



The Food Price Monitor: East Africa is a monthly report developed for the Food Security Portal (FSP), facilitated by IFPRI, with the goal of providing clear and accurate information on price trends and variations in selected maize and rice markets throughout East Africa. The reports are intended as a resource for those interested in maize and rice markets in East Africa, namely producers, traders, consumers, or other agricultural stakeholders.

Highlights

- ▶ The average monthly wholesale and retail price of Maize was lower in August than in July, following the ongoing harvest that is boosting domestic supply.
- ▶ The average weekly wholesale and retail price of rice in East Africa varied across countries, with the highest prices recorded in Kenya and the lowest in Rwanda.
- ▶ Average monthly changes in rice prices from July to August showed negligible increases across all countries except Uganda.
- ▶ The price of imported rice varieties remained relatively stable in most countries despite the appreciation and/or depreciation of local currencies.
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Changing Maize Prices in East Africa

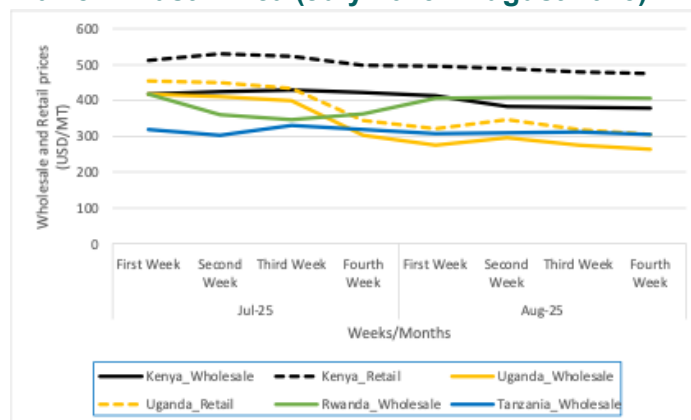
For the wholesale and retail price of Maize, most countries experienced a drop in prices from the third week of July, steadily through the whole of August. Tanzania continued to have the lowest and most stable average weekly maize wholesale prices throughout the period, indicating better supply stability (Figure 1). The monthly average wholesale and retail prices were generally lower in August than in July 2025 (Table 1) due to the ongoing harvest, which boosted domestic supply, and year-over-year changes between 2024 and 2025 showed a general increase in the wholesale prices.

Kenya had the highest maize prices among the four East African countries, and the prices were relatively stable. However, the monthly average wholesale and retail prices were lower in August 2025 than in July 2025, and average wholesale prices increased by 30 percent from 2024 to 2025. Uganda, on the other hand, saw a sharp decrease in the weekly average price of Maize from the first week of July to the third week of August, with a slight reduction in the fourth week (from USD 418/MT in the first week of July to USD 263/MT in the last week of August). The average weekly retail prices in Uganda gradually decreased from USD 455/MT to USD 304/MT. The average monthly wholesale and retail prices were lower in August than in July 2025, likely due to increased supply, while average wholesale and retail prices increased by 26.5% and 26.3%, respectively, from August 2024 to August 2025.

In Rwanda, the average weekly wholesale price of Maize increased from the last week of July to the first week of August, and it remained stable. The wholesale price of Maize in Rwanda was slightly higher than that in Uganda and Tanzania. Monthly average prices in Rwanda were also higher in August than in July 2025, possibly due to the depreciating local currency, which made imports from Tanzania slightly more expensive. The wholesale price of Maize was also higher this year than in 2024, likely driven by inflationary factors and the depreciation of the Rwandan franc.

In Tanzania, the average weekly wholesale price of Maize remained relatively stable, with only a slight decrease in the first week of August from USD 329/MT to USD 307/MT. The monthly average prices of Maize were also slightly lower in August 2025 than in July 2025, while the wholesale price of Maize increased by 25.7% between August 2024 and August 2025. Maize production in Tanzania has been estimated at 7.5 million metric tonnes, with a projected one million metric tonnes to support regional food trade and stabilize prices (AGRA 2025).

