



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.

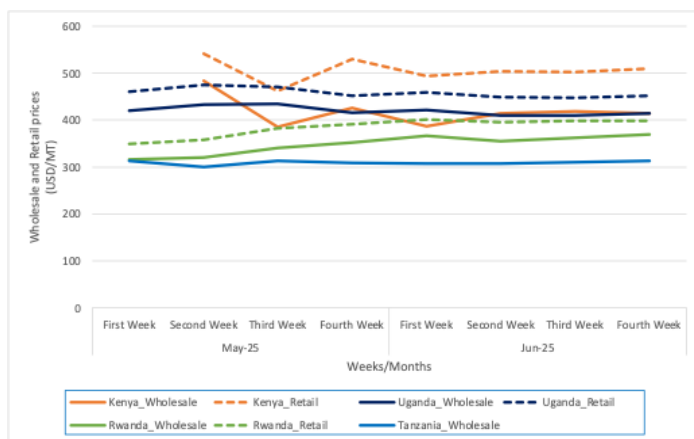
Highlights

- ▶ Kenya maintained the highest maize prices in June, which rose for the fourth consecutive month due to strong demand from feed producers and human consumption. However, prices eased somewhat after yellow maize import approvals were granted.
- ▶ The maize market in Uganda remained relatively stable with minor seasonal fluctuations following the high prices in May and the onset of the harvest season.
- ▶ Tanzania recorded the lowest and most stable prices, supported by steady domestic stock levels. Rwanda experienced mild fluctuations driven by strong regional demand.
- ▶ Annual changes in the price of Maize reflect significant increases in Uganda, moderate gains in Kenya and Tanzania, and slight declines in Rwanda.
- ▶ The price of rice in Kenya slightly declined due to increased imports, while in Uganda, prices increased by about three percent at both retail and wholesale levels, reflecting higher demand.
- ▶ Rwanda experienced sharp declines due to the start of the harvest season, while Tanzania saw moderate drops amid stable supply conditions.
- ▶ Annual price trends in rice show a slight increase in Kenya and Uganda, while declines are observed in Rwanda and Tanzania.

Changing Maize Prices in East Africa

In June 2025, the average weekly maize prices in Uganda were relatively stable while the average monthly wholesale and retail prices dropped from May by 1.5% and 1.2% respectively (Figure 1 and Table 2). The changes are however minimal. Wholesale prices fell from USD 421/MT in the first week to USD 415/MT in the last week, while retail prices decreased from USD 459/MT to USD 452/MT over the same period. Although these changes were marginal, they mark a contrast with May, when Uganda had experienced an upward surge driven by lower supplies from producing areas. The June decline suggests improved inflows or demand-side easing, narrowing the wholesale-retail gap. Average monthly wholesale and retail prices of Maize in Rwanda increased by 8.5% and 6.9%. Year on year changes between June 2024 and June 2025 show an increase in retail price while wholesale prices reduce. In Rwanda, the average weekly prices wholesale and retail prices remained relatively stable in June 2025, with only minor fluctuations across the weeks. There were sharp increases in the price of Maize in May due to the depletion of stock. By June, the market had partially adjusted, but sustained regional demand from South Sudan and other neighbors likely kept Rwanda's prices above those of Tanzania. Year on year trends average monthly changes show that retail prices increased by 28.4 percent even though wholesale prices had reduced between June 2024 and June 2025. Rwanda's divergent wholesale trend highlights localized market dynamics that differ from broader regional patterns

Figure 1: Average wholesale and retail price of maize in East Africa (May 2025 - June 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

