



FAIR Insights present a comprehensive analysis of food price trends and food inflation dynamics, highlighting the key drivers influencing market movements.

HIGHLIGHTS

- Food and energy inflation increased, intensifying overall consumer price pressures.
- Healthy diet costs were higher than the previous month, further reducing the affordability of nutritious foods.
- Protein-rich foods continued to outpace staple foods in price growth.
- Rice, beans, garri, and maize remained below April 2025 price levels.
- Petrol, diesel, cooking gas, and kerosene recorded price increases nationwide.
- Diesel recorded the steepest monthly increase among all major energy products.
- Rising energy costs threaten higher food distribution costs and sustained inflationary pressures.

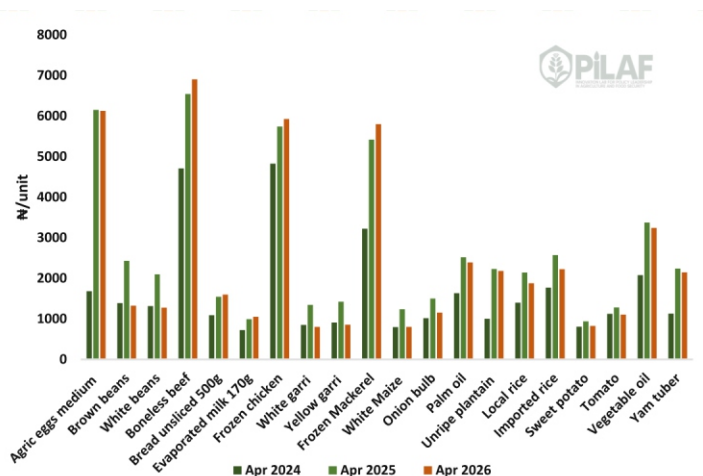
INTRODUCTION

Data from April 2026 show Nigeria's inflation dynamics, along with simultaneous increases in food and energy prices. Healthy-diet costs reversed the moderation observed in staple food prices. While cereals and root crops remained relatively cheaper than a year earlier, rapidly rising transport fuel and protein-rich food prices are creating new inflationary pressures that threaten household purchasing power and nutritional outcomes. These trends point to mounting cost pressures that could further strain household welfare and food system resilience.

Food Prices and Inflation

Food Price

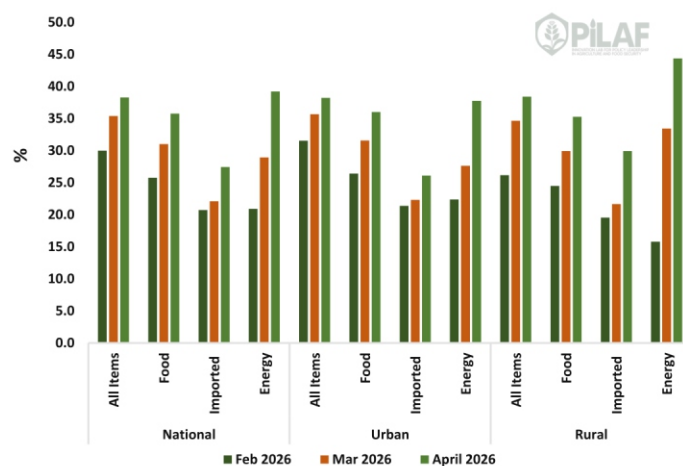
- Bean prices remained well below April 2025 levels, with brown beans falling from ₦2,429 to ₦1,326 and white beans from ₦2,097 to ₦1,277.
- Egg prices were slightly different at ₦6,128, compared with ₦6,150 in April 2025, while beef rose from ₦6,545 to ₦6,903.
- Frozen chicken and mackerel continued to climb, rising from ₦5,740 to ₦5,927 and ₦5,417 to ₦5,801, respectively.
- Bread and evaporated milk showed modest increases, advancing from ₦1,548 to ₦1,600 and ₦994 to ₦1,050 between April 2025 and April 2026.
- Cassava products and white maize are staples that became considerably cheaper, with white garri, yellow garri, and white maize declining to ₦802, ₦854, and ₦803, respectively.
- Rice prices continued to trend lower, as local rice fell from ₦2,144 to ₦1,876 and imported rice from ₦2,574 to ₦2,224 over the year.
- Onions, tomatoes, palm oil, vegetable oil, sweet potatoes, unripe plantain, and yam all cost less than in April 2025, pointing to broader price moderation across several food groups.