Figure 1: Average wholesale and retail price of maize in East Africa (July 2025 - August 2025)



Source: Authors' construction using data from the Ministry of Agriculture, Tanzania, the Ministry of Agriculture, Livestock, Fisheries and Cooperatives for Kenya and the Daily Market Traders Survey for Uganda

Differences in prices between August 2024 and August 2025 reveal significantly higher prices in 2025, underscoring the broader inflationary environment in East Africa's grain markets (Table 1). Kenya's retail and wholesale maize prices rose by 30.1% and 37.5%, respectively, while Uganda experienced comparable rises of 26.3% (retail) and 26.5% (wholesale). Tanzania recorded a 25.7% increase in wholesale prices, and Rwanda showed the most significant annual growth at 38.9%. The price of Maize remains considerably more expensive than a year ago, reflecting lingering structural challenges such as high transport costs, limited regional trade flows, and elevated production input costs. In Rwanda, for example, farmers cited the high cost of inputs such as pesticides and herbicides as a likely deterrent to increased production.

Table 1: Changes in average monthly retail and wholesale price of maize in East Africa for June 2025 – July 2025

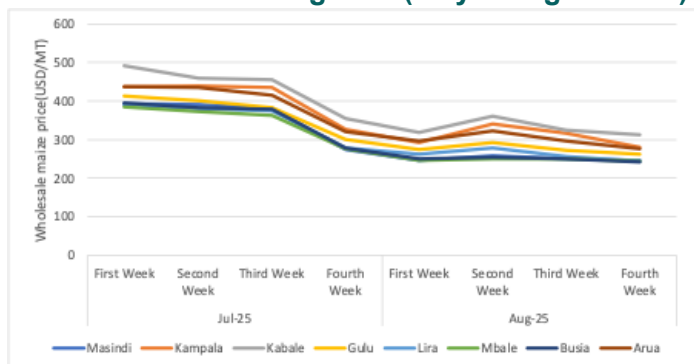
Commodity	Country	Market Levels	Monthly Average Prices July 2025	Monthly Average Prices August 2025	% Change	Monthly Average Prices August 2024	Monthly Average Price % Change between August 2024 and August 2025
Maize	Kenya	Retail	516	484	-6.1%	372	30.1%
Maize	Uganda	Retail	421	322	-23.5%	255	26.3%
Maize	Kenya	Wholesale	423	389	-8.1%	283	37.5%
Maize	Uganda	Wholesale	382	277	-27.5%	219	26.5%
Maize	Tanzania	Wholesale	317	308	-2.9%	245	25.7%
Maize	Rwanda	Wholesale	372	407	+9.5%	293	38.9%

Source: Authors construction using data from FSP (for Uganda), Ministry of Agriculture Livestock and Fisheries (for Kenya), Ministry of Agriculture (for Tanzania), and e-SoKo (for Rwanda)

Uganda

Maize prices were relatively high in Uganda in the first two weeks of July before dropping in the last two weeks of the month. For instance, Kabale market recorded the highest weekly price of USD 493/MT in the first week, which fell by about 28 percent to USD 354/MT by the fourth week. A similar downward trend was observed across most markets in July, driven by the start of the harvest, which increased market availability and reduced prices. In August 2025, wholesale prices were lower and stable in the third and fourth weeks. Prices decreased significantly across all the markets. The steepest declines were observed in Mbale, Lira, and Masindi, while Arua recorded the smallest drop, indicating relatively stable market conditions. Across the two months, Kabale and Kampala consistently registered the highest prices, suggesting strong demand or higher transport costs in these urban and highland markets. On the other hand, Mbale and Busia maintained the lowest wholesale prices, possibly due to higher local production or proximity to supply sources. Arua displayed the least volatility, indicating stable demand and supply dynamics in the region.

Figure 2: Average weekly retail prices of maize in selected markets in Uganda (July – August 2025)



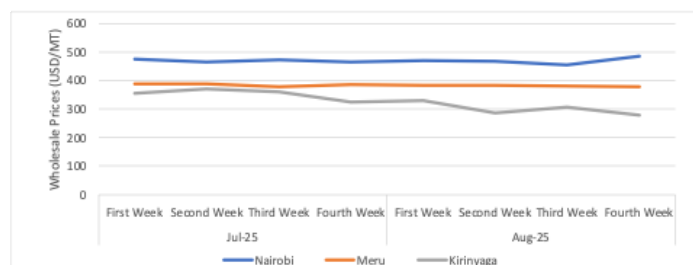
Source: Authors' construction using data from the Daily Market Traders Survey for Uganda.

