

Myanmar Monthly Food Price Report – February 2026

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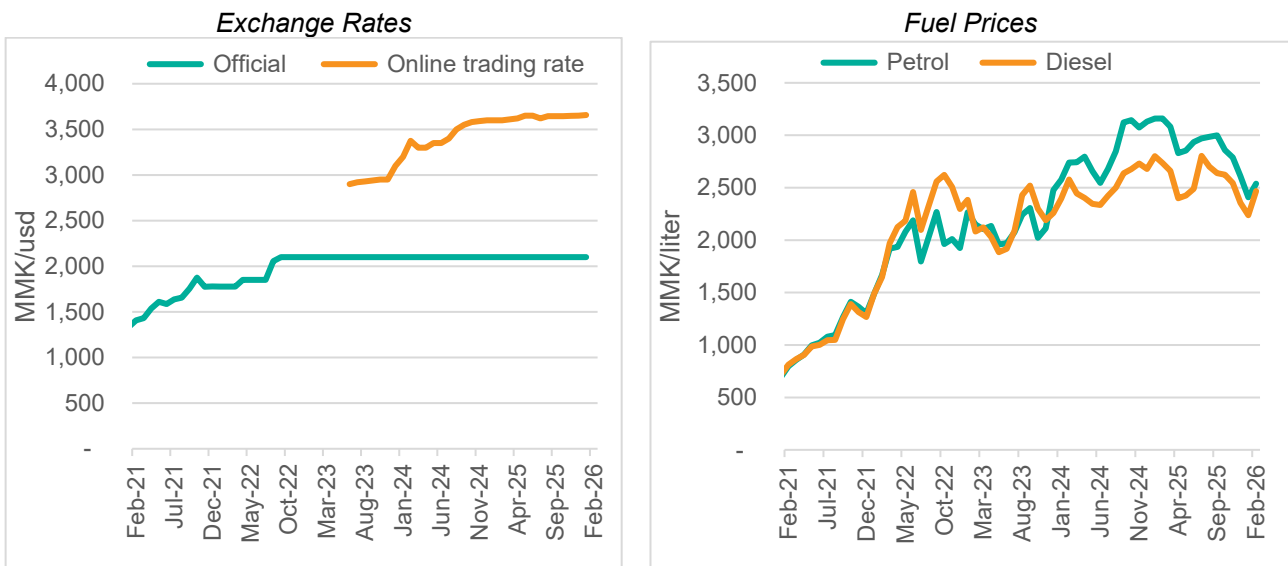
KEY HIGHLIGHTS

- Rice prices in February 2026 remained significantly lower year-on-year (down 13 percent), although they increased slightly month-on-month, indicating an early recovery following several months of decline driven by lower international prices and increased domestic supply. While easing pressure on consumers, these trends continue to raise concerns for [paddy producers facing rising input costs](#).
- Export crop prices strengthened this month, with pulses and maize increasing month-on-month supported by the revised foreign exchange policy and stronger international market demand.
- Vegetable prices showed mixed year-on-year trends but increased month-on-month, partly driven by seasonal demand during the Tabaung festival period. Supply disruptions, including weather-related production impacts, also influenced price movements for key crops such as potato and chili.
- Animal-sourced food prices continued to rise sharply year-on-year, led by mutton, chicken, and fish, reflecting supply constraints, disease outbreaks, and strong export demand.
- The war 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.

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 February 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 1.6 percent compared to February 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 February 2026 declined by 10 percent, while petrol prices declined by 20 percent, relative to the same month in 2025.

Food Price Developments

Rice

Table 1 shows a 13 percent year-on-year decrease in rice prices in February 2026, indicating a continued but moderating decline compared to previous months, largely driven by lower international prices. Month-on-month, rice prices increased slightly (2 percent), suggesting an early recovery following several months of decline. A comparison of rice prices across different regions and states reveals the following:

- Most regions and states report significant year-on-year price declines. The largest declines were observed in Ayeyarwady (33 percent), Kayah (33 percent), and Mon (28 percent).
- Prices increased month-on-month across several regions, including Kachin (11 percent), Tanintharyi (10 percent), Yangon (9 percent), Sagaing (7 percent), and Mon (4.5 percent), while remaining stable in others.
- Regional price gaps remain significant. Major producing areas such as Ayeyarwady report prices around 34 percent below the national average, while regions such as Shan (North) and Magway continue to record prices above it. These disparities reflect differences in production conditions, market access, transport constraints and insecurity.

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)		
	Feb-26	Feb-25	Jan-26	Feb-26	Feb-25	Jan-26
	Current	Last Year	Last Month	Current	Last Year	Last Month
Kachin	1,880	1,645	↑ 14.3%	1.26	0.95	1.16
Shan (North)	2,350		→ 0.0%	1.57		1.61
Shan (East)	1,786	2,444	↓ -26.9%	1.19	1.42	1.22
Shan (South)	1,363	1,693	↓ -19.5%	0.91	0.98	0.93
Kayah	1,410	2,115	↓ -33.3%	0.94	1.23	0.96
Kayin	1,316	1,693	↓ -22.2%	0.88	0.98	0.90
Mon	1,081	1,504	↓ -28.1%	0.72	0.87	0.71
Tanintharyi	1,504	1,692	↓ -11.1%	1.00	0.98	0.93
Yangon	1,645	1,551	↑ 6.1%	1.10	0.90	1.03
Ayeyarwady	987	1,480	↓ -33.3%	0.66	0.86	0.67
Sagaing	1,410	1,645	↓ -14.3%	0.94	0.95	0.90
Mandalay	1,410	1,692	↓ -16.7%	0.94	0.98	1.03
Magway	1,786	1,928	↓ -7.3%	1.19	1.12	1.22
Bago	1,222	1,410	↓ -13.4%	0.82	0.82	0.84
Nay Pyi Taw	1,316	1,646	↓ -20.0%	0.88	0.95	0.90
National Avg.	1,498	1,724	↓ -13.1%	1.00	1.00	1.00