Average retail prices of selected food commodities in April. Source: NBS, 2026. All units in ₦/kg except eggs, recorded in crates; edible oils in litres; bread in 500g and evaporated milk in 170g.

Inflation

- Consumer Price Index (CPI) rose from 35.4% in March to 38.3% in April 2026, suggesting intensified economy-wide price pressures.
- National food inflation climbed from 31.0% to 35.8%, while imported food inflation accelerated from 22.1% to 27.4%.
- National energy inflation surged from 28.9% to 39.2%, marking the sharpest increase among the major inflation components.
- Urban inflation (all items) increased from 35.7% to 38.2%, while urban food inflation increased from 31.6% to 36.0%.
- Rural (all items), food, imported food, and energy inflation increased to 38.4%, 35.3%, 29.9%, and 44.4%, respectively, highlighting stronger inflationary pressures in rural communities.
- The sharp rise in energy inflation relative to food inflation suggests that transport and production costs may become an increasingly important driver of food prices in the months ahead.

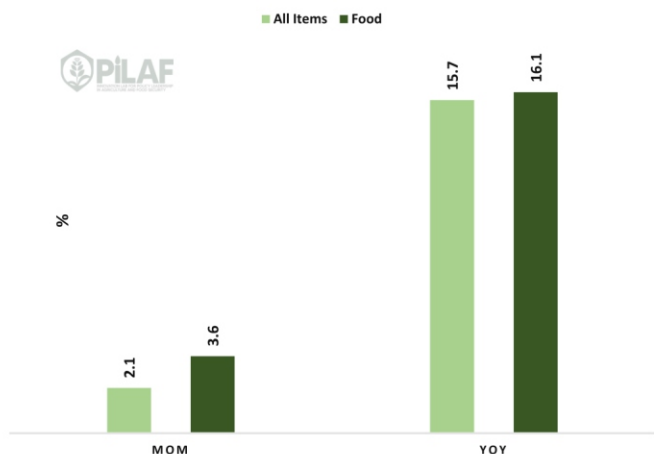


CPI Data for 3 months (February, March and April). Source: NBS, 2026.

- The Consumer Price Index (CPI) increased by 2.1% month-on-month, indicating continued growth in overall consumer prices in April 2026.
- Headline inflation stood at 15.7% year-

on-year, indicating sustained inflationary pressures across the economy.

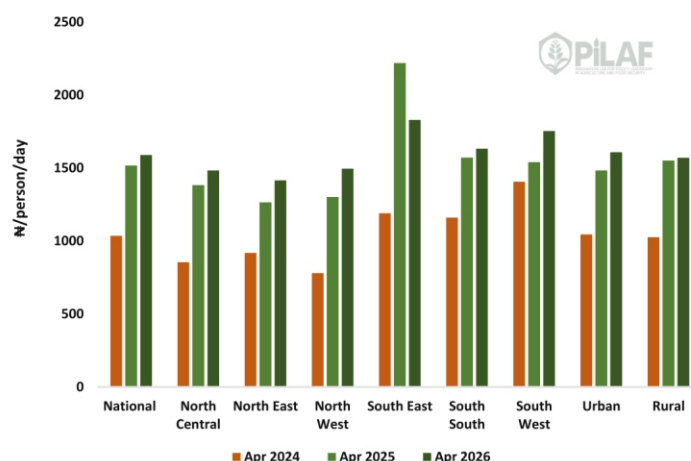
- Food prices were elevated by 3.6% month-on-month, outpacing the increase in overall consumer prices.
- Food inflation reached 16.1% year-on-year, underscoring persistent pressure on household food expenditure.



Headline Inflation for April 2026. Source: NBS, 2026.