Kenya

In July 2025, Nairobi recorded the highest average weekly maize prices (Figure 3), ranging from USD 464/MT to USD 476/MT, with only slight weekly fluctuations. The monthly average wholesale price in Nairobi decreased from USD 470/MT in July to USD 469/MT in August 2025, driven by ongoing harvest in August. Meru's average weekly maize price remained relatively steady, between USD 378/MT and USD 389/MT. In contrast, Kirinyaga's prices displayed more variation, falling from USD 355/MT in the first week to USD 324/MT in the fourth week, possibly due to increased local supply and reduced demand towards the end of the month. Monthly average wholesale prices for Meru and Kirinyaga also dropped with a higher percentage drop in Kirinyaga (14.8%) compared to Meru (1.3%)

Comparing the two months, Nairobi's average wholesale maize price decreased slightly from USD 470/MT in July to USD 469/MT in August, with almost no significant change. Meru's average price dropped marginally from USD 386/MT to USD 381/MT, while Kirinyaga's average fell more noticeably from USD 352/MT to USD 300/MT. These figures suggest that Nairobi and Meru maintained stable market conditions, whereas Kirinyaga faced stronger price pressures, likely due to localized supply increases or reduced market demand.

Figure 3: Average weekly retail prices of maize in selected markets in Kenya (July – August 2025)



Source: Authors' construction using data from the Ministry of Agriculture Livestock Fisheries and Cooperatives for Kenya.

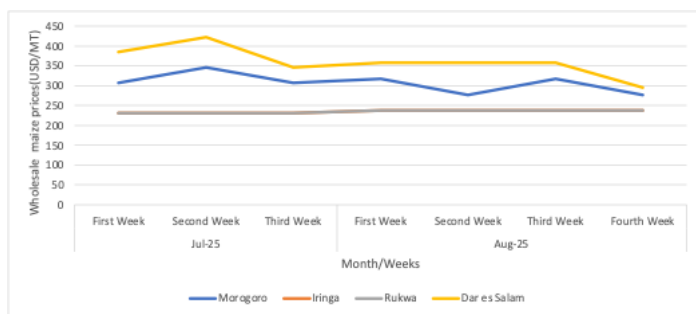
Tanzania

During July 2025, wholesale maize prices in Tanzania displayed moderate fluctuations across the four monitored regions Morogoro, Iringa, Rukwa and Dar es Salaam. In Morogoro, prices ranged from USD 307/MT in the first and third weeks to USD 346/MT in the second week. Prices in Iringa and Rukwa remained stable at USD 231/MT throughout July, indicating steady market conditions in these inland regions. Meanwhile, Dar es Salaam, a key urban market, recorded the highest price levels, ranging from USD 346/MT in the third week to USD 423/MT in the

second week, reflecting stronger demand pressures in the commercial hub.

In August 2025, wholesale maize prices showed mixed movements across the same regions. Morogoro prices ranged from USD 277/MT to USD 317/MT, slightly lower on average than July, suggesting improved supply or reduced local demand. Iringa and Rukwa again maintained uniform pricing at USD 238/MT throughout the month, reflecting continued market stability and minimal external price shocks. Overall, between July and August 2025, maize prices were relatively stable in Iringa and Rukwa, while in Morogoro and Dar es Salaam they showed noticeable price variability.