In Kenya, both the average weekly wholesale and retail prices edged upward, maintaining the highest levels in the region throughout the month indicating supply challenges. In Kenya, the average monthly retail and wholesale prices increased by 28.7% and 42.5%, respectively from June 2024 to June 2025 due to factors like high fuel and input costs, decreased local production and high import prices. Tanzania on the otherhand, recorded the most stable average weekly prices with only minimal changes throughout the weeks in June. Prices stayed within a narrow band of USD 307/MT to USD 313/MT from the first to the fourth week of June, highlighting steady supply flows. Compared to the small rise in May (up to USD 314/MT), June prices were relatively more stable, reflecting sustained market equilibrium and lower volatility. This stability underscores Tanzania's stronger domestic supply and less vulnerability to regional shocks. Average monthly wholesale prices increased by 43% on year or year basis from June 2024 to June 2025

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

Country	Market Levels	Monthly Average Prices May 2025	Monthly Average Prices June 2025	% Change	Monthly Average Prices June 2024	Monthly Average Price % Change between June 2024 and June 2025
Kenya	Retail	511	502	-1.7	397	28.7
Uganda	Retail	465	458	-1.5	261	78.1
Rwanda	Retail	371	398	6.9	285	28.4
Kenya	Wholesale	432	408	-5.8	303	42.5
Uganda	Wholesale	426	420	-1.3	223	90.9
Tanzania	Wholesale	309	309	0.0	216	43.0
Rwanda	Wholesale	332	363	8.5	385	-13.7

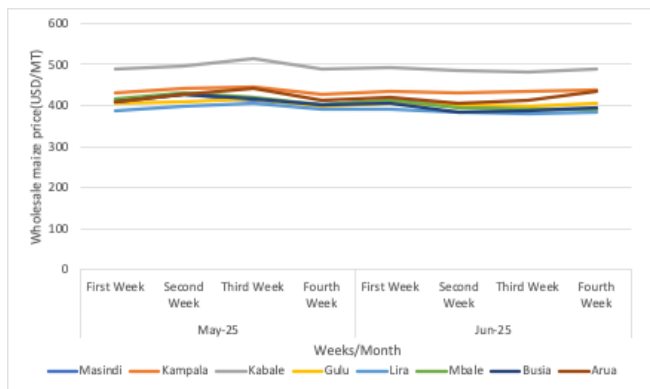
Source: Authors construction using data from FSP (for Uganda), Ministry of Agriculture Livestock and Fisheries (for Kenya), Ministry of Agriculture (for Tanzania), and e-SoKo (for Rwanda)

Uganda

The graph below illustrates the trend in wholesale prices across various locations in Uganda over the two months from May to June. A clear pattern emerges showing prices peaking in the third week of May, before declining steadily through June. The Kabale market consistently recorded the highest prices, while Lira maintained the lowest throughout the period. Other markets represented include Masindi, Kampala, Kabale, Gulu, Lira, Mbale, Busia, and Arua.

All the markets experienced a progressive decline in the price of Maize in the third and fourth week throughout May, and an upward increase in the last week of June. During June 2025, the overall trend was downward compared to May. Districts such as Masindi, Lira, Mbale, and Busia experienced significant declines, with Lira reaching its lowest point of \$380/MT in the third week due to seasonal changes and improved supply conditions. However, some markets showed resilience in late June, with Kabale, Arua, and Busia recording slight recoveries by the fourth week, signaling stabilization. Comparatively, the Kabale market stands out as an outlier, with prices consistently higher than those of all other districts, reflecting higher demand and structural market differences. On the other hand, Lira consistently maintained the lowest price levels, showing more stability and affordability.

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

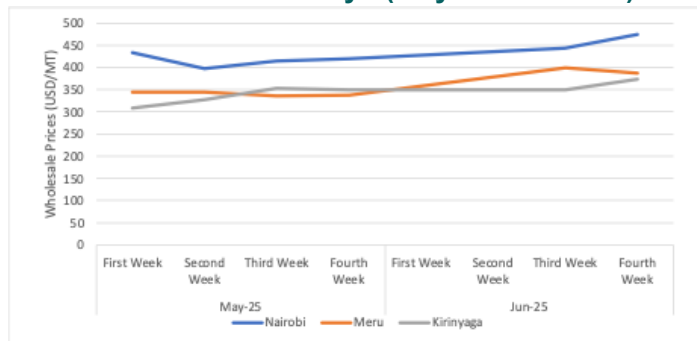


Source: Authors' construction using data from the Daily Market Traders Survey for Uganda.

