

## Myanmar Monthly Food Price Report – January 2026

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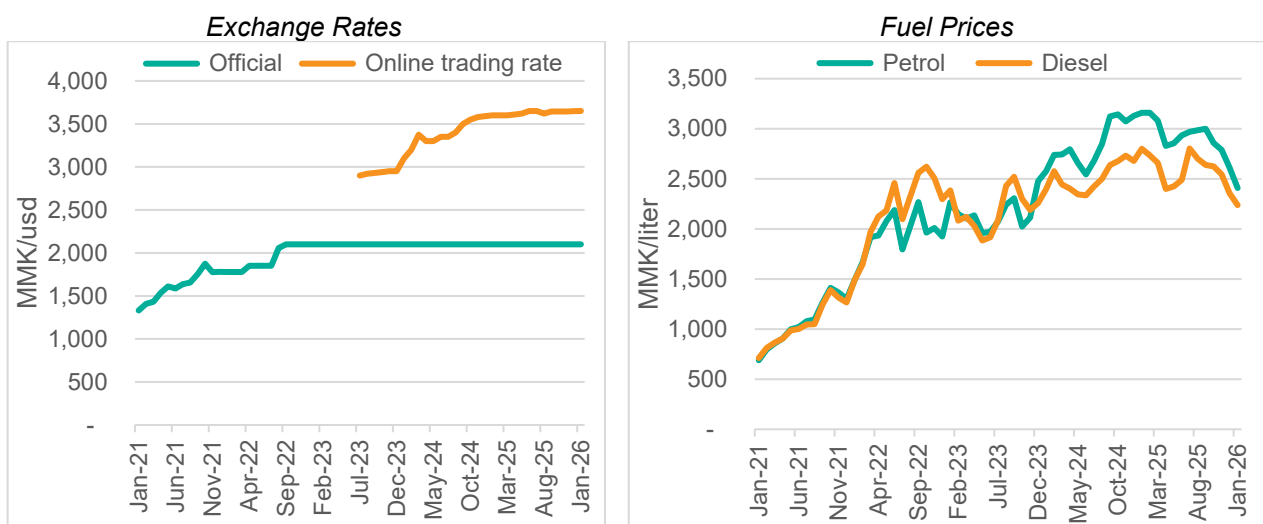
### KEY HIGHLIGHTS

- In January 2026, rice prices declined sharply year-on-year and stabilized month-on-month after several months of continuous decline, driven largely by lower international prices and monsoon-season supply. While these trends have eased pressure on consumers, they raise concerns for [paddy producers facing rising input costs](#).
- Pulse markets showed mixed dynamics. Black gram, chickpea, and pigeon pea remained below last year's levels reflecting continued weak demand from India, though modest month-on-month gains were observed following weather-related production concerns. Green gram prices remained higher year-on-year but softened slightly month-on-month due to delayed winter planting. Maize prices stabilized month-on-month, supported by improved export expectations and regional feed demand.
- Vegetable prices were generally lower year-on-year, while animal-sourced foods continued to record substantial year-on-year increases, particularly mutton and fish, reflecting supply constraints and export demand.
- Overall, food markets remain influenced by international price movements, export policy adjustments, and ongoing regional disruptions.

### 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 January 2026, the official exchange rate remained unchanged at 2,100 MMK/USD – the same level for three years (Figure 1). Meanwhile, the online trading rate had risen by 1.4 percent compared to January 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. In terms of fuel, diesel prices in January 2026 declined by 20 percent, while petrol prices declined by 24 percent, relative to the same month in 2025.

## Food Price Developments

### Rice

Table 1 shows a 17 percent year-on-year decrease in rice prices in January 2026, marking a reversal from previous years [largely driven by falling international prices](#). Month-on-month, rice prices have stabilized following several [consecutive months of decline](#), indicating that the earlier downward trend has moderated. A comparison of rice prices across different regions and states reveals the following:

- Almost all regions and states report significant year-on-year price declines. The steepest declines were observed in Ayeyarwady (37 percent), Kayah (37 percent), and Mon (31 percent).
- Prices remained largely stable month-on-month across most states and regions and December prices were mostly unchanged compared to January. Only a few areas such as Kayah (7 percent), Tanintharyi (4 percent), Sagaing (8 percent), and Nay Pyi Taw (8 percent) recorded moderate increases, possibly linked to [localized conflict intensity and transport disruptions](#).

Regional price gaps remain significant, with major producing areas such as Ayeyarwady reporting prices that are 33 percent below the national average, while conflict-affected areas, including parts of Shan and Magway, continue to record higher prices above the national average, mostly reflecting differences in market access and transport conditions.

**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)		
	Jan-26	Jan-25	Dec-25	Jan-26	Jan-25	Dec-25	
	Current	Last Year	Last Month	Current	Last Year	Last Month	
Kachin	1,692	1,692	→ 0.0%	1.16	0.96	1.16	
Shan (North)	2,350		→ 0.0%	1.61		1.62	
Shan (East)	1,786	2,444	↓ -26.9%	1.22	1.39	1.36	
Shan (South)	1,363	1,692	↓ -19.4%	0.93	0.96	0.94	
Kayah	1,410	2,256	↓ -37.5%	0.96	1.28	0.91	
Kayin	1,316	1,739	↓ -24.3%	0.90	0.99	0.91	
Mon	1,034	1,504	↓ -31.3%	0.71	0.85	0.71	
Tanintharyi	1,363	1,739	↓ -21.6%	0.93	0.99	0.91	
Yangon	1,504	1,598	↓ -5.9%	1.03	0.91	1.03	
Ayeyarwady	987	1,574	↓ -37.3%	0.67	0.89	0.68	
Sagaing	1,316	1,692	↓ -22.2%	0.90	0.96	0.84	
Mandalay	1,504	1,786	↓ -15.8%	1.03	1.01	1.03	
Magway	1,786	1,927	↓ -7.3%	1.22	1.09	1.23	
Bago	1,222	1,410	↓ -13.3%	0.84	0.80	0.84	
Nay Pyi Taw	1,316	1,645	↓ -20.0%	0.90	0.93	0.84	
National Avg.	1,463	1,764	↓ -17.1%	1.00	1.00	1.00	