Figure 4: Average weekly retail prices of maize in selected markets in Tanzania (July – August 2025)



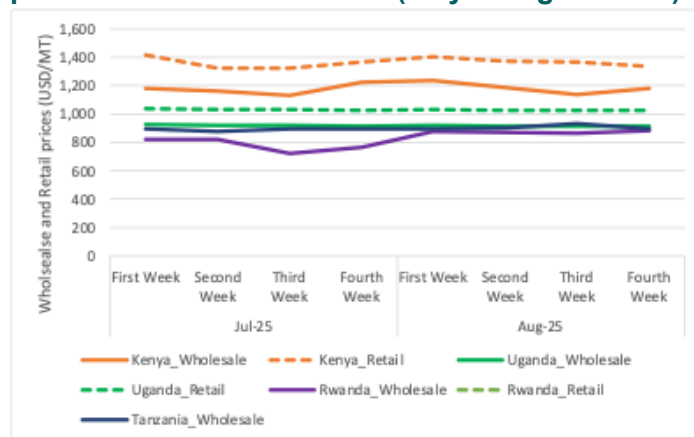
Source: Weekly Market Bulletin, Ministry of Agriculture, Tanzania

Changing Rice Prices in East Africa

The average weekly wholesale and retail price of rice in East Africa varied across countries, with the highest prices recorded in Kenya and the lowest in Rwanda (Figure 5). The monthly average prices were also generally higher in August than in July (marginally, Table 2), except for Uganda, where harvest stocks from June/July are depleted.

In Kenya, the average weekly wholesale prices ranged from USD 1133 per metric ton (MT) to USD 1238 per MT over July and August 2025. The average weekly retail prices were higher, ranging from 1,324 USD/MT to 1,420 USD/MT. However, the prices were relatively steady across the weeks. The average monthly wholesale and retail price of rice also increased slightly from July 2025 to August 2025 by 0.8 percent and 0.7 percent, respectively. Price stability was a result of ongoing harvests that boosted domestic availability, offsetting the pressure from higher import costs and currency depreciation. In Tanzania, only the average wholesale prices ranged from USD 880/MT to USD 931/MT and were relatively stable, while the monthly wholesale price was higher in August 2025 than in July 2025. This contrasts with other sources that report a sharp monthly drop in the price of Rice in Tanzania. However, the price range for rice they report within the same period (US\$908/MT in July and US\$869/MT in August) falls within the reported ranges of this report.

Figure 5: Weekly average wholesale and retail prices of rice in East Africa (July – August 2025)



Source: Authors' construction using data from the Ministry of Investment, Industry and Trade for Tanzania, eSoKo for Rwanda and the Ministry of Agriculture Livestock Fisheries and Cooperatives for Kenya and the Daily Market Traders Survey for Uganda.

Uganda exhibited very stable pricing trends during the same period, partly due to a stable supply from ongoing profits. Wholesale prices ranged from USD 914 /MT to USD 927 /MT, while retail prices ranged from USD 1027/MT to USD1037 USD/MT. The variation in the weekly average wholesale and retail prices was minimal, suggesting a stable supply-and-demand environment. The monthly averages were 919 USD/MT for wholesale and USD/MT 1031 for retail, maintaining a typical retail-to-wholesale margin of approximately 100 USD/MT. Rwanda's wholesale prices showed more variability, ranging from USD722/MT to USD 884/MT. Notably, wholesale prices increased from July to August, indicating an upward trend in market prices.

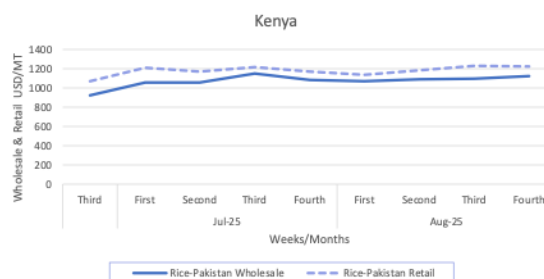
Table 2: Monthly retail and wholesale price changes of rice in East Africa (July 2025 – August 2025, August 2024, and August 2023)

Country	Market Levels	Monthly Average Prices July 2025	Monthly Average Prices August 2025	% Change	Monthly Average Prices August2024	Monthly Average Price % Change between August 2024 and August 2025
Kenya	Retail	1359	1369	+0.7%	1311	+4%
Uganda	Retail	1032	1029	-0.3%	825	+25%
Kenya	Wholesale	1174	1184	+0.8%	1109	+7%
Uganda	Wholesale	921	916	-0.6%	742	+23%
Tanzania	Wholesale	890	906	+1.8%	942	-4%
Rwanda	Wholesale	802	874	+9.0%	777	+13%

