

Myanmar Monthly Food Price Report – August 2026

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KEY HIGHLIGHTS

- Rice prices increased substantially in August 2026, with the national average rising by 5.2 percent month-on-month and 14.9 percent year-on-year. Regional price disparities persisted, reflecting differences in production conditions, market access, and transportation costs. The country-wide increase in retail rice prices was reportedly associated with flood-related concerns, supply disruptions, and transportation difficulties.
- Export crop prices showed mixed movements. Maize prices declined month-on-month but remained substantially above year-earlier levels, while black gram and pigeon pea prices also remained elevated year-on-year. Green gram prices declined while chickpea prices increased. Vegetable prices generally increased in August. Chili and onion prices rose sharply, supported by constrained supplies and continued export demand, while garlic prices increased following a seasonal pattern. Potato prices rose more moderately.
- Most animal-sourced food prices remained substantially above year-earlier levels. Chicken, eggs, mutton, beef, and fish prices increased year-on-year, with mutton prices remaining at record highs. In contrast, pig prices declined both month-on-month and year-on-year amid reports of swine disease and weaker pork demand in Yangon. Reports of livestock disease affecting poultry, pigs, and cattle also raised broader animal health concerns.
- The conflict in Iran has led to a partial closure of the Strait of Hormuz — a major transit route for global oil and fertilizer trade — while fighting has also escalated in the Red Sea, another key shipping corridor. Together, these disruptions are raising concerns for Myanmar's agrifood system, which depends heavily on fuel for transportation, irrigation, mechanization, and processing. Fertilizer prices also remain substantially above last year's levels, possibly reducing the profitability of fertilizer use and leading to lower application rates and agricultural production.
- Flooding intensified during August, particularly in major rice-producing areas of Ayeyarwady and Sagaing. Flooding reportedly inundated approximately 97,000 acres in Ayeyarwady and affected more than 10,000 acres of paddy and other cropland in Sagaing. Meanwhile, strengthening El Niño conditions could bring additional risks from irregular rainfall, higher temperatures, and drought, potentially affecting agricultural production and food supply.
- The outlook for Myanmar food prices will remain influenced by export demand, border trade conditions, input costs, and weather-related risks. Concerns over pulses production in India could support demand for Myanmar's black gram and pigeon pea, while softer Chinese demand for green gram remains a concern. Changes in Thailand's maize import arrangements and continued volatility in border trade stations could also affect agricultural market flows and will be important to monitor in the coming months.