Source: Department of Consumer Affairs

### Other Crops

Similar to rice, several major export crops, including black gram, chickpea and pigeon pea recorded significant price decreases in January 2026 compared to the same period last year, possibly driven [by the Indian government's push to promote its own pulses production](#). Prices for these pulses increased slightly month-on-month, [following price rises in India](#) and [reports of weather-related production declines there](#). In contrast, green gram prices declined modestly month-on-month, amid [concerns that the extended rainy season has delayed winter planting and may lead to lower productivity](#). Maize prices slightly increased month-on-month. The

monthly increase appears linked to [reports of stronger demand from feed mills in the Philippines](#), [rising poultry and swine production in Thailand](#), and the approaching tax-exempt import period for Thailand.

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

Commodity	Jan-26	Jan-25		Dec-25		
	Current	Last Year		Last Month		
<b>Export Crops</b>						
- Maize	875	876	↓ -0.2%	858	↑ 1.9%	
- Green Gram	3,464	3,090	↑ 12.1%	3,604	↓ -3.9%	
- Black Gram	2,872	3,381	↓ -15.0%	2,787	↑ 3.1%	
- Chickpea	2,564	2,935	↓ -12.7%	2,394	↑ 7.1%	
- Pigeon Pea	2,969	3,570	↓ -16.8%	2,883	↑ 3.0%	
<b>Local Crops</b>						
- Onion	1,952	2,976	↓ -34.4%	1,599	↑ 22.1%	
- Garlic	7,403	11,458	↓ -35.4%	6,920	↑ 7.0%	
- Chili	11,395	10,197	↑ 11.7%	10,969	↑ 3.9%	
- Potato	3,810	4,446	↓ -14.3%	3,937	↓ -3.2%	

Source: Myantrade and DoA - MIS

Most vegetable prices declined across the board year-on-year. Onion prices increased by 22 percent month-on-month, despite [improved productivity under favorable weather conditions](#). However, prices remained 34 percent lower year-on-year, reflecting continued weak market conditions compared to last year. Garlic prices also rose by 7 percent month-on-month, [driven by higher international prices](#), but they were still 35 percent lower year-on-year. Potato prices continued to decline by 14 percent year-on-year and 3 percent month-on-month. [Heavy rains disrupted potato production in 2025 affecting yields and quality, leading to poorer quality produce in the market, and pushing prices down](#). Chili prices rose 4 percent month-on-month, likely driven by lower production in some major growing areas, including [Ayeeyarwady Region, where reduced supply this season has pushed local prices higher](#).

### *Animal-Sourced Food*

All animal-sourced foods saw substantial year-on-year price increases in January 2026 (Table 3). Mutton continue to be recorded as the largest year-on-year increase, rising by 75 percent and reaching an [all-time-high](#) this month as [many goat producers have exited the market](#) and [transportation disruptions persist in key production areas](#). Pork prices rose by 16 percent year-over-year, driven by [increased swine fever outbreaks](#). However, prices declined by 2 percent month-on-month while [rising piglet costs have added pressure on producers, with many facing losses](#). Chicken prices increased 10 percent year-on-year but decreased 3 percent month-on-month. Fish prices also rose year-on-year – by 58 percent for carp and 45 percent for rohu – driven by [continued strong export demand](#).

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

Commodity	Jan-26	Jan-25		Dec-25		
	Current	Last Year		Last Month		
- Eggs (piece)	421	416	↑ 1.1%	465	↓ -9.5%	
<b>Meat</b>						
- Chicken	12,075	10,923	↑ 10.5%	12,500	↓ -3.4%	
- Beef	17,634	12,827	↑ 37.5%	17,634	→ 0.0%	
- Pork	19,524	16,786	↑ 16.3%	20,000	↓ -2.4%	
- Mutton	27,455	15,675	↑ 75.2%	25,298	↑ 8.5%	
<b>Fish</b>						
- Carp	16,726	10,587	↑ 58.0%	16,488	↑ 1.4%	
- Rohu	11,241	7,731	↑ 45.4%	10,833	↑ 3.8%	

Source: Department of Consumer Affairs

## Looking Forward

Key developments to monitor in upcoming months include:

- **International rice price developments:** International rice prices declined substantially in January 2026 - [down 9 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.
- **Exchange rate and export policy:** The recent adjustment in the foreign exchange conversion policy (85-15 percent, effective as of January 1, 2026) has supported export crop prices such as rice, maize and pulses, and continued demand from key international markets such as Thailand and India may further improve export crop prices in the coming months.
- **Post-election transition risks:** With the election concluded in January and changes in the government expected in March, short-term policy uncertainty and possible administrative adjustments may influence market sentiment, trade flows, and transport conditions. These developments could affect food supply chains and price stability in the coming months.

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