Source: Author's construction using data from the Ministry of Investment, Industry and Trade for Tanzania, eSoKo for Rwanda Ministry of Agriculture Livestock Fisheries and Cooperatives for Kenya and Daily Market Traders Survey for Uganda

In Kenya, the average weekly wholesale and retail price of imported rice gradually increased, which can partly be explained by higher import costs and currency depreciation. Figure 6 shows the trend in the weekly average price of imported rice varieties. Kenya relies on imports from Pakistan, India, and Tanzania.

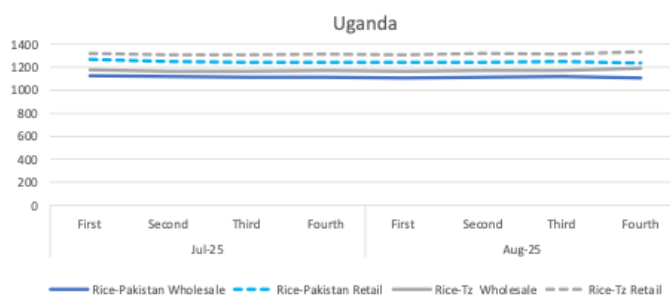
Figure 6: Weekly average wholesale and retail prices of imported rice varieties in Kenya (July – August 2025)



Source: Analysis using data from the Ministry of Agriculture, Livestock, Fisheries, and Cooperatives for Kenya

In Uganda, the price of imported rice varieties was stable despite the appreciating value of the shilling against the dollar (Figure 8) and rice imported from Tanzania was relatively more expensive than the imported rice from Pakistan. The demand for rice from Tanzanian rice is higher due to its nice aroma and better taste. Wholesale Tanzanian rice averaged at USD1171/MT and retail at USD1315/MT, while Pakistan rice averaged at USD1114/MT for wholesale and USD1247/MT retail.

Figure 7: Weekly average wholesale and retail prices of imported rice varieties in Uganda (July – August 2025)



Source: Author's construction using data from the Daily Market Traders Survey for Uganda

Summary and Future Outlook

During the period of July and August 2025, all four countries showed varying trends in the average wholesale and retail prices of Maize. Kenya maintained a relatively stable average weekly wholesale and retail maize price partly due to incoming harvest, however it reported the highest prices in the region. Uganda experienced greater volatility in both average wholesale and retail maize prices, with a noticeable downward trend over the period. Tanzania's wholesale prices remained somewhat stable. Rwanda's wholesale prices exhibited modest fluctuations over the period. Across the dataset, weekly variations were more pronounced in some countries than others, indicating differing levels of market stability. During July and August 2025, Kenya and Uganda maintained relatively stable rice markets, with wholesale and retail prices showing only minor weekly fluctuations. Kenya experienced a slight upward trend in wholesale prices, while retail margins remained steady, reflecting a predictable and balanced market. Uganda's prices were highly consistent, indicating stable supply and demand conditions and retail margins were maintained throughout the period. Rwanda displayed more variability in wholesale rice prices, with a noticeable increase from July to August, suggesting potential supply constraints or rising demand. Tanzania's wholesale prices, remained generally steady. An important factor explaining the decline in the price of both cereals within the region in August is the incoming seasonal harvest which boost domestic supply, transport costs remain relatively stable for most of the countries (AGRA,2025c). For imported rice commodities, the exchange rates also explain observed changes.

As the harvest season will be ending soon in the subsequent weeks and thus reduced supply, the prices for the cereal commodities will likely increase in most of the countries unless Governments directly intervene to boost supply. In Kenya for instance, government's recent approval of yellow maize imports, with a 50% duty waiver designated for feed production, might likely reduce pressure on white maize supplies, easing retail prices for human consumption in the coming months (Milling Middle East & Africa, 2025). In Uganda, the price of Maize might further be affected by regional demand from its neighbors like South Sudan leading to price volatility. Tanzania has maintained a large buffer of Maize and rice in recent years (was in 2024 named the second maize producer in Africa to South Africa (African Agribusiness, August 2025), therefore increased demand following recent lifting of trade restrictions between Tanzania and neighboring countries like Malawi and South Africa might not have adverse effects on the prices of both cereals. This renewed bilateral cooperation is likely to enhance market access and stabilize commodity flows (AGRA, 2025).