Kenya

There were rising average weekly wholesale maize prices across several markets in Kenya, including Nairobi, Meru, and Kirinyaga, from May to June 2025, primarily due to a tightening supply and strong demand. Nairobi, being the capital city with higher consumer demand, maintained the highest prices, increasing from about USD 430/MT to USD 470/MT. Meru's prices rose from around USD 340/MT to USD 400/MT, while Kirinyaga's climbed steadily from USD 310/MT to USD 370/MT. Overall, all markets experienced gradual average weekly price increases, reflecting tightening supply and strong demand toward the end of June. In Kenyan markets, such as Eldoret and Bungoma, maize prices had already begun to increase before June, largely due to delayed harvesting and supply constraints (Food and Agriculture Organization of the United Nations [FAO], 2025).

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

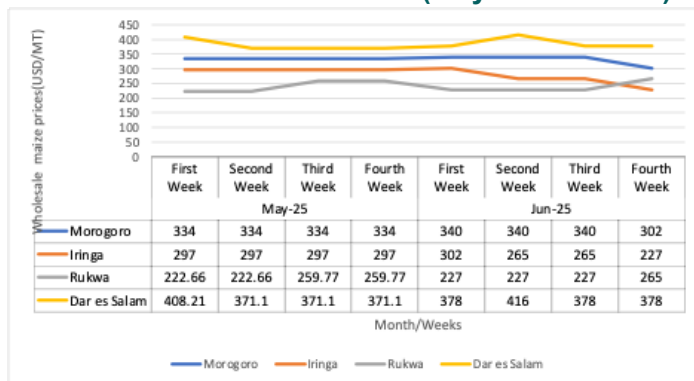


Source: Authors' construction using data from the Ministry of Agriculture Livestock Fisheries and Cooperatives for Kenya.

Tanzania

In May 2025, prices in Morogoro and Iringa remained stable throughout the month at USD 334/MT and USD 297/MT, respectively, with no intra-month fluctuations. Rukwa experienced a slight increase in the third and fourth weeks (USD 222/MT to USD 259/MT), while Dar es Salaam saw a notable drop after the first week, falling from USD 408/MT to USD 371/MT, and then stabilizing at that level through the rest of the month. This suggests May was a relatively steady period, with only Dar es Salaam and Rukwa showing minor shifts. As June 2025 approached, the price patterns became more volatile. Morogoro rose in the first three weeks before a sharp decline in the fourth week, marking the lowest point across the two months. Iringa showed a similar trend, then dropping to USD/MT 265 in the second and third weeks, before dipping further to USD/MT 227 by the fourth week. Rukwa's prices fluctuated moderately, starting at USD/MT 227, maintaining stability in weeks one to three, and then rising to USD/MT 265 in the fourth week. Dar es Salaam recorded the most pronounced changes in June. After a moderate USD/MT 378 in the first week, prices spiked to USD/MT 416 in the second week, the highest observed in the dataset before dropping back to USD/MT 378 in the third and fourth weeks. This sharp fluctuation suggests temporary demand or supply shocks in the Dar es Salaam market.