Food Affordability and Healthy Diets

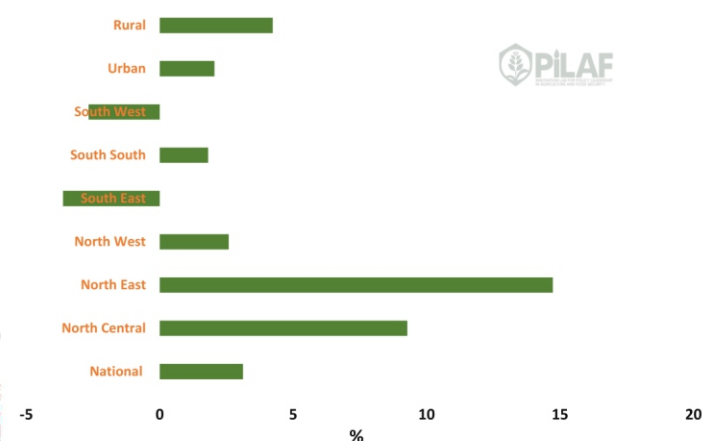
- The national Cost of a Healthy Diet rose from ₦1,517.60 in April 2025 to ₦1,589.46 in April 2026, pointing to higher costs for nutritious diets.
- The South East remained the most expensive region at ₦1,829.96, despite a substantial decline from ₦2,219.23 recorded in April 2025.
- The North West recorded the largest year-on-year increase, with healthy diet costs rising from ₦1,301.24 to ₦1,495.63.
- Healthy diet costs increased across all regions except the South East, with notable increases in the North Central, North East, and South West.
- Urban healthy diet costs rose from ₦1,484.07 to ₦1,608.99, while rural costs increased from ₦1,551.13 to ₦1,569.94 between April 2025 and April 2026.
- The national Cost of a Healthy Diet increased by 3.1% month-on-month in April 2026, reflecting continued upward



Cost of a Healthy Diet (April 2024-2026). Source: NBS, 2026.

pressure on the affordability of nutritious food.

- The North East (14.7%) and North Central (9.3%) recorded the largest monthly increases, while rural areas rose by 4.2%.
- The South East (-3.6%) and South West (-2.7%) were the only regions to record month-on-month declines in the cost of a healthy diet.



Month-on-Month Change in Cost of a Healthy Diet (March 2026 - April 2026). Source: NBS, 2026.

- Animal-source foods remained the largest cost component, rising from ₦605.86 to ₦642.88 and accounting for most of the monthly increase.
- Legumes, nuts and seeds, vegetables, and oils and fats all recorded moderate increases, reaching ₦106.34, ₦216.04, and ₦117.23, respectively.
- Fruit costs remained broadly stable, increasing only marginally from ₦247.69

to ₦247.78 between March and April 2026.

- Starchy staples remained unchanged, edging down slightly from ₦259.64 to ₦259.19, indicating relative stability in staple food costs.
- Rising costs of animal-source foods continue to account for the largest share of healthy diet costs, implying that households may increasingly substitute away from nutrient-dense foods despite relatively stable staple prices.

National Average of the Daily Cost of a Healthy Diet per Food Group in Naira. Source: NBS, 2026.

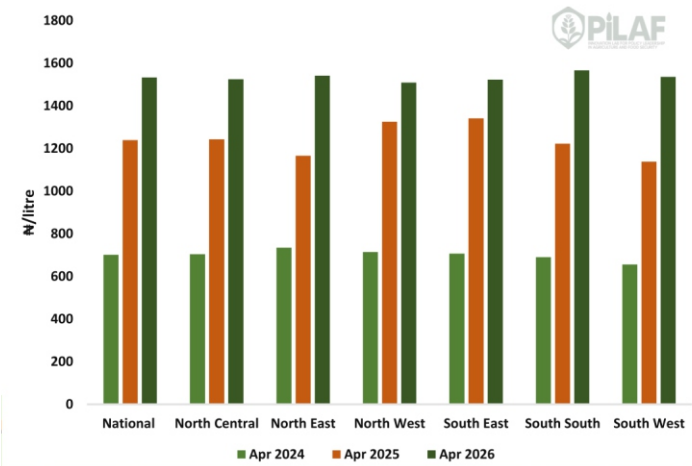
	Feb 2026	Mar 2026	Apr 2026
Animal source foods	595.87	605.86	642.88
Legumes, nuts and seeds	102.15	104.85	106.34
Vegetables	206.35	208.33	216.04
Fruits	245.46	247.69	247.78
Oils and fats	114.09	115.01	117.23
Starchy staples	248.87	259.64	259.19
Total	1512.78	1541.39	1589.46

