

Myanmar Monthly Food Price Report – November 2025

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KEY HIGHLIGHTS

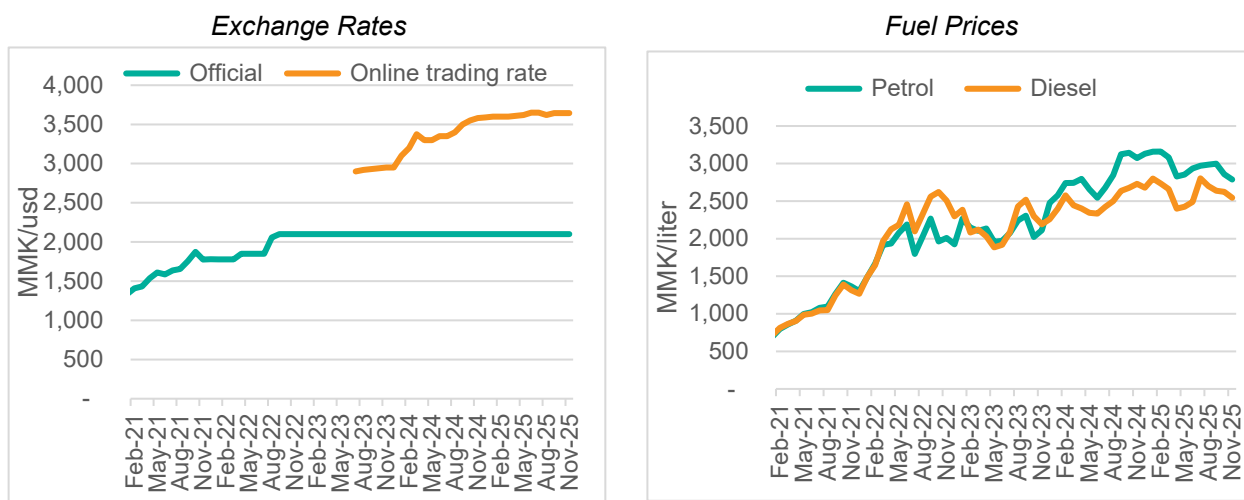
- Rice prices in November 2025 declined nationally, falling by 13 percent year-on-year and remaining broadly stable compared to the previous month. The decline continues to be driven by international market trends and downward pressure from the incoming monsoon harvest.
- Export crop prices diverged. Green gram prices increased sharply year-on-year (34 percent), supported by export demand and a modest month-to-month increase following China's decision to ease its temporary suspension. In contrast, black gram, chickpea, and pigeon pea prices remained well below last year's levels, reflecting weak demand from India, despite modest month-to-month increases.
- Animal-sourced food prices remained substantially higher than last year. Mutton recorded the largest increase, while pork, chicken, and fish also rose sharply year-on-year, reflecting high production costs, disease outbreaks, and constrained supply, although month-to-month changes were more modest.
- Multiple risks lie ahead, including weak international rice prices, ongoing conflict, export quality concerns, import restrictions affecting livestock production, border trade and regional policy changes, and policy uncertainty around upcoming elections, all of which may undermine agricultural incentives, farm incomes, 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 November 2025, the official exchange rate remained unchanged at 2,100 MMK/USD – the same level for three years (Figure 1). Meanwhile, the online trading rate was unchanged from September 2025, but had risen by 2 percent compared to November 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. In terms of fuel, diesel prices in November 2025 declined by 7 percent, while petrol prices declined by 9 percent, relative to the same month in 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 13 percent year-on-year decrease in rice prices in November 2025, marking a reversal from previous years [largely driven by falling international prices](#). A comparison of rice prices across different regions and states reveals the following:

