

Myanmar Monthly Food Price Report – June 2025

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KEY HIGHLIGHTS

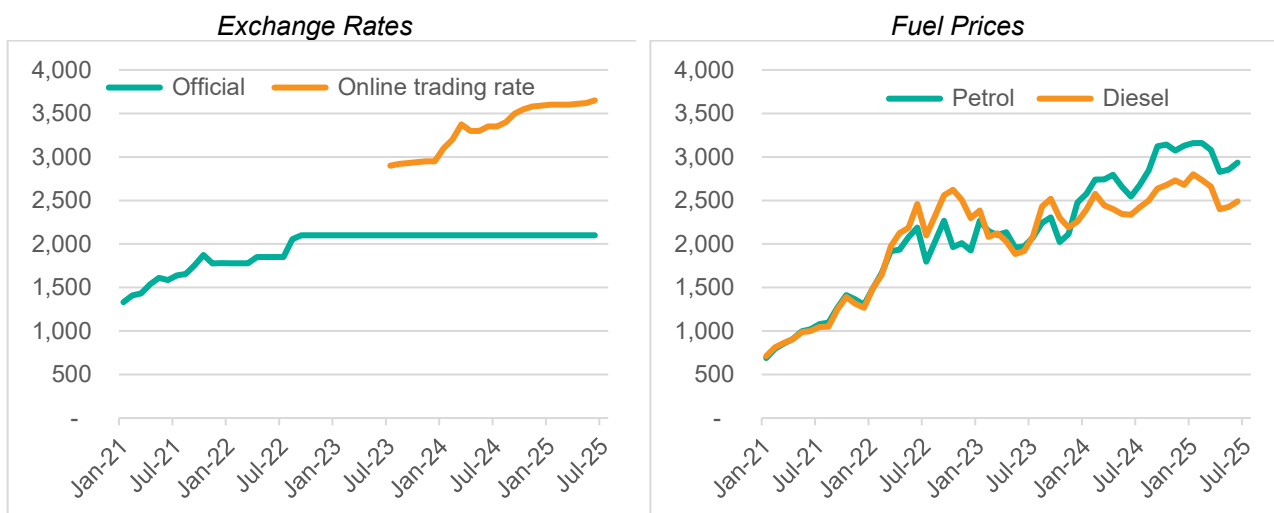
- Rice prices declined nationally, falling by almost 20 percent year-on-year, with sharp drops in Kayah and Kayin, but significant increases in Shan (East). Rice prices are lowest in secure, major rice-producing areas and highest in most conflict- and earthquake-affected regions.
- Export crop prices diverged, with green gram and maize increasing 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, led by beef (up 47 percent) and pork (up 64 percent), due to rising production and fuel costs, while fish prices rose amid strong export demand and a seasonal fishing ban.
- Multiple risks lie ahead, including the aftermath 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.

