

Myanmar Monthly Food Price Report – July 2025

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KEY HIGHLIGHTS

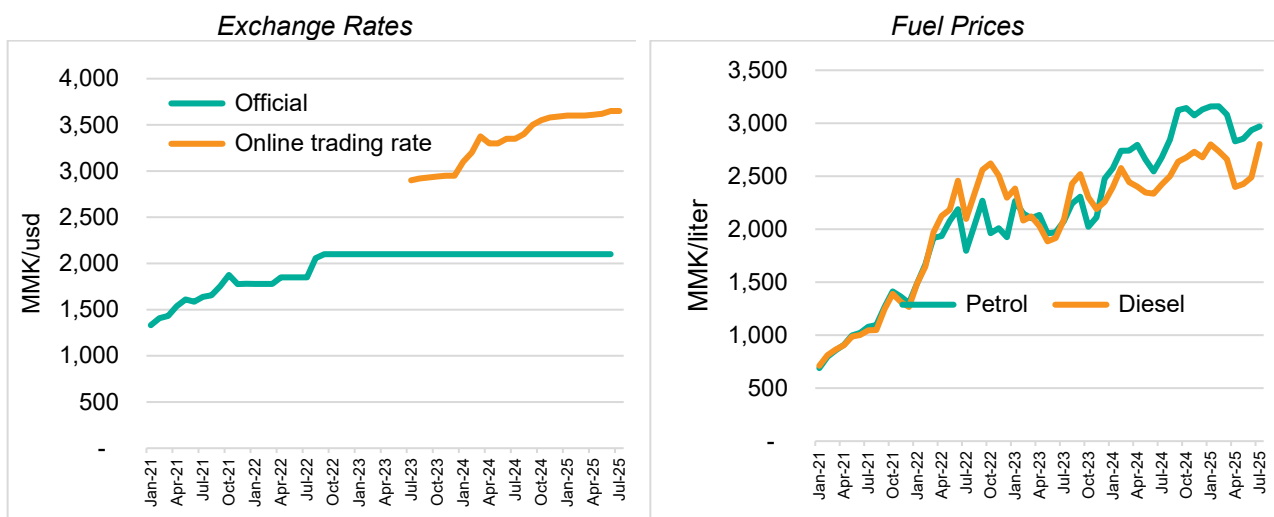
- Rice prices in July 2025 declined nationally, falling by 6 percent year-on-year and 1 percent compared to last month. However, notable price increases were observed in the past month in Kachin (+9 percent), due to road closures, and Kayin (+9 percent), due to flooding.
- Export crop prices diverged, with green gram and maize increasing 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, led by pork (up 67 percent), due to rising production and fuel costs, while fish prices rose amid strong export demand. Fish prices increased in July compared to the previous month, driven by bad weather that prevented many offshore fishing vessels from operating.
- Multiple risks lie ahead, including falling international rice prices, ongoing conflict, and natural hazards, 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 July 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 stayed stable in July 2025 compared to June 2025 and rose by 9 percent compared to July 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 increased, with diesel and petrol prices rising by 16 percent and 11 percent, respectively, in July 2025 compared to July 2024.

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 6.2 percent year-on-year decrease in rice prices in July 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. Mon and Nay Pyi Taw also report relatively low prices, both at 19 percent below the national average.
- In July 2024, Sagaing – a major rice-producing area - had rice prices 4 percent below the national average. By July 2025, prices were 7 percent above the national average, suggesting production challenges this year in that region.
- Shan (East) and Magway experienced the largest year-to-year increases in rice prices. On the other hand, Tanintharyi and Kayah saw significant declines (15 and 46 percent lower, respectively, than last year).
- Kachin saw large price increases in July 2025 compared to a month earlier (up 9 percent), seemingly linked to [the closure of the Hpakant–Indawgyi road, disrupting supply chains into Hpakant and surrounding areas](#). Kayin State also experienced sharp price increases this month [after Cyclone Wipha submerged large areas, severed road connections, and disrupted markets and trade routes](#).

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)		
	Jul-25	Jul-24		Jun-25		Jul-25	Jul-24	Jun-25
	Current	Last Year		Last Month		Current	Last Year	Last Month
Kachin	1,645	1,645	→ 0.0%	1,504	↑ 9.4%	1.01	0.95	0.92
Shan (East)	2,444	2,021	↑ 20.9%	2,444	→ 0.0%	1.50	1.17	1.49
Shan (South)	1,551	1,504	↑ 3.1%	1,551	→ 0.0%	0.95	0.87	0.94
Kayah	1,786	3,290	↓ -45.7%	1,880	↓ -5.0%	1.10	1.90	1.15
Kayin	1,645	1,692	↓ -2.8%	1,504	↑ 9.4%	1.01	0.98	0.92
Mon	1,316	1,504	↓ -12.5%	1,410	↓ -6.7%	0.81	0.87	0.86
Tanintharyi	1,457	1,720	↓ -15.3%	1,551	↓ -6.1%	0.90	0.99	0.94
Yangon	1,504	1,504	→ 0.0%	1,504	→ 0.0%	0.93	0.87	0.92
Ayeyarwady	1,410	1,504	↓ -6.3%	1,410	→ 0.0%	0.87	0.87	0.86
Sagaing	1,739	1,668	↑ 4.2%	1,739	→ 0.0%	1.07	0.96	1.06
Mandalay	1,645	1,786	↓ -7.9%	1,645	→ 0.0%	1.01	1.03	1.00
Magway	1,880	1,551	↑ 21.2%	1,880	→ 0.0%	1.16	0.90	1.15
Bago	1,410	1,457	↓ -3.2%	1,410	→ 0.0%	0.87	0.84	0.86
Nay Pyi Taw	1,316	1,410	↓ -6.7%	1,551	↓ -15.2%	0.81	0.81	0.94
National Avg.	1,625	1,733	↓ -6.2%	1,642	↓ -1.0%	1.00	1.00	1.00