- The most secure and major rice-producing areas – Bago (20 percent) and Ayeyarwady (8 percent) – reported low prices, as newly harvested monsoon rice has entered the market. Mon (23 percent), Nay Pyi Taw (20 percent), Tanintharyi (14 percent) and Kayah (14 percent) also record prices significantly below the national average, likely reflecting the ample local supply from the monsoon harvest.
- Shan (North), Magway, and Mandalay experienced the largest year-on-year increases in rice prices. However, prices have stabilized in recent months in Shan (North) and Mandalay, [as transportation routes between Mandalay – Lashio, Myitkyina-Mandalay and Myitkyina-Shwebo improved](#). In contrast, Shan (East) saw a 9 percent month-to-month decrease, seemingly linked to [the temporary suspension of cross-border trade](#).
- Prices remained largely stable month-on-month across most states and regions. In many areas, November prices were unchanged compared to October, despite prices remaining high in Shan (North and East) and Magway relative to the national average last month.

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)		
	Nov-25 Current	Nov-24 Last Year	Oct-25 Last Month	Nov-25 Current	Nov-24 Last Year	Oct-25 Last Month
Kachin	1,692		1,692 → 0.0%	1.11		1.09
Shan (North)	2,350	2,586 ↓ -9.1%	2,350 → 0.0%	1.54	1.47	1.52
Shan (East)	1,974		2,162 ↓ -8.7%	1.29		1.39
Shan (South)	1,363	1,693 ↓ -19.5%	1,363 → 0.0%	0.89	0.96	0.88
Kayah	1,316		1,316 → 0.0%	0.86		0.85
Kayin	1,504		1,504 → 0.0%	0.98		0.97
Mon	1,175	1,598 ↓ -26.5%	1,222 ↓ -3.8%	0.77	0.91	0.79
Tanintharyi	1,316	1,740 ↓ -24.3%	1,316 → 0.0%	0.86	0.99	0.85
Yangon	1,504	1,598 ↓ -5.9%	1,504 → 0.0%	0.98	0.91	0.97
Ayeyarwady	1,410	1,528 ↓ -7.7%	1,410 → 0.0%	0.92	0.87	0.91
Sagaing	1,504	1,665 ↓ -9.7%	1,504 → 0.0%	0.98	0.95	0.97
Mandalay	1,504	1,881 ↓ -20.0%	1,504 → 0.0%	0.98	1.07	0.97
Magway	1,880	2,022 ↓ -7.0%	1,880 → 0.0%	1.23	1.15	1.21
Bago	1,222	1,410 ↓ -13.4%	1,316 ↓ -7.1%	0.80	0.80	0.85
Nay Pyi Taw	1,222	1,646 ↓ -25.7%	1,222 → 0.0%	0.80	0.93	0.79
National Avg.	1,529	1,761 ↓ -13.1%	1,551 ↓ -1.4%	1.00	1.00	1.00

Source: Department of Consumer Affairs

Other Crops

Green gram prices rose sharply by (34 percent) year-on-year in November 2025 (Table 2), driven by steady demand from export markets. Prices also increased modestly by 2.5 percent compared to October, following [China agreement to ease the temporary suspension of Myanmar green gram exports imposed due to pesticide residue concerns](#). Maize prices decreased by 10 percent compared to last year and fell slightly (less than 1 percent) month-to-month. [Export prospects weakened after India declined Myanmar’s request to expand the existing trade Memorandum of Understanding to include maize, citing sufficient domestic production](#). With exports to Thailand suspended outside the duty-free import window, and [Thailand shifting toward imports of GMO corn from the United States, Myanmar’s maize trade is expected to remain sluggish](#). Black gram prices remained 18 percent lower than last year, but rose 5 percent month-to-month, driven by [renewed demand from India](#). Pigeon pea prices increased by a little over 2 percent in November 2025 compared to October, although they remained 34 percent lower than last year. This modest rebound was [supported by increased buying from Indian traders, following reports of heavy rains and flooding affecting production in India’s major pigeon pea-producing states](#).