Introduction

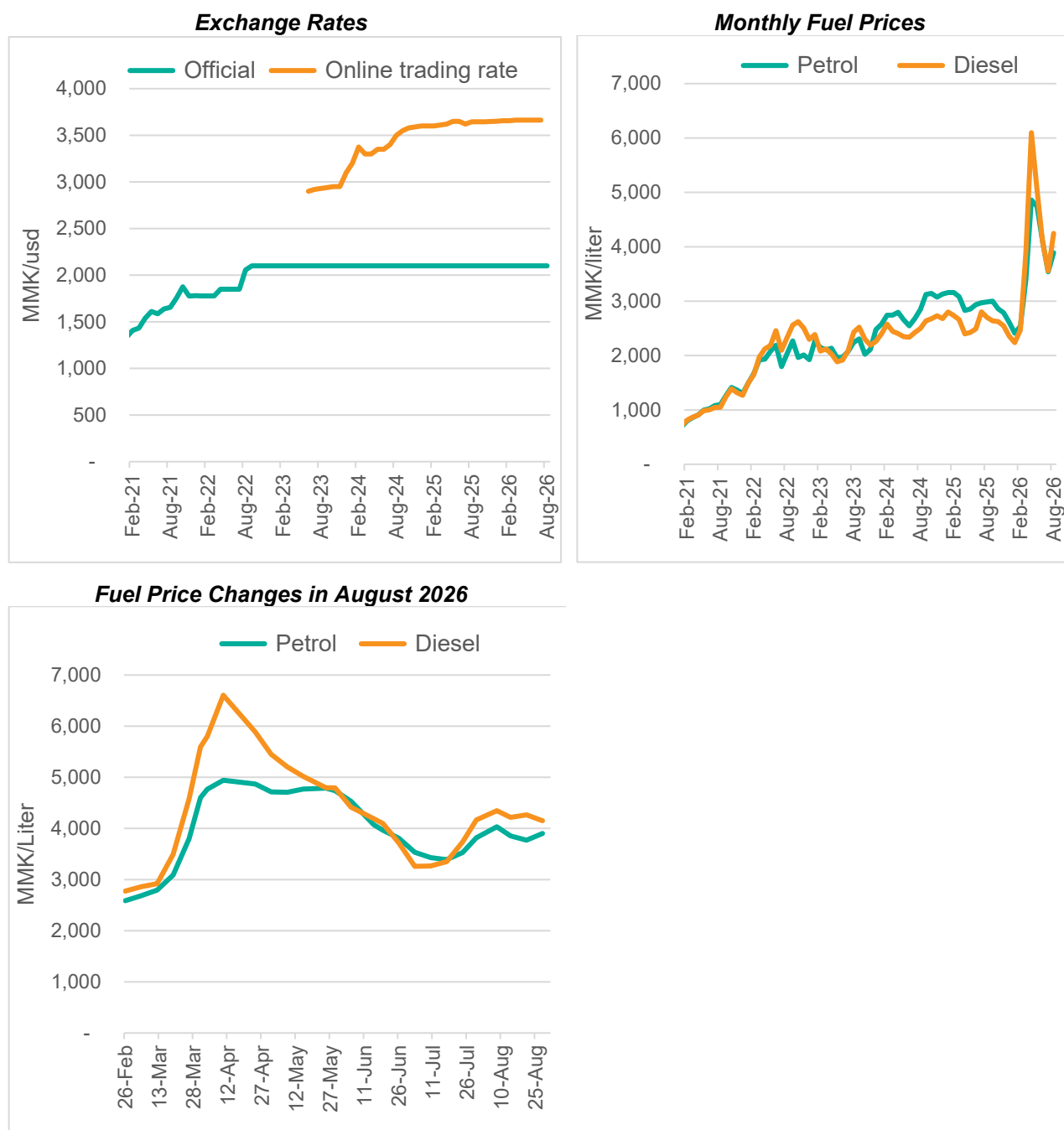
The rapidly evolving agricultural and food security situation in Myanmar requires a high frequency, systematic, and comprehensive approach to monitoring. The Myanmar Monthly Food Price Report synthesizes food price trends using publicly available datasets, focusing on key agricultural crops and highlighting 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 August 2026, the official exchange rate remained unchanged at 2,100 MMK/USD — at the same level for almost four years (Figure 1). The online trading exchange rate increased marginally by 1.2 percent compared to August 2025, indicating relatively stable formal foreign exchange market conditions. As in previous months, export

earnings remained subject to the requirement that 15 percent be exchanged at the official rate and the remaining 85 percent at the online trading rate.

Fuel prices increased substantially over the past months due to trade disruptions linked to the partial closure of the Strait of Hormuz. At the end of August 2026, diesel prices were 50 percent higher and petrol prices 51 percent higher than prior to the start of the conflict. Relative to the same month in 2025, diesel prices in August 2026 increased by 57 percent while petrol prices increased by 30 percent (Figure 1). While prices have declined from their high levels in April, they increased again toward the end of August compared with the beginning of July. Diesel prices were 27 percent higher in the last week of August than in the first week of July (Figure 1). Moreover, fuel remains scarce in parts of the country, with sharp price increases in remote and conflict-affected areas.

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 that national average rice prices increased by 5.2 percent month-on-month and 14.9 percent year-on-year in August 2026, while regional price movements continued to vary considerably. A comparison of rice prices across different regions and states reveals the following.

- Rice prices increased month-on-month across most regions and states. The largest increases were observed in Shan (South) (17.6 percent), Kayah (12.5 percent), Sagaing (10.0 percent), and Nay Pyi Taw (8.6 percent). Prices remained unchanged month-on-month in Shan (North), Shan (East), Kayin, Tanintharyi, and Mandalay.
- Year-on-year price increases were observed across most regions, except Shan (North) and Shan (East), where prices declined by 15.1 percent and 18.3 percent, respectively, possibly because of relatively lower conflict intensity and better trade access in these areas compared to a year earlier. The largest increases were recorded in Kachin (47.1 percent), Mon (40.0 percent), Nay Pyi Taw (35.7 percent), Tanintharyi (32.3 percent), Kayah (28.6 percent), and Sagaing (25.7 percent).
- Regional price gaps remained pronounced. Kachin, Shan (North), Kayah, Shan (East), Sagaing, and Magway recorded prices above the national average, while Ayeyarwady, Kayin, Mon, Bago, Yangon, Mandalay, and Nay Pyi Taw remained below the national average. Kachin recorded the highest price, at around 25 percent above the national average, while Ayeyarwady was about 15 percent below the national average.