Source: Department of Consumer Affairs

Other Crops

In contrast to rice, some other major export crops, including maize and green gram, saw significant price increases in July 2025 compared to the same period last year (Table 2). Prices of maize and green gram rose by 11 and 46 percent respectively. Maize saw a decrease this month seemingly because of [weak international demand](#) as well as speculation about [Thailand's possible shift to corn imports from the US](#) instead of Myanmar. Green gram has shown strong price increases year-on-year, driven by steady demand from export markets, [including India, China, and Europe](#). However, we see a slight month-on-month decline in all pulses prices, possibly driven [by the Indian government's push to promote its own pulses production](#). Prices for black gram and pigeon pea declined compared to last year due to reduced demand from India, where domestic supplies were high. Chickpea has also shown significant declines over the last year (down 26 percent).

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

Commodity	Jul-25	Jul-24	Jun-25
	Current	Last Year	Last Month
Export Crops			
- Maize	896	805 11.2%	937 -4.4%
- Green Gram	3,453	2,358 46.4%	3,537 -2.4%
- Black Gram	2,901	3,253 -10.8%	2,930 -1.0%
- Chickpea	2,374	2,696 -11.9%	2,383 -0.4%
- Pigeon Pea	2,897	3,907 -25.8%	2,912 -0.5%
Local Crops			
- Onion	1,752	1,953 -10.3%	1,854 -5.5%
- Garlic	7,522	8,078 -6.9%	7,897 -4.7%
- Chili	10,317	9,337 10.5%	9,127 13.0%
- Potato	3,142	2,321 35.3%	2,968 5.9%

Source: Myantrade and DoA - MIS

Meanwhile, vegetable prices showed considerable volatility throughout the year. Chili prices increased compared to the previous month [as heavy rains disrupted drying and transport](#). Potato prices rose sharply – by 35 percent year-on-year – following [the closure of the Myanmar-China border stations](#), as Myanmar usually imports potatoes from China. Prices rose slightly this past month as [supply became more limited after major harvest periods in May and June](#). Onion prices fell by 10 percent, due to [large price declines in international markets](#).

Animal-Sourced Food

Most animal-sourced foods saw substantial year-on-year price increases in July 2025, but many prices declined compared to June 2025 (Table 3). Pork showed the biggest year-on-year increase, by 67 percent. Chicken prices rose by 34 percent year-on-year but declined by 4 percent month-on-month. Egg prices increased 21 percent over the last year but decreased slightly from the previous month. These large increases over the year are linked to [high production costs – including significant price hikes for broilers and layers – as well as elevated fuel prices, unreliable electricity, transportation difficulties, and security concerns](#). The price declines in the last month may be linked to reduced seasonal demand, during Buddhist Lent, which begins in July and often leads to reduced meat consumption.

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

Commodity	Jul-25	Jul-24	Jun-25
	Current	Last Year	Last Month
- Eggs (piece)	416	343 21.2%	421 -1.3%
Meat			
- Chicken	11,256	8,366 34.5%	11,764 -4.3%
- Beef	16,039	11,136 44.0%	16,164 -0.8%
- Pork	19,180	11,458 67.4%	19,312 -0.7%
- Mutton	20,073	15,016 33.7%	19,315 3.9%
Fish			
- Carp	14,048	10,986 27.9%	13,661 2.8%
- Rohu	10,186	7,359 38.4%	8,889 14.6%

Source: Department of Consumer Affairs

Fish prices rose in July 2025 compared to the previous year – by 28 percent for carp and 38 percent for rohu – driven by [continued strong export demand](#). Prices in July rose compared to last month – even though the

seasonal fishing ban had ended – due to bad weather that kept many offshore fishing vessels from operating. Only one-third of usual boats went out from Yangon, leading to low fish supply on local markets.

Looking Forward

Key developments to monitor in upcoming months include:

- **International rice price developments:** International rice prices declined substantially in July 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, 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.
- **Natural hazards:** Several areas have been affected by heavy rainfall, cyclones, and flooding, resulting in substantial impacts on agricultural production.

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