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

Commodity	Nov-25	Nov-24		Oct-25	
	Current	Last Year		Last Month	
Export Crops					
- Maize	780	865	↓ -9.8%	785	↓ -0.5%
- Green Gram	3,626	2,705	↑ 34.0%	3,536	↑ 2.5%
- Black Gram	2,899	3,547	↓ -18.3%	2,758	↑ 5.1%
- Chickpea	2,476	3,791	↓ -34.7%	2,425	↑ 2.1%
- Pigeon Pea	2,822	4,271	↓ -33.9%	2,757	↑ 2.4%
Local Crops					
- Onion	1,539	3,073	↓ -49.9%	1,412	↑ 9.0%
- Garlic	7,701	11,650	↓ -33.9%	8,036	↓ -4.2%
- Chili	10,544	11,176	↓ -5.6%	10,629	↓ -0.8%
- Potato	4,048	4,621	↓ -12.4%	4,230	↓ -4.3%

Source: Myantrade and DoA - MIS

Vegetable prices declined across the board year-to-year, with the steepest drops observed for onions (50 percent) and garlic (34 percent). Onion prices have been low due to [weak export demand](#), although they rose by 9 percent month-to-month. Garlic prices have declined following an easing of the recent [shortages of imported garlic](#). Chili prices remained relatively stable month-to-month, but [recent reports of high pesticide residues in chili exports to Thailand](#) may continue to place downward pressure on prices.

Animal-Sourced Food

Most animal-sourced foods saw substantial year-on-year price increases in November 2025, and all prices also rising compared to October 2025 (Table 3). Mutton recorded the largest year-on-year increase, rising by 53 percent, as [many goat producers have exited the market](#) and [transportation disruptions persist in key production areas](#). Pork prices rose by 23 percent year-over-year, driven by [increased swine fever outbreaks](#), but declined slightly by 1 percent month-to-month due to [higher inflows of pigs from Thailand](#). Chicken prices increased 8 percent year-on-year and 4 percent month-on-month, reflecting [weaker domestic production and disease outbreaks](#). Fish prices also rose year-to-year – by 56 percent for carp and 42 percent for rohu – driven by [continued strong export demand](#). However, these prices have stabilized in November compared to the previous month.

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

Commodity	Nov-25	Nov-24		Oct-25	
	Current	Last Year		Last Month	
- Eggs (piece)	458	454	↑ 0.9%	448	↑ 2.2%
Meat					
- Chicken	13,895	12,879	↑ 7.9%	13,333	↑ 4.2%
- Beef	17,560	12,581	↑ 39.6%	17,485	↑ 0.4%
- Pork	19,940	16,234	↑ 22.8%	20,060	↓ -0.6%
- Mutton	23,958	15,714	↑ 52.5%	23,363	↑ 2.5%
Fish					
- Carp	16,488	10,565	↑ 56.1%	16,741	↓ -1.5%
- Rohu	10,833	7,632	↑ 41.9%	10,833	→ 0.0%

Source: Department of Consumer Affairs

Looking Forward

Key developments to monitor in upcoming months include:

- **Quality concerns in exports.** While the recent suspension of some pulse and bean exports to China due to pesticide residue has been temporarily eased, quality-related risks remain. Residue detections in chili exports to Thailand suggest a potentially broader issue that could affect export demand for multiple commodities and put downward pressure on prices in the coming months.
- **International rice price developments:** International rice prices declined substantially in November 2025 – [down 20 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.
- **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.
- **Import restrictions.** Stringent import restrictions are hampering livestock production by limiting access to key inputs such as soybean meal (commonly used for feed), veterinary products, and parent breeding stock for chickens. This may lead to further increases in the prices of animal-source foods.
- **Border trade changes.** Several border trade routes have been [closed](#), while alternative routes have [opened](#), significantly impacting pricing and trade.
- **Exchange rate and policy uncertainty.** The Central Bank of Myanmar has continued to intervene actively in the foreign exchange market to stabilize the kyat and support essential imports. Looking ahead, upcoming elections and associated policy decisions may influence the scale and direction of foreign exchange management, with potential implications for import costs, export competitiveness, and food prices.

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