The increase in retail rice prices across the country was reportedly linked to flood-related concerns, supply disruptions, transportation difficulties, as well as panic buying, particularly in major rice-producing areas, but is also partly explained by international price movements.

Table 1. Regional Urban Retail Rice Prices (MMK/KG) Emata

Comparison over Time (nominal prices)							Comparison of States/Regions (relative to national average)			
State/Region	Aug-26	Aug-25			Jul-26			Aug-26	Aug-25	Jul-26
	Current	Last Year	Last Month		Current	Last Month		Current	Last Year	Last Month
Kachin	2,350	1,598	📈	47.1%	2,256	📈	4.2%	1.25	0.98	1.26
Shan (North)	2,115	2,491	📉	-15.1%	2,115	👉	0.0%	1.12	1.52	1.18
Shan (East)	1,997	2,444	📉	-18.3%	1,997	👉	0.0%	1.06	1.49	1.12
Shan (South)	1,880	1,551	📈	21.2%	1,598	📈	17.6%	1.00	0.95	0.89
Kayah	2,115	1,645	📈	28.6%	1,880	📈	12.5%	1.12	1.00	1.05
Kayin	1,645	1,504	📈	9.4%	1,645	👉	0.0%	0.87	0.92	0.92
Mon	1,645	1,175	📈	40.0%	1,551	📈	6.1%	0.87	0.72	0.87
Tanintharyi	1,927	1,457	📈	32.3%	1,927	👉	0.0%	1.02	0.89	1.08
Yangon	1,692	1,504	📈	12.5%	1,598	📈	5.9%	0.90	0.92	0.89
Ayeyarwady	1,598	1,410	📈	13.3%	1,527	📈	4.6%	0.85	0.86	0.85
Sagaing	2,068	1,645	📈	25.7%	1,880	📈	10.0%	1.10	1.00	1.05
Mandalay	1,786	1,645	📈	8.6%	1,786	👉	0.0%	0.95	1.00	1.00
Magway	1,974	1,880	📈	5.0%	1,880	📈	5.0%	1.05	1.15	1.05
Bago	1,645	1,292	📈	27.3%	1,551	📈	6.1%	0.87	0.79	0.87
Nay Pyi Taw	1,786	1,316	📈	35.7%	1,645	📈	8.6%	0.95	0.80	0.92
National Avg.	1,882	1,637	📈	14.9%	1,789	📈	5.2%	1.00	1.00	1.00

Source: Department of Consumer Affairs

Other Crops

Maize prices declined by 1.6 percent month-on-month but remained 18.5 percent higher year-on-year. Reports indicated that maize exports have declined this year amid reduced cultivation, with farmers reportedly shifting some acreage to soybean, potato, and sugarcane due to more favorable returns. In northern Shan State, conflict-related reductions in the number of traders and availability of production financing have further constrained maize cultivation.

Black gram and pigeon pea, major export pulses to India, did not show significant month-on-month price movements, suggesting relatively stable market conditions. However, prices remained 14.8 percent and 15.0 percent higher year-on-year, respectively. Reports from India indicated that [Myanmar-origin black gram export offers remained firm in August](#). In contrast, Myanmar's pigeon pea exports to India continued to decline, with exports during January-July 2026 falling to 135,551 tons from 219,818 tons during the same period in 2025, according to [Igrain](#). Meanwhile, below-average monsoon rainfall and strengthening El Niño conditions in India have raised concerns about pulses production, with [Reuters](#) noting that lower production could increase India's reliance on imports from Myanmar and other suppliers.

