1.00	0.98
Shan (North)	2,350	2,116	↑ 11.1%	1.50	1.25	1.52
Shan (East)	2,068			1.32		1.49
Shan (South)	1,363	1,622	↓ -16.0%	0.87	0.96	0.95
Kayah	1,410			0.90		1.00
Kayin	1,504	1,693	↓ -11.2%	0.96	1.00	0.92
Mon	1,222	1,598	↓ -23.5%	0.78	0.94	0.72
Tanintharyi	1,504	1,740	↓ -13.6%	0.96	1.02	0.89
Yangon	1,504	1,598	↓ -5.9%	0.96	0.94	0.92
Ayeyarwady	1,410	1,551	↓ -9.1%	0.90	0.91	0.86
Sagaing	1,504	1,740	↓ -13.6%	0.96	1.02	1.00
Mandalay	1,504	1,881	↓ -20.0%	0.96	1.11	1.00
Magway	1,880	1,787	↑ 5.2%	1.20	1.05	1.15
Bago	1,292	1,410	↓ -8.3%	0.83	0.83	0.79
Nay Pyi Taw	1,222	1,646	↓ -25.8%	0.78	0.97	0.80
National Avg.	1,562	1,698	↓ -8.0%	1.00	1.00	1.00

Source: Department of Consumer Affairs

Other Crops

Green gram saw large price increases (27 percent) in September 2025 compared to the same period last year (Table 2), driven by steady demand from export markets. However, green gram prices declined slightly compared to last month, possibly linked to [the rejection by China of export shipments with high residue levels](#). Over the last month, maize prices decreased by 7 percent. Thailand permits duty-free corn imports only between February 1 and August 31 each year. As a result, exports of Myanmar corn to Thailand are currently suspended. Moreover, there are reports that Thailand may shift to importing GMO corn from the United States. Consequently, [market analysts anticipate that the Myanmar corn trade with Thailand could remain sluggish for an extended period](#). Prices for other pulses also declined slightly compared to last month, given [weak demand](#)

from India and low FOB prices. Due to persistently low prices, there are reports that pigeon pea is increasingly being diverted for use as animal feed.

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

Commodity	Sept-25 Current	Sept-24 Last Year	Aug-25 Last Month
Export Crops			
- Maize	815	803 1.5%	876 -6.9%
- Green Gram	3,317	2,603 27.4%	3,394 -2.3%
- Black Gram	2,860	3,612 -20.8%	2,894 -1.2%
- Chickpea	2,353	3,518 -33.1%	2,366 -0.5%
- Pigeon Pea	2,675	4,061 -34.1%	2,894 -7.6%
Local Crops			
- Onion	1,463	1,954 -25.1%	1,769 -17.3%
- Garlic	8,185	9,851 -16.9%	7,660 6.8%
- Chili	11,565	13,095 -11.7%	10,884 6.3%
- Potato	3,593	3,131 14.7%	3,444 4.3%

Source: Myantrade and DoA - MIS

Meanwhile, vegetable prices showed considerable volatility throughout the year. Chili prices increased compared to the previous month. Potato prices rose by 14 percent year-on-year, following [the closure of some Myanmar-China border stations](#), as Myanmar usually imports potatoes from China. Onion prices declined sharply compared to last month caused [by the ongoing harvest of lowland onions as well as limited export opportunities](#). Garlic prices rose this month (+ 7 percent) linked [to limited imports from China](#).

Animal-Sourced Food

Most animal-sourced foods saw substantial year-on-year price increases in September 2025, and all prices further increased compared to August 2025 (Table 3). Pork showed the largest year-on-year increase, rising by 55 percent. Chicken prices rose by 41 percent year-on-year, while egg prices increased by 18 percent. These large increases over the year are linked to high production costs – including significant price hikes for broilers and layers – as well as [elevated feed](#) and fuel prices, unreliable electricity, transportation difficulties, and security concerns.

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

Commodity	Sept-25 Current	Sept-24 Last Year	Aug-25 Last Month
- Eggs (piece)	446	378 18.0%	443 0.6%
Meat			
- Chicken	12,704	8,983 41.4%	11,494 10.5%
- Beef	16,443	11,055 48.7%	16,093 2.2%
- Pork	19,381	12,462 55.5%	19,286 0.5%
- Mutton	21,354	14,571 46.6%	20,461 4.4%
Fish			
- Carp	15,298	9,167 66.9%	14,762 3.6%
- Rohu	10,565	6,711 57.4%	10,502 0.6%

Source: Department of Consumer Affairs

Fish prices rose in September 2025 compared to the previous year – by 67 percent for carp and 57 percent for rohu – driven by [continued strong export demand](#). Prices in September rose compared to last month by 4 and 1 percent, respectively.

Looking Forward

Key developments to monitor in upcoming months include:

- **Quality concerns in exports.** The recent rejection of a shipment of pulses and beans to China due to pesticide residue has raised concerns that demand for these commodities could weaken, potentially driving prices down in the coming months. Chinese demand for other commodities – such as rice – may also be affected.
- **International rice price developments:** International rice prices declined substantially in September 2025 – [down 24 percent](#) compared to the same period last year. Given the strong integration of Myanmar's rice markets with global markets, these price trends have important implications for agricultural incentives, paddy production, farm income, and rice exports.
- **Conflict-driven food price increases:** Ongoing conflicts and road closures have contributed to higher food prices in affected areas. As conflicts continue to escalate, food security in these areas is likely to remain fragile.
- **Import restrictions.** Stringent import restrictions are hampering livestock production by limiting access to key inputs such as soybean meal (commonly used for feed), veterinary products, and parent breeding stock for chickens. This may lead to further increases in the prices of animal-source foods.
- **Border trade changes.** Several border trade routes have been [closed](#), while alternative routes have [opened](#), significantly impacting pricing and trade.

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