

## Myanmar Monthly Food Price Report – August 2025

May Thet Htar, Bart Minten, and Ian Masias

### KEY HIGHLIGHTS

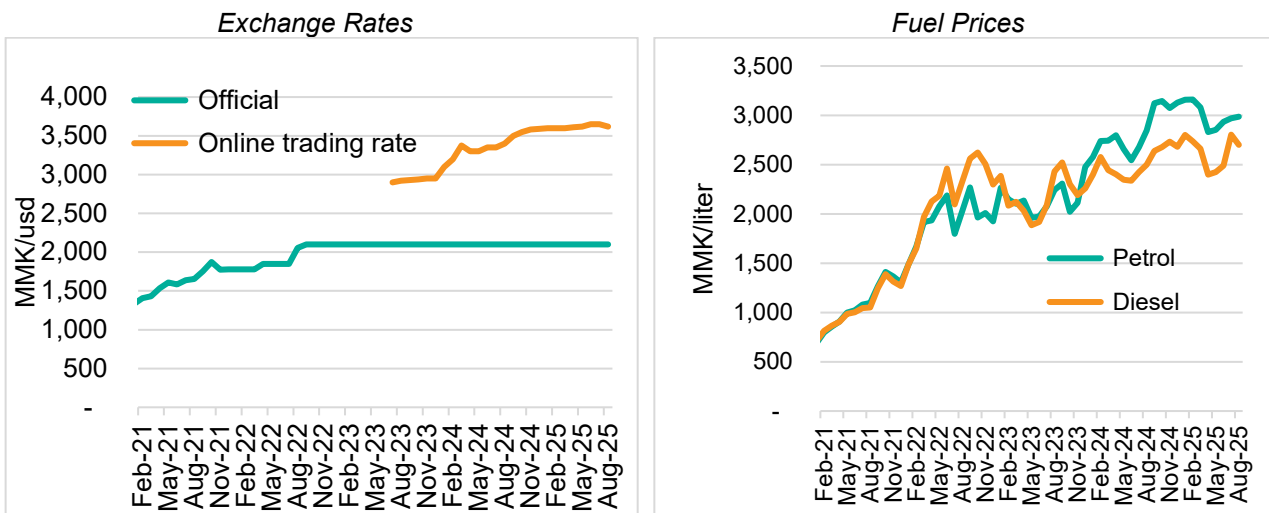
- Rice prices in August 2025 declined nationally, falling by 6 percent year-on-year and 2 percent month-on-month. The decrease was driven by international market trends and downward pressure from the incoming monsoon. Prices either stabilized or declined across all states and regions, except in Shan (North), where rice prices increased and are currently the highest in the country.
- Export crop prices diverged, with green gram and maize increasing this year 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 over the last year, led by pork (up 68 percent), due to rising production costs, while fish prices rose amid strong export demand.
- Multiple risks lie ahead, including falling international rice prices, ongoing conflict, quality issues, import restrictions, and disruptions in border trade, all of which may undermine agricultural production, 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 August 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 slightly declined (-1 percent) in August 2025 compared to July 2025 and rose by 6 percent compared to August 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 increased, with diesel and petrol prices rising by 8 percent and 5 percent, respectively, in August 2025 compared to August 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 6.1 percent year-on-year decrease in rice prices in August 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, as the monsoon harvest [has started in some of these regions](#). Mon and Nay Pyi Taw also report relatively low prices, at 28 and 20 percent below the national average, respectively.
- Shan (East), Shan (North), and Magway experienced the largest year-to-year increases in rice prices. On the other hand, Mon and Kayah saw significant declines (22 and 50 percent lower, respectively, than last year).
- Kachin saw price decreases in August 2025 compared to a month earlier (3 percent), [as the Hpakan-Nantyar-Mandalay trade route reopened in early August after being blocked by conflict](#). Kayin also experienced price decreases this month, possibly as the effects of [Cyclone Wipha, which submerged large areas, severed road connections, and disrupted markets and trade routes](#) are receding.