Chickpea prices increased 3 percent month-on-month, and 12.2 percent year-on-year. In contrast, green gram remained stable month-on-month but decreased by 4 percent year-on-year. The year-on-year decline coincided with reports of softer Chinese demand, [as increased domestic production in China and greater availability from other origins](#) have reduced China's reliance on Myanmar green gram. [Myanmar's green gram exports also declined substantially in FY2025/26](#), falling to 355,225 tons from 600,633 tons in FY2024/25, according to UMFCCI. China remained a major destination, accounting for 51.5 percent of Myanmar's maritime green gram exports in FY2024/25. Recent news [about China's rejection of Australian green gram over pesticide residues](#) also suggests that China's tighter residue controls extend beyond Myanmar.

Garlic prices increased by 3.3 percent month-on-month, reversing the 19.4 percent decline recorded in the previous month. [Garlic prices typically rise during August and September, according to traders, suggesting seasonal factors may have contributed to the price increase](#). Chili prices continued to increase 13.2 percent month-on-month and 35.2 percent year-on-year, as [reduced market arrivals, higher production costs, labor shortages, and difficulties in drying and storing chili during the rainy season constrained supply. At the same time, strong export demand through border trade continued to support prices](#).

Onion prices continued to increase, rising by 13.9 percent month-on-month and 104.3 percent year-on-year. [As reported last month](#), declining stocks in the main producing regions had already placed upward pressure on prices. This month, [lower stocks, together with continued buying from Thailand](#), contributed to further price increases. However, farmers reportedly saw limited benefits from the higher prices, with traders better positioned to benefit from holding stocks, while high production costs continued to weigh on farmers' returns. Potato prices increased by 3.6 percent month-on-month but declined by 1.2 percent year-on-year, contrasting with the broader upward trend in other local crops.

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

	Aug-26	Aug-25		Jul-26		
Commodity	Current	Last Year		Last Month		
Export Crops						
- Maize	1,038	876	↑ 18.5%	1,054	↓ -1.6%	
- Green Gram	3,259	3,394	↓ -4.0%	3,290	↓ -0.9%	
- Black Gram	3,322	2,894	↑ 14.8%	3,261	↑ 1.9%	
- Chickpea	2,655	2,366	↑ 12.2%	2,577	↑ 3.0%	
- Pigeon Pea	3,327	2,894	↑ 15.0%	3,367	↓ -1.2%	
Local Crops						
- Onion	3,614	1,769	↑ 104.3%	3,172	↑ 13.9%	
- Garlic	9,144	7,660	↑ 19.4%	8,854	↑ 3.3%	
- Chili	14,711	10,884	↑ 35.2%	13,010	↑ 13.1%	
- Potato	3,403	3,444	↓ -1.2%	3,284	↑ 3.6%	

Source: Myantrade and DoA - MIS

Animal-Sourced Food

Most animal-sourced foods continued to record notable year-on-year and month-on-month price increases in August 2026 (Table 3). However, pig prices showed a different trend, decreasing by 1.7 percent year-on-year and 5.4 percent month-on-month. Recent [reports of swine disease in several areas](#) have raised concerns among producers, while [pork demand reportedly weakened in Yangon amid public speculation linking recent diarrhea cases to pork consumption](#).

Goat supply remained constrained as [local conditions in major production areas reportedly led many producers to exit the sector](#), resulting in a continued supply-demand imbalance. Although [live goat prices remained at high levels, recent market activity has slowed](#). Mutton prices increased 6.8 percent month-on-month and 76 percent year-on-year, remaining at record highs. Beef prices showed limited movement but remained 20.4 percent higher than a year earlier.

Chicken prices continued to increase, rising by 3.3 percent month-on-month and 26.5 percent year-on-year. However, [reports indicated that farm-gate prices for broiler chickens declined in August, while higher feed, medicine, and other production costs put pressure on poultry farmers](#). Similarly, egg prices increased by 3.6 percent month-on-month and 29.5 percent year-on-year.

Reports of livestock disease affecting several species, including [poultry](#), [pigs](#), and [cattle](#), have emerged across different parts of the country during August 2026, raising concerns among livestock producers and consumers. While the reported cases vary by species and location, they point to broader animal health risks within the livestock sector.

