



FAIR

Food Affordability Inflation Resources

INSIGHTS



September 2025

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

INTRODUCTION

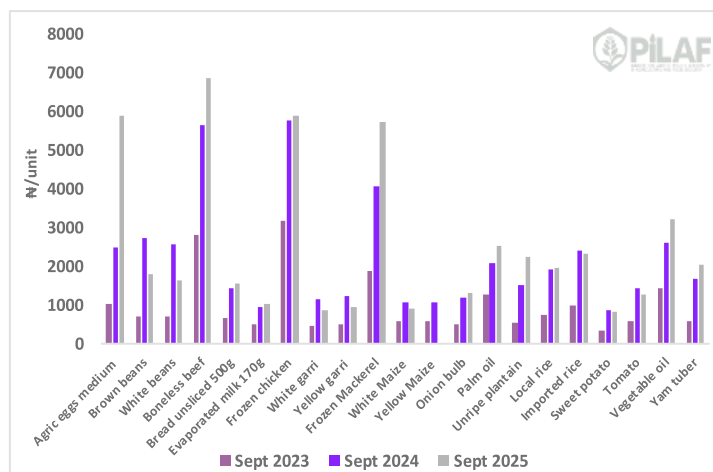
Nigeria's macroeconomic environment in 2025 continues to be shaped by persistent inflationary pressures across food, energy, and agricultural input markets. Although headline inflation shows periods of moderation, price levels remain structurally elevated relative to historical benchmarks, reflecting sustained cost-of-living pressures. Food inflation remains the dominant driver, with significant increases in protein foods, oils, tubers, and processed staples, while select staples show mixed movements from earlier peaks. Energy costs, including petrol, diesel, and cooking gas, continue to amplify transport and distribution expenses, reinforcing food price transmission. Fertilizer prices remain high, constraining agricultural productivity and future supply response. Regional disparities persist, and affordability challenges remain

FOOD AFFORDABILITY AND INFLATION

Food price

- Egg prices rose sharply from ₦1,047 in 2023 to ₦5,898 in 2025.
- Boneless beef increased steadily from ₦2,817 to ₦6,861 over the period.
- Frozen chicken remained high, rising from ₦3,177 to ₦5,876 in 2025.
- Frozen mackerel surged significantly from ₦1,877 to ₦5,719.
- Palm oil prices increased from ₦1,263 to ₦2,525, sustaining upward pressure.
- Vegetable oil also rose sharply from ₦1,414 to ₦3,230.
- Onion prices increased from ₦516 to ₦1,307 over the period.
- Yam tuber prices rose from ₦594 to ₦2,052, reflecting strong inflation.
- Rice prices increased moderately, with local rice reaching ₦1,953 in 2025.

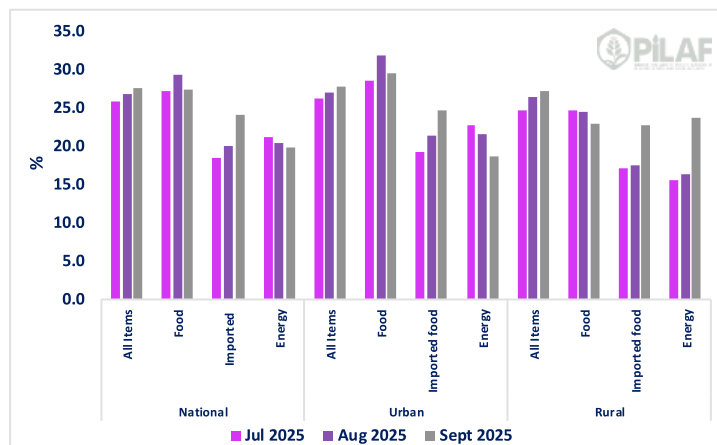
- Beans showed mixed trends, falling from 2024 peaks but above 2023 levels.



Changes in Food Prices. Source: NBS, 2025. All units in ₦/kg except eggs, recorded in crates, edible oils in litres, bread in 500g and evaporated milk in 170g.