Two primary factors influencing food price trends in the country are exchange rates and fuel prices. In June 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 in June 2025 by 0.8 percent compared to May 2025 and by 9 percent compared to June 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 7 percent and 15 percent respectively in June 2025 compared to June 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 19.5 percent year-on-year decrease in rice prices in June 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.
- In June 2024, Sagaing – a major rice-producing area - had rice prices 15 percent below the national average. By June 2025, prices were 6 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 16 percent, making it the state or region with the highest prices in the country. On the other hand, Kayin and Kayah saw significant declines (57 and 43 percent lower respectively than last year).
- Mandalay, affected by both the earthquake aftermath and ongoing conflict, recorded a 26 percent drop in rice prices compared to last year. On the other hand, nearby Magway reports a price increase of 4 percent compared to last year and prices were significantly above the national average - 15 percent higher in June 2025, compared to 11 percent below average in June 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)			
	Jun-25	Jun-24		May-25	Jun-25	Jun-24	May-25	
	Current	Last Year		Last Month	Current	Last Year	Last Month	
Kachin	1,504	1,598	↓ -5.9%	1,504	→ 0.0%	0.92	0.78	0.91
Shan (East)	2,444	2,115	↑ 15.6%	2,444	→ 0.0%	1.49	1.04	1.47
Shan (South)	1,551	1,598	↓ -2.9%	1,551	→ 0.0%	0.94	0.78	0.94
Kayah	1,880	3,290	↓ -42.9%	2,021	↓ -7.0%	1.15	1.61	1.22
Kayin	1,504	3,525	↓ -57.3%	1,504	→ 0.0%	0.92	1.73	0.91
Mon	1,410	1,645	↓ -14.3%	1,410	→ 0.0%	0.86	0.81	0.85
Tanintharyi	1,551	1,927	↓ -19.5%	1,645	↓ -5.7%	0.94	0.94	0.99
Yangon	1,504	1,880	↓ -20.0%	1,504	→ 0.0%	0.92	0.92	0.91
Ayeyarwady	1,410	1,809	↓ -22.1%	1,410	→ 0.0%	0.86	0.89	0.85
Sagaing	1,739	1,739	→ 0.0%	1,739	→ 0.0%	1.06	0.85	1.05
Mandalay	1,645	2,209	↓ -25.5%	1,645	→ 0.0%	1.00	1.08	0.99
Magway	1,880	1,809	↑ 3.9%	1,880	→ 0.0%	1.15	0.89	1.13
Bago	1,410	1,598	↓ -11.8%	1,410	→ 0.0%	0.86	0.78	0.85
Nay Pyi Taw	1,551	1,809	↓ -14.3%	1,551	→ 0.0%	0.94	0.89	0.94
National Avg.	1,642	2,039	↓ -19.5%	1,658	↓ -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 June 2025 compared to the same period last year (Table 2). These increases were primarily driven [by international market developments](#), a shortage of stock in domestic markets, and [regular demand from local feed mills](#). Green gram has shown strong price increases year-on-year, driven by steady demand from export markets, [including India, 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.

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

Commodity	Jun-25	Jun-24	May-25
	Current	Last Year	Last Month
Export Crops			
- Maize	937	813 15.3%	932 0.6%
- Green Gram	3,537	2,296 54.1%	3,330 6.2%
- Black Gram	2,930	3,154 -7.1%	2,943 -0.5%
- Chickpea	2,383	2,664 -10.5%	2,531 -5.8%
- Pigeon Pea	2,912	3,683 -20.9%	2,966 -1.8%
Local Crops			
- Onion	1,854	2,005 -7.5%	1,887 -1.8%
- Garlic	7,897	8,206 -3.8%	9,784 -19.3%
- Chili	9,127	9,804 -6.9%	9,269 -1.5%
- Potato	2,968	2,001 48.3%	3,316 -10.5%

Source: Myantrade and DoA - MIS

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 48 percent year-on-year – following [the closure of the Myanmar-China border stations](#), as Myanmar usually imports potatoes from China. However, prices declined between May and June, [coinciding with the peak harvest seasons](#). Onion prices fell by 7 percent, due to [large price declines in international markets](#).

Animal-Sourced Food

Most animal-sourced foods saw substantial year-on-year price increases in June 2025, but most prices declined compared to May 2025 (Table 3). Pork and beef showed the biggest year-on-year increases, by 64 and 47 percent respectively. Chicken rose by 37 percent year-on-year but declined by 9 percent month-on-month. Egg prices increased 27 percent over the last year but decreased compared to last 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](#).

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

Commodity	Jun-25	Jun-24	May-25
	Current	Last Year	Last Month
- Eggs (piece)	421	331 27.2%	450 -6.4%
Meat			
- Chicken	11,764	8,571 37.2%	12,963 -9.2%
- Beef	16,164	11,012 46.8%	16,204 -0.2%
- Pork	19,312	11,786 63.9%	19,378 -0.3%
- Mutton	19,315	15,206 27.0%	19,754 -2.2%
Fish			
- Carp	13,661	10,391 31.5%	12,835 6.4%
- Rohu	8,889	7,606 16.9%	8,452 5.2%

Source: Department of Consumer Affairs

Fish prices rose in June 2025 compared to the previous year – by 31 percent for carp and 17 percent for rohu – driven by [continued strong export demand](#) as well as [the seasonal fishing ban set by the Department of Fisheries](#).

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 June 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:** June is early in 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.

This work was undertaken as part of the Myanmar Agrifood System and Food Security Monitoring project led by the International Food Policy Research Institute (IFPRI). Funding support for this study was provided by the Livelihoods and Food Security Fund (LIFT) and LAMP. This publication has not gone through IFPRI's standard peer-review procedure. The opinions expressed here belong to the authors, and do not necessarily reflect those of IFPRI, LIFT, LAMP, or CGIAR.