Rwanda has announced plans to expand rice cultivation by an additional 2,000 hectares, a move aimed at boosting local supply and reducing dependence on imports (Nyandwi, 2025). If successfully implemented, this could moderate rice price growth in the medium term, despite recent inflationary pressures in the food sector.

Tanzania has completed a US\$110 million East Africa Commercial and Logistics Centre in Ubungo, Dar es Salaam, designed to improve regional trade efficiency. The new 75,000-square-metre hub is expected to speed up cargo handling and reduce cross-border trade costs for countries such as Uganda, Rwanda, Burundi, Zambia, Malawi, Zimbabwe, and the DRC (AGRA,2025c)

Regional climate conditions remain a significant risk factor. AGRA (2025) highlights that dry conditions continue to affect main-season crops in parts of Uganda, Kenya, Somalia, Rwanda, and Burundi. These agro-climatic stresses, combined with currency fluctuations and logistical constraints, could exacerbate food insecurity and keep prices elevated, particularly for staples like rice that are heavily traded across borders.

Food inflation remains a concern. For example, Rwanda recorded a 2.7% month-on-month rise in food and non-alcoholic beverages in April 2025 (NISR, 2025), while Uganda's core inflation rose from 3.6% to 3.9% during the same period (MoFPED, 2025). These inflationary pressures underscore the need for proactive food security planning and price stabilization mechanisms.

From July to August, the small inflation increases in Kenya (from 4.1% to 4.5%) and Tanzania (from 3.3% to 3.4%) suggest only mild upward pressure on maize and rice prices in the short term, mainly due to slightly rising household costs. Uganda's stable inflation at 3.8% points to continued price stability for these staples, with no major shifts expected. In Rwanda, the drop in inflation from 7.2% to 6.4% may ease food price pressures, allowing maize and rice prices to stabilize or soften slightly. Overall, the July–August movements imply that Kenya and Tanzania may see small price increases, Uganda may maintain stable prices, and Rwanda may experience slight downward adjustments in the short-term outlook.

Data and Methodology

Data for wholesale and retail prices of rice and maize for Uganda and Tanzania were obtained from the (1) Food security Portal (FSP)¹ facilitated by the International Food Policy Research Institute, (2) Kenya Market Information System² sourced for the Ministry of Agriculture Livestock Fisheries and Co-operatives (MALF) for Kenya, and e-Soko (3)³ for Rwanda. Also, we maintain that the data source for commodity prices for Rwanda neither indicates whether the prices are retail or wholesale. Further, the data for Kenya and Rwanda were collected in the local currencies, measured in Kshs/Kg and Rwf/Kg, and converted to USD/MT.

Additionally, we averaged the weekly and daily wholesale and retail prices of maize and rice across the markets for each country in East Africa while drawing comparisons between January and February. We also analysed within-country weekly average wholesale prices of maize in selected markets of Uganda and Kenya. We also computed monthly average changes in rice wholesale and retail prices between January and February for the East African region to quantify any changes in the two periods. Finally, we constructed graphs of wholesale and retail prices of domestically produced and imported rice for Uganda and Rwanda.

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¹ The Food Security Portal data for East African countries is from the Regional Agricultural Trade Intelligence Network (RATIN) and is available at food price monitoring Africa weekly average - dataset - [ckan \(foodsecurityportal.org\)](https://foodsecurityportal.org)

² Ministry of Agriculture Livestock Fisheries and Co-operatives, Kenyan Market Information System. Data available via http://amis.co.ke/site/market/900?product=1&per_page=100

³e-SOKO price data is available from the Ministry of Agriculture and Animal Resources of the Republic of Rwanda: <http://www.esoko.gov.rw/esoko/Dashboard/Login.aspx?DashboardId=4&dash=true&Login=true>

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