**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)		
	Aug-25 Current	Aug-24 Last Year	Jul-25 Last Month	Aug-25 Current	Aug-24 Last Year	Jul-25 Last Month
Kachin	1,598	1,693	↓ -5.6%	0.98	0.97	0.98
Shan (North)	2,491	2,116	↑ 17.7%	1.52	1.21	1.40
Shan (East)	2,444	2,021	↑ 20.9%	1.49	1.16	1.46
Shan (South)	1,551	1,504	↑ 3.1%	0.95	0.86	0.93
Kayah	1,645	3,290	↓ -50.0%	1.00	1.89	1.07
Kayin	1,504	1,693	↓ -11.2%	0.92	0.97	0.98
Mon	1,175	1,504	↓ -21.9%	0.72	0.86	0.79
Tanintharyi	1,457	1,693	↓ -13.9%	0.89	0.97	0.87
Yangon	1,504	1,504	→ 0.0%	0.92	0.86	0.90
Ayeyarwady	1,410	1,504	↓ -6.3%	0.86	0.86	0.84
Sagaing	1,645	1,693	↓ -2.8%	1.00	0.97	1.04
Mandalay	1,645	1,551	↑ 6.1%	1.00	0.89	0.98
Magway	1,880	1,481	↑ 26.9%	1.15	0.85	1.12
Bago	1,292	1,504	↓ -14.1%	0.79	0.86	0.84
Nay Pyi Taw	1,316	1,410	↓ -6.7%	0.80	0.81	0.79
National Avg.	1,637	1,744	↓ -6.1%	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 August 2025 compared to the same period last year (Table 2). Prices of maize and green gram rose by 13 and 25 percent respectively. Maize saw a month-on-month decrease due to [weak international demand](#) as well as speculation about [Thailand's possible shift to corn imports from the United States](#) instead of Myanmar. Green gram has shown strong year-on-year price increases, driven by steady demand from export markets, especially China and Europe. However, we see a slight month-on-month decline in green gram prices, possibly linked to [China's rejection of export shipments due to high residue levels](#). Prices for other pulses also declined slightly compared to last month, given [weak demand from India and low FOB prices](#).

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

Commodity	Aug-25	Aug-24	Jul-25
	Current	Last Year	Last Month
<b>Export Crops</b>			
- Maize	876	772  13.4%	896  -2.2%
- Green Gram	3,394	2,713  25.1%	3,453  -1.7%
- Black Gram	2,894	3,452  -16.2%	2,901  -0.2%
- Chickpea	2,366	3,277  -27.8%	2,374  -0.3%
- Pigeon Pea	2,894	3,924  -26.2%	2,897  -0.1%
<b>Local Crops</b>			
- Onion	1,769	2,163  -18.2%	1,752  1.0%
- Garlic	7,660	11,243  -31.9%	7,522  1.8%
- Chili	10,884	14,405  -24.4%	10,317  5.5%
- Potato	3,444	2,956  16.5%	3,142  9.6%

Source: Myantrade and DoA - MIS

Meanwhile, vegetable prices showed considerable volatility throughout the year. Chili prices increased compared to the previous month as heavy rains disrupted drying and transport. Potato prices rose sharply – by 16 percent year-on-year – following the closure of the Myanmar-China border stations, as Myanmar usually imports potatoes from China. Prices also increased month-on-month, as supply became more limited after major harvest periods in May and June. Onion and garlic prices increased slightly compared to last month, as stocks from the summer harvest are now running low.

### *Animal-Sourced Food*

Most animal-sourced foods saw substantial year-on-year price increases in August 2025, and all prices further increased compared to July 2025 (Table 3). Pork showed the largest year-on-year increase, at 68 percent. With cheap Thai pork flowing into Myanmar, slaughterhouses are buying less from domestic producers, putting pressure on local farmers' incomes and the broader pork industry. Chicken prices rose by 40 percent year-on-year, while egg prices increased by 23 percent. These large annual increases are linked to high production costs – including significant price hikes for broilers and layers – as well as elevated feed and fuel prices, unreliable electricity, transportation difficulties, and security concerns.

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

Commodity	Aug-25	Aug-24	Jul-25
	Current	Last Year	Last Month
- Eggs (piece)	443	361  22.6%	416  6.6%
<b>Meat</b>			
- Chicken	11,494	8,229  39.7%	11,256  2.1%
- Beef	16,093	10,900  47.6%	16,039  0.3%
- Pork	19,286	11,496  67.8%	19,180  0.6%
- Mutton	20,461	14,456  41.5%	20,073  1.9%
<b>Fish</b>			
- Carp	14,762	10,238  44.2%	14,048  5.1%
- Rohu	10,502	7,540  39.3%	10,186  3.1%

Source: Department of Consumer Affairs

Fish prices rose in August 2025 compared to the previous year – by 44 percent for carp and 39 percent for rohu – driven by continued strong export demand. Prices in August also increased compared to the previous month, by 5 percent for carp and 3 percent for rohu.

## Looking Forward

Key developments to monitor in upcoming months include:

- **Export quality issues:** The recent rejection of a shipment of pulses and beans to China due to pesticide residue has raised concerns that demand for these commodities could weaken, potentially driving prices down in the coming months.
- **International rice price developments:** International rice prices declined substantially in August 2025 – [down 24 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.

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INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE (IFPRI) | 1201 Eye St, NW | Washington, DC 20005 USA | T. +1-202-862-5600 | F. +1-202-862-5606 | ifpri-myanmar@cgiar.org | www.ifpri.org | myanmar.ifpri.info



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