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

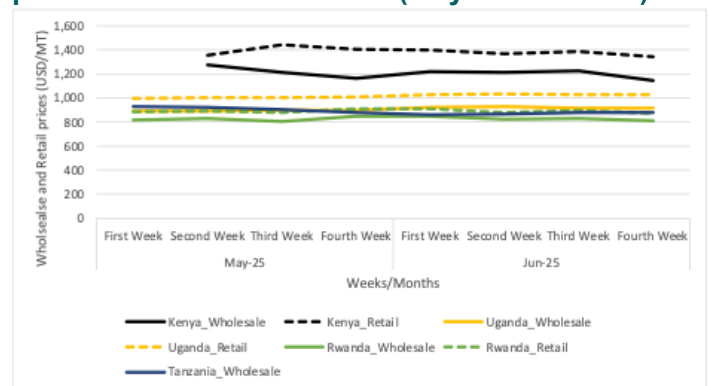


Source: Weekly Market Bulletin, Ministry of Agriculture, Tanzania

Changing Rice Prices in East Africa

The trends in rice prices within the weeks of June showed slight differences across countries, although most countries exhibited relatively stable prices. In Kenya, the price of rice fluctuated, with a sharp rise mid-month in May before easing by the end of the month. At the start of June, prices stabilized, possibly due to the onset of the harvest season. Wholesale prices shifted only slightly from week to week, while retail prices also showed small changes rather than big swings. By the end of June, both wholesale and retail prices were slightly lower than at the start of the month, indicating a calmer and more stable trend compared to the fluctuations in May. The weekly average price of rice in Uganda remained relatively steady in June 2025 (Figure 5), exhibiting only minor fluctuations after the gradual rise observed in May. However, the monthly average was higher compared to May. In the first week of June 2025, wholesale prices moved to USD 922/MT and were reduced to USD 917/MT by the fourth week, while retail prices shifted narrowly between USD 1,030/MT and USD 1,029/MT. Average monthly retail and wholesale prices from May to June 2025 rose by 2.8 percent. Compared to June 2024, the changes were modest, with retail rice prices and wholesale prices increasing by 2.7% and 2.2%, respectively. Rwanda's rice market exhibited a softening trend in June, following weekly average price increases throughout May. The average monthly wholesale prices of rice declined by 10% from May 2025 to June 2025.

Figure 5: Weekly average wholesale and retail prices of rice in East Africa (May – June 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.

In Tanzania, wholesale rice prices remained the lowest and most stable in the region. Prices stayed within a narrow band of USD 858–881/MT from the first to the fourth week of June, highlighting consistent supply flows. Compared to May, when prices had eased from USD 928/MT in the first week to USD 881/MT in the fourth, June showed even greater stability. This calm pattern underscored Tanzania's relatively steady market conditions and minimal volatility compared to its neighbors. Average monthly wholesale prices fell in June 2025 (Table 2), dropping by 4.4% from USD 908/MT in May to USD 870/MT in June. Year-on-year changes in prices between June 2024 and June 2025 showed slight changes (with June 2025 just 0.6% higher than June 2024), reflecting relative stability over the longer term.

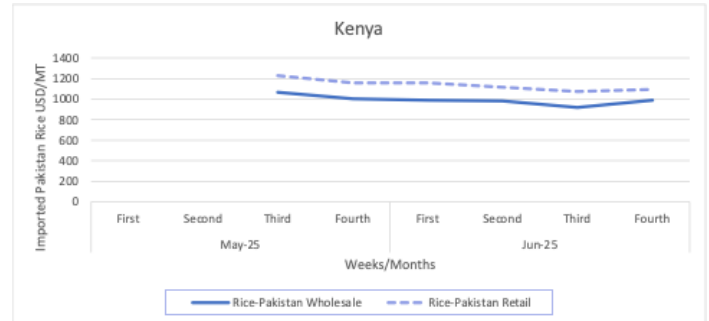
Table 2: Monthly retail and wholesale price changes of rice in East Africa (May 2025 – June 2025, June 2024, and June 2023)

Country	Market Levels	Monthly Average Prices May 2025	Monthly Average Prices June 2025	% Change	Monthly Average Prices June 2024	Monthly Average Price % Change between June 2024 and June 2025
Kenya	Retail	1399	1372	-2.0	1307	7.1
Uganda	Retail	1001	1030	2.8	975	2.7
Rwanda	Retail	891	889	-0.3	1034	-13.8
Kenya	Wholesale	1219	1200	-1.6	1173	3.9
Uganda	Wholesale	895	920	2.8	875	2.2
Tanzania	Wholesale	908	870	-4.4	902	0.6
Rwanda	Wholesale	908	825	-10.0	1034	-12.2

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

The countries within East Africa import rice from both within the region and outside, including from Asian countries. In Kenya, the average weekly wholesale prices declined from May to the third week in June in Kenya (Figure 6) in both the wholesale and retail prices.