Source: Department of Consumer Affairs

Other Crops

The recent adjustment in the foreign exchange conversion policy has supported export crop prices such as maize and pulses, while stronger demand from India, driven by weather-related production losses, and additional demand from African markets, affected by production disruptions, have further strengthened markets this month. As a result, pigeon pea prices increased significantly by 9 percent month-on-month and 7

percent year-on-year. Similarly, black gram prices continued to increase due to [lower winter production in India](#), which has strengthened demand for Myanmar exports, while chickpea prices also rose. Maize prices continued to increase month-on-month. The monthly increase appears linked to [reports of stronger demand from feed mills in the Philippines](#), and the [rising poultry and swine production in Thailand](#). In contrast, green gram prices remained broadly stable month-on-month, amid [concerns that the extended rainy season has delayed winter planting and may lead to lower productivity](#).

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

Commodity	Feb-26	Feb-25		Jan-26	
	Current	Last Year		Last Month	
Export Crops					
- Maize	902	950	↓ -5.1%	875	↑ 3.1%
- Green Gram	3,458	3,026	↑ 14.3%	3,464	↓ -0.2%
- Black Gram	2,931	2,959	↓ -0.9%	2,872	↑ 2.1%
- Chickpea	2,630	2,700	↓ -2.6%	2,564	↑ 2.6%
- Pigeon Pea	3,224	3,012	↑ 7.0%	2,969	↑ 8.6%
Local Crops					
- Onion	2,253	2,667	↓ -15.5%	1,952	↑ 15.5%
- Garlic	8,203	11,533	↓ -28.9%	7,403	↑ 10.8%
- Chili	12,615	10,219	↑ 23.4%	11,395	↑ 10.7%
- Potato	4,111	3,977	↑ 3.4%	3,810	↑ 7.9%

Source: Myantrade and DoA - MIS

Vegetable prices showed mixed-trends across the board year-on-year. Month-on-month all culinary crops increased partly driven by higher demand during the Tabaung festival period. Onion prices increased by 15 percent month-on-month, supported by [improved productivity under favorable weather conditions](#). However, prices remained 15 percent lower year-on-year, reflecting continued weak market conditions compared to last year. Garlic prices also rose by 11 percent month-on-month, [driven by higher international prices](#), but were still 29 percent lower year-on-year. Potato prices increased by 8 percent month-on-month. [Heavy rains in 2025 disrupted production, affecting yields and quality, while recent frost damage in Southern Shan State has further affected supply](#). Chili prices rose by 23 percent year-on-year and 11 percent month-on-month, likely driven by lower production in some major growing areas, including the [Ayeyarwady 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 February 2026 (Table 3). Mutton continue to record the largest year-on-year increase, rising by 72 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 15 percent year-on-year, driven by [increased swine fever outbreaks](#). Prices also increased month-on-month, as [lower profitability, due to rising piglet costs, has reduced the number of producers in the market](#). Chicken prices increased significantly, rising by 29 percent year-on-year and 11 percent month-on-month, driven by [high mortality rates and poor growth performance in poultry farms](#), which have reduced the supply of mature chickens in the market. Fish prices also rose year-on-year – by 55 percent for carp and 50 percent for rohu – driven by [continued strong export demand](#).

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

Commodity	Feb-26	Feb-25		Jan-26	
	Current	Last Year		Last Month	
- Eggs (piece)	415	403	↑ 3.0%	421	↓ -1.3%
Meat					
- Chicken	13,435	10,390	↑ 29.3%	12,075	↑ 11.3%
- Beef	17,634	13,501	↑ 30.6%	17,634	→ 0.0%
- Pork	19,792	17,154	↑ 15.4%	19,524	↑ 1.4%
- Mutton	28,646	16,667	↑ 71.9%	27,455	↑ 4.3%
Fish					
- Carp	16,726	10,813	↑ 54.7%	16,726	→ 0.0%
- Rohu	11,361	7,589	↑ 49.7%	11,241	↑ 1.1%

Source: Department of Consumer Affairs

Looking Forward

Key developments to monitor in upcoming months include:

- **Iran war implications:** The war with 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 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 declined modestly in February 2026 - [down 2.5 percent](#) compared to the same period last year. While the pace of decline has slowed compared to previous months, [India's record rice harvest](#) is expected to add further downward pressure on global prices. 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.
- **Maize export certification and trade access:** Thailand's requirement for burn-free certification for imported maize, effective March 2026, introduces new compliance requirements for Myanmar exporters, alongside a shorter tax-free import window. This may create additional constraints for exporters, and its impact on trade flows and export volumes will need to be closely monitored in the coming months.
- **India and 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.

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