RESOURCES

Energy Price Dynamics

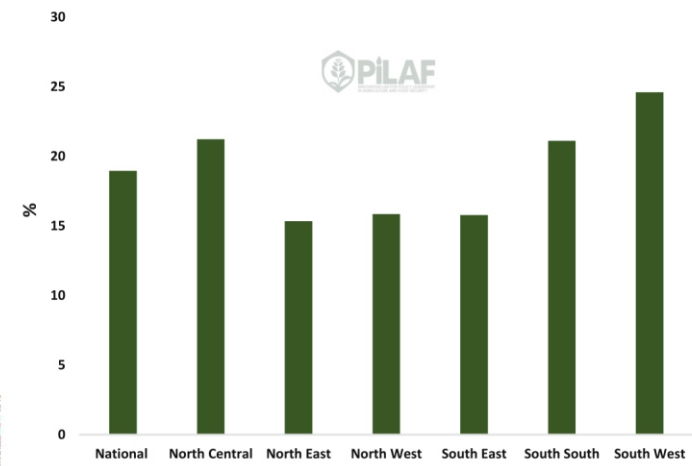
Petrol

- National petrol prices increased from ₦1,239.33/litre in April 2025 to ₦1,532.93/litre in April 2026, indicating a substantial year-on-year increase.
- In April 2026, the South South recorded the highest petrol price at ₦1,566.76/litre, while the North West recorded the lowest at ₦1,508.81/litre.
- The South West had the largest year-on-year increase, with petrol prices rising from ₦1,138.64 to ₦1,535.71/litre.
- Petrol prices exceeded ₦1,500/litre across all geopolitical zones, indicating widespread increases in retail fuel costs.
- Compared with April 2024, petrol prices more than doubled nationwide, highlighting the sustained escalation in transport and household energy costs.



Petrol Prices (April 2024-2026). Source: NBS, 2026.

- National petrol prices surged by 19.0% month-on-month in April 2026, marking another sharp increase in retail fuel costs.
- The South West (24.6%), North Central (21.2%), and South South (21.1%) recorded the largest monthly increases in petrol prices.
- All geopolitical zones posted double-digit month-on-month increases, ranging from 15.3% in the North East to 24.6% in the South West.

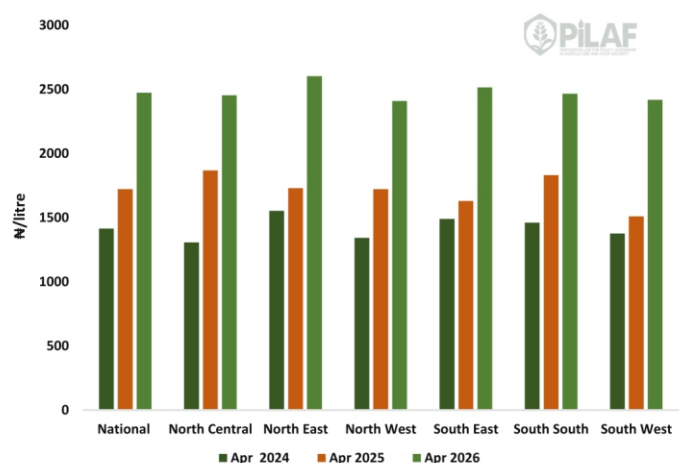


Month-on-Month Change in Petrol Price (March 2026 – April 2026). Source: NBS, 2026.

Diesel

- National diesel prices rose sharply from ₦1,722.45/litre in April 2025 to ₦2,474.69/litre in April 2026, driving up transport and logistics costs.
- The North East recorded the highest diesel price at ₦2,603.00/litre, while the North West recorded the lowest at ₦2,409.34/litre in April 2026.

- The largest year-on-year increase was in the South West, with diesel prices rising from ₦1,511.11 to ₦2,418.99/litre.
- Diesel prices exceeded ₦2,400/litre across all geopolitical zones, underscoring broad-based increases in commercial fuel costs.
- Compared with April 2025, every region recorded substantial diesel price increases, reflecting widespread pressure in energy markets.
- Relative to April 2024, diesel prices rose dramatically nationwide, with implications for production, transportation, and food distribution costs.