Fish prices remained above year-earlier levels, with carp and rohu prices rising by 12.9 percent and 13.5 percent year-on-year, and by 1.4 percent and 3.7 percent month-on-month, respectively. [Flooding reportedly affected fish-farming ponds in parts of Ayeyarwady Region](#), although the impact on overall fish supply still needs to be monitored.

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

Commodity	Aug-26 Current	Aug-25 Last Year	Jul-26 Last Month
- Eggs (piece)	574	443 29.5%	554 3.6%
Meat			
- Chicken	14,541	11,494 26.5%	14,073 3.3%
- Beef	19,382	16,093 20.4%	19,308 0.4%
- Pork	18,958	19,286 -1.7%	20,042 -5.4%
- Mutton	36,012	20,461 76.0%	33,705 6.8%
Fish			
- Carp	16,667	14,762 12.9%	16,429 1.4%
- Rohu	11,922	10,502 13.5%	11,497 3.7%

Source: Department of Consumer Affairs

Looking Forward

Key developments to monitor in upcoming months include:

- **International rice price developments:** International rice prices remained stable month-on-month in August 2026, with [the FAO Rice Price Index](#) increasing 0.5 percent, while prices were 7.4 percent higher than a year earlier. Given the strong integration of Myanmar's rice markets with global markets, these trends may continue to influence agricultural incentives, particularly in light of rising costs of key agricultural inputs such as mechanization services and fertilizer.
- **Maize market:** Thailand's cancellation of a planned 600,000-ton ASEAN maize import program in late August, reportedly to support domestic maize prices and farmer incomes, could affect regional maize import demand. Given Thailand's importance as a destination market for Myanmar maize, the policy change may have implications for Myanmar's maize exports in the coming months.
- **Border trade:** Despite the reopening of the Myawaddy-Mae Sot border trade route, [recent volatility around Myawaddy](#) in Kayin State highlights continued uncertainty for cross-border trade. The [growing maize trade](#) through the Tachileik border station in Shan State points to its increasing importance as an agricultural export gateway. However, [broader trade friction at Tachileik](#) — including tightened import permits and additional checkpoints along the route — has recently raised costs and disrupted the flow of goods, and warrants monitoring for potential knock-on effects on export volumes as well.
- **Monsoon flood risks and impacts:** Flooding intensified during August, particularly in major rice-producing areas of Ayeyarwady and Sagaing, disrupting transport and agricultural production. In Ayeyarwady Region,

flooding following the [Ngawun River embankment breach](#) affected farmland across several townships, with approximately [97,000 acres reportedly inundated](#), while flooding reportedly affected more than [10,000 acres of paddy and other cropland across several townships in Sagaing](#). Flooding also threatened additional [rice fields and fish farms following an embankment collapse in Nyaungdon Township](#). The disruption to supply and transport has already affected rice markets, with traders reporting [reduced arrivals in Yangon](#). Continued monitoring will be important as further flooding could affect crop production, transport, and food supply chains.

- **El Niño impacts:** El Niño conditions have strengthened and are now classified as very strong, with the [World Meteorological Organization](#) forecasting that the event is likely to persist through February 2027 and reach peak intensity toward the end of 2026. Myanmar's [Department of Meteorology and Hydrology](#) has warned of irregular rainfall, higher temperatures, drought, and other extreme weather that could affect agricultural production and irrigation water availability. [DMH specifically advised farmers to coordinate crop harvesting schedules with weather conditions](#), highlighting the need for continued monitoring and adjustment of agricultural activities.
- **Implications of the conflict in Iran:** The conflict in Iran has led to a near-complete closure of the Strait of Hormuz, through which more than a quarter of the world's oil exports and an estimated 20–30 percent of global fertilizer exports normally transit. Compounding this, fighting has recently expanded to the Red Sea — another major fuel shipping corridor — where Houthi attacks on Saudi-linked shipping have further disrupted regional trade routes. These developments are particularly concerning for Myanmar's agrifood system, which depends heavily on fuel for transportation, irrigation, mechanization, and processing. Fertilizer prices are also substantially above last year's levels. The reference price for a bag of urea, set at [120,000 MMK](#), remains well above the 94,000 MMK per bag recorded during the previous monsoon season, representing an increase of about 28 percent. As crop output prices have changed less over the same period, the profitability of fertilizer use has declined, possibly leading to lower application rates and reduced agricultural production.

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