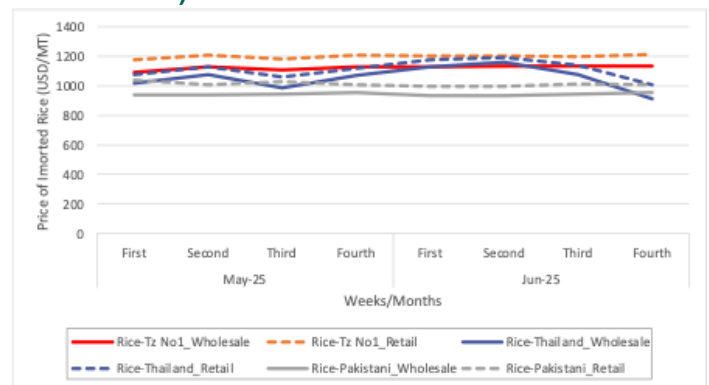
Figure 6: Weekly average wholesale and retail prices of imported rice varieties in Kenya (May – June 2025)



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

Amongst the imported rice varieties in Rwanda, Tanzanian rice was the most expensive, while Pakistani rice was the least expensive. While the price of Tanzanian rice remained stable primarily in May and June, Thai rice experienced the highest volatility in prices, with Thai rice reaching a peak of USD 1,193/MT for retail land and USD 1,158/MT for wholesale during the second week of June.

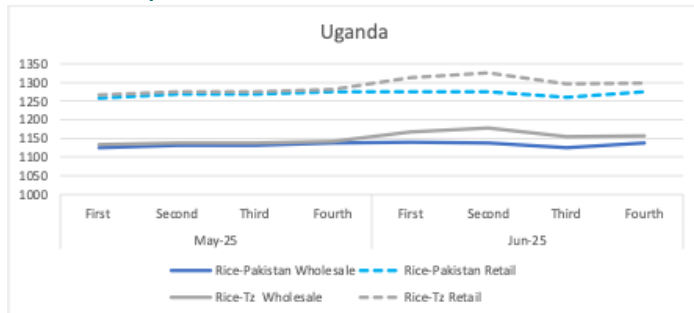
Figure 7: Weekly average wholesale and retail prices of imported rice varieties in Rwanda (May – June 2025)



Source: Analysis using data from eSoKo website for Rwanda

In Uganda, the average weekly retail prices for Pakistani and Tanzanian rice exhibited a similar slow upward trend in prices (Figure 8). Pakistan rice was cheaper than Tanzanian rice, probably because Tanzanian rice is more widely consumed compared to Pakistani rice, due to its nicer aroma and better taste. Wholesale Tanzanian rice averaged USD 1,151/MT and retail at USD 1,292/MT, while Pakistani rice averaged USD 1,133/MT for wholesale and USD 1,269/MT for retail.

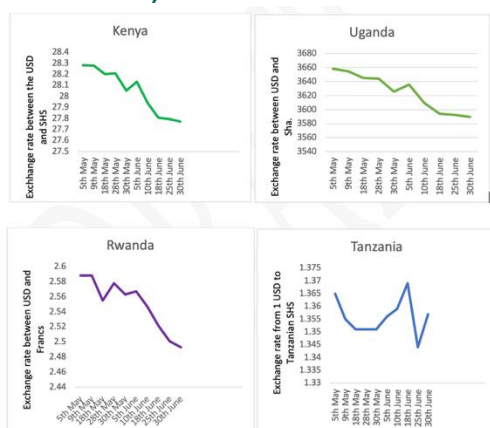
Figure 8: Weekly average wholesale and retail prices of imported rice varieties in Uganda (May – June 2025)