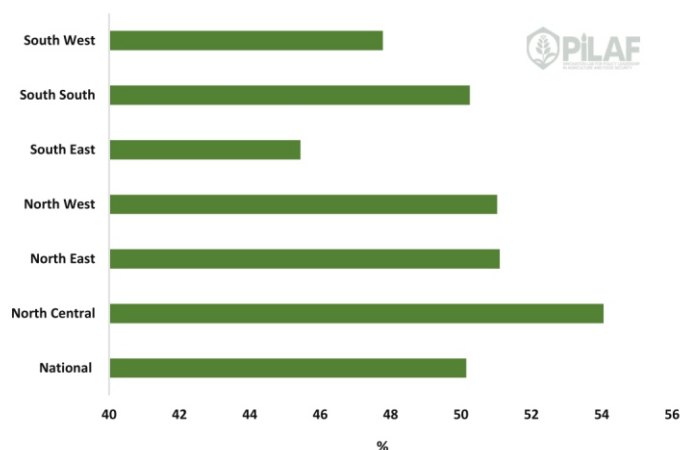


Diesel Prices (April 2024-2026). Source: NBS, 2026.

- National diesel prices surged 50.2% month-on-month in April 2026, marking the sharpest increase among major energy products.
- The North Central (54.1%), North East (51.1%), and North West (51.0%) recorded the largest monthly increases in diesel prices.
- All geopolitical zones experienced exceptional month-on-month increases, ranging from 45.4% in the South East to 54.1% in the North Central.

Cooking gas

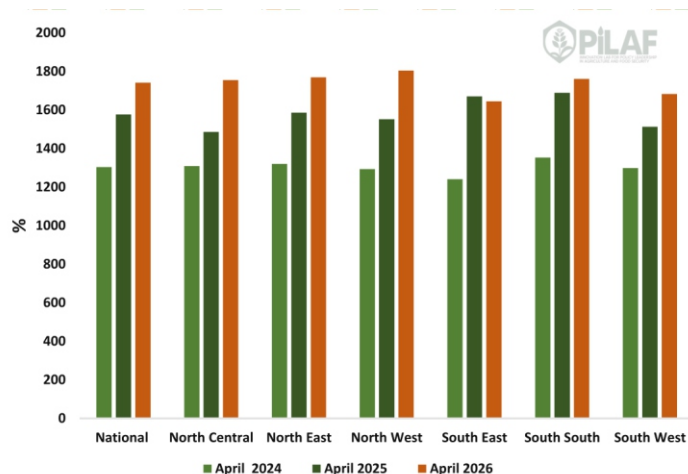
- National cooking gas prices increased from ₦1,577/kg in April 2025 to ₦1,741/kg



Month-on-Month Change in Diesel Price (March 2026 – April 2026). Source: NBS, 2026.

in April 2026, extending the rise in household cooking fuel costs.

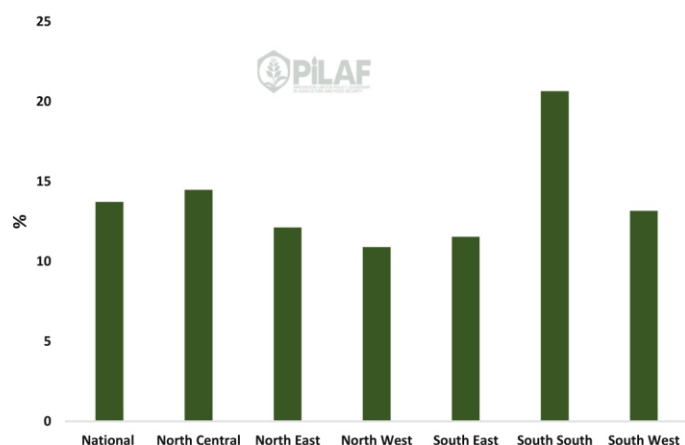
- The North West recorded the highest cooking gas price at ₦1,805/kg, while the South East recorded the lowest at ₦1,645/kg in April 2026.
- The North Central registered the largest year-on-year increase, with cooking gas prices rising from ₦1,486 to ₦1,755/kg.
- All geopolitical zones recorded higher cooking gas prices than April 2025, reflecting widespread increases in clean cooking fuel costs.



Cooking Gas Prices (April 2024-2026). Source: NBS, 2026.

- National cooking gas prices increased by 13.7% month-on-month in April 2026, keeping upward pressure on household energy costs.
- The South South (20.6%) recorded the largest monthly increase, followed by the North Central (14.5%) and South West (13.2%).

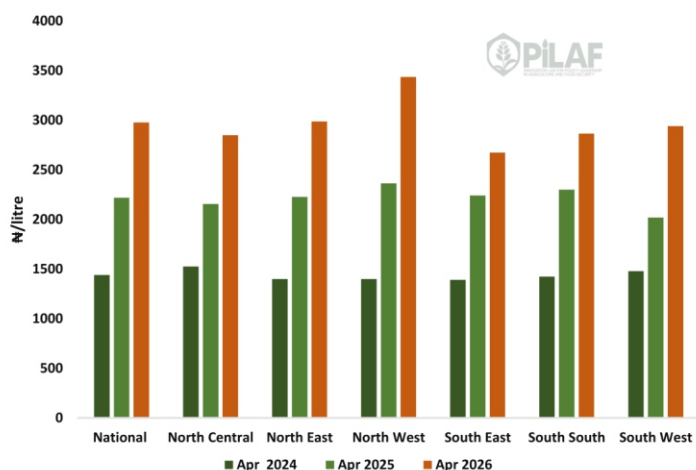
- All geopolitical zones experienced double-digit month-on-month increases, ranging from 10.9% in the North West to 20.6% in the South South.



Month-on-Month Change in Cooking Gas Price (March 2026 – April 2026). Source: NBS, 2026.

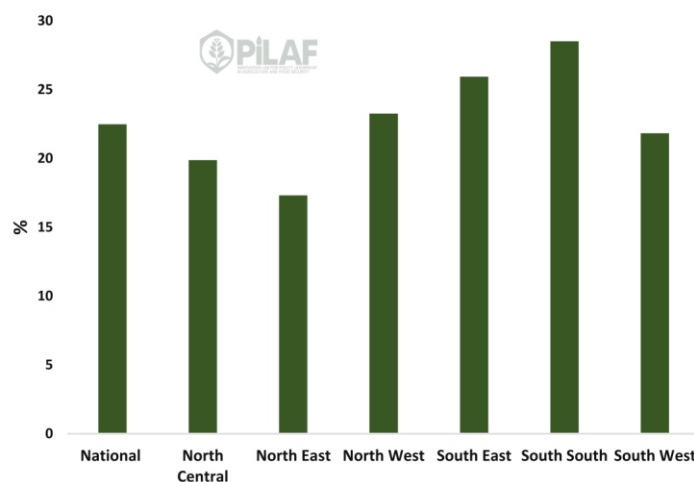
Kerosene

- National kerosene prices increased sharply from ₦2,219.69/litre in April 2025 to ₦2,976.94/litre in April 2026, intensifying household energy costs.
- In April 2026, the North West recorded the highest kerosene price at ₦3,437.15/litre, while the South East recorded the lowest at ₦2,674.61/litre.
- The South West recorded the largest year-on-year increase, with kerosene prices rising from ₦2,019.77 to ₦2,941.18/litre.
- Every geopolitical zone recorded substantial year-on-year increases, with kerosene prices approaching or exceeding ₦3,000/litre in most regions.



Kerosene Prices (April 2024–2026). Source: NBS, 2026.

- National kerosene prices surged 22.5% month-on-month in April 2026, reflecting another sharp increase in household fuel costs.
- The South South (28.5%), South East (25.9%), and North West (23.3%) recorded the largest monthly increases in kerosene prices.
- All geopolitical zones experienced substantial month-on-month increases, ranging from 17.3% in the North East to 28.5% in the South South.



Month-on-Month Change in Kerosene Price (March 2026 – April 2026). Source: NBS, 2026.

Implications

April 2026 emphasizes the growing transmission of inflationary pressures from energy markets to food systems. Although lower prices for key staples such as rice, beans, garri, and maize provided some relief, these gains were outweighed by rising prices for animal-source foods and sharp increases in transport fuels. Higher petrol and diesel prices are expected to raise the costs of transporting, processing, storing, and marketing perishable, nutrient-dense foods, contributing to the continued rise in the Cost of a Healthy Diet despite moderating staple prices. This divergence suggests that while households may maintain calorie intake through cheaper staples, they are increasingly likely to reduce

dietary diversity by shifting away from more nutritious foods. Unless energy cost pressures ease and the domestic supply of livestock, fisheries, and horticultural products expands, inflationary pressures could become more entrenched across food value chains, eroding purchasing power, worsening diet quality, and slowing progress towards food and nutrition security.

Note: CPI base year = 2024.

NBS: National Bureau of Statistics

<https://microdata.nigerianstat.gov.ng/index.php/home>