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

External global forces and the prevailing exchange rates can partly explain the trends in imported rice varieties across the countries. External forces at play in June 2025 included a rich crop harvest from countries such as India, the easing of fertilizer prices, and a decrease in export restrictions (AMIS Market Monitor, June 13, 2025). Internal factors include transportation costs and the prevailing exchange rates. Except for Tanzania, the local currencies have gained strength against the USD, making imports slightly cheaper, as reflected in Figure 9.

Figure 9: Weekly exchange rates in East Africa (May – June 2025)



Summary and Future Outlook

In June, Tanzania maintained the lowest and most stable maize prices in the region, supported by a strong domestic supply. Uganda's maize prices eased slightly with improved inflows following the onset of the harvest in areas with bimodal rainfall, stable fuel costs, and a versatile regional trade to distribute the supply. Meanwhile, Kenya continued to have the highest wholesale and retail prices of Maize in June 2025 due to strong demand from feed producers. Rwanda had moderate fluctuations linked to regional demand. For rice, Kenya recorded slight price declines, accompanied by increased imports. In contrast, Uganda's prices rose slightly, while Rwanda registered notable drops. Tanzania, on the other hand, remained relatively stable due to its steady stock levels. Year-on-year, Uganda had the most significant maize price increase, followed by Kenya and Tanzania, while Rwanda saw a minor decline. For rice, Kenya and Uganda posted modest gains, while Rwanda and Tanzania experienced declines.

Looking ahead, Kenya's rice sector could benefit significantly from recent government proposals. Agriculture Cabinet Secretary Mutahi Kagwe has urged the private sector to lease idle public land to expand domestic crop production, including rice, as a means to reduce the country's dependence on imports and reinforce food security (Eastleigh Voice, 2025).

The rise in inflation across most East African States is expected to exert upward pressure on Maize and rice prices in the coming months, with Rwanda's inflation climbing to 8.3 percent and Tanzania's to 3.3 percent in June 2025, and with Uganda's inflation at 3.9 percent, up from 3.8 percent in May (Ministry of Finance, 2025). Higher production and transport costs are likely to translate into elevated food prices, particularly for staples that dominate household expenditure. Kenya's inflation remained relatively stable at 3.8 per cent; however, domestic maize prices in markets such as Eldoret and Bungoma were already rising due to delayed harvesting and constrained supplies. Consequently, the regional outlook points to continued price volatility for Maize and rice, driven by inflationary pressures, supply bottlenecks, and cross-border trade dynamics (FAO, 2025; Ministry of Finance, 2025).

In Tanzania, government initiatives are expected to play a key role in shaping Maize and rice market trends in the near future. The Cereals and Other Produce Regulatory Authority (COPRA) launched a nationwide assessment of Maize and rice stocks in May to enhance monitoring and improve food security planning. Meanwhile, the USDA's Global Agricultural Information Network (GAIN) forecast projects Tanzania's milled rice production at approximately 2.51 million metric tons for the 2025/26 season. Complementing these efforts, the National Food Reserve Agency

(NFRA) is advancing its long-term strategy to expand national storage capacity from the current 677,115 metric tons of Maize to 3 million metric tons by 2030. Collectively, these measures are expected to strengthen Tanzania's food reserves, stabilize domestic supply, and help moderate Maize and rice price volatility in the medium term. (Farm to Market Alliance, 2025)

Rwanda plans to pilot three biotech crops — cassava, Irish potato, and Maize — by the end of 2025. The maize trials, led by the Rwanda Agriculture and Animal Resources Development Board (RAB), aim to test improved, pest- and drought-resistant varieties for potential nationwide adoption (Ntirenganya, 2025). This could be a significant step towards reducing reliance on maize imports.

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 Pol-

icy 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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