Inflation

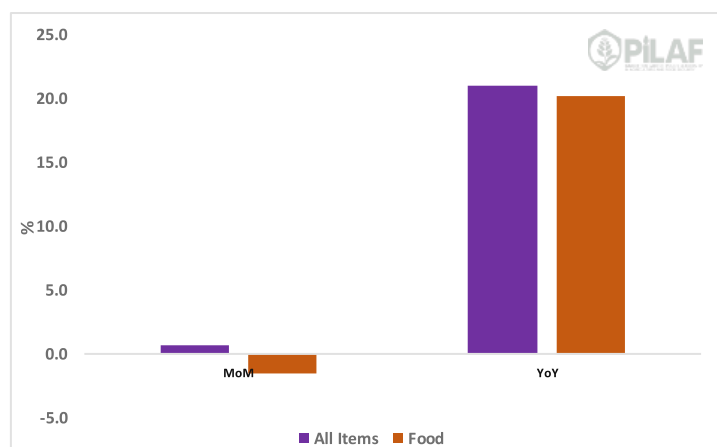
- National inflation rose to 27.7%, driven by imported goods at 24.1%.
- Food inflation remained high nationally at 27.3%, despite a slight moderation from August.
- Urban inflation increased to 27.9%, with imported food surging to 24.8%.
- Rural inflation rose to 27.3%, with energy inflation sharply increasing to 23.7%.
- Energy inflation declined nationally to 19.8%, easing overall price pressures slightly.



Consumer Price Index for the Third Quarter (2025). Source: NBS, 2025

Headline Inflation

- Year-on-year headline inflation remained elevated at 21.0% nationwide.
- Price change increased moderately by 0.7% month-on-month in September 2025.
- Food prices declined slightly by 1.6% month-on-month during the period.
- Food inflation also stayed persistently high at 20.2% year-on-year.
- Despite monthly moderation, underlying inflationary pressures remain structurally significant.

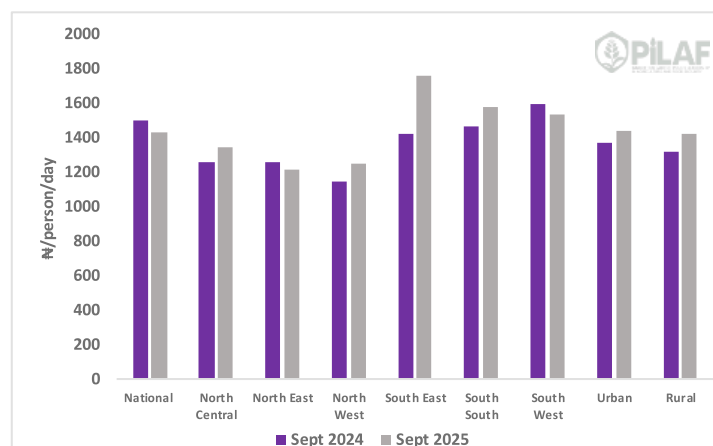


Headline Inflation. Source: NBS, 2025

Food Affordability and Healthy Diets

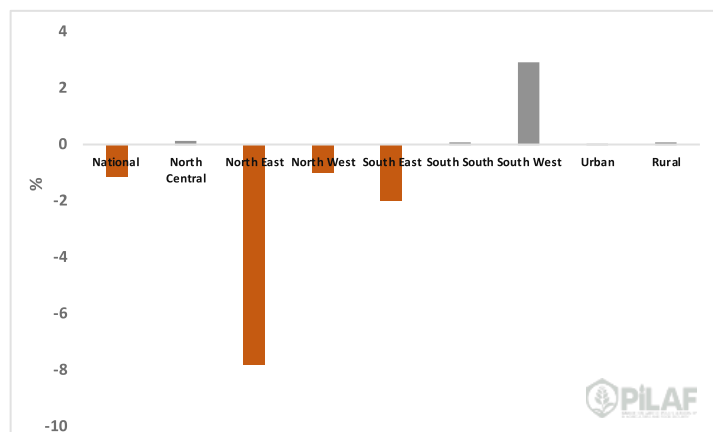
- National healthy diet cost declined from ₦1,496 in 2024 to ₦1,430 in 2025.
- South East recorded the highest cost increase, rising from ₦1,420 to ₦1,761.
- North East remained the lowest-cost region at ₦1,214 in 2025.
- North Central and North West increased to ₦1,347 and ₦1,248 respectively.

- South South rose from ₦1,462 to ₦1,575, maintaining high-cost status.
- Urban costs increased to ₦1,440, above rural level of ₦1,420 in 2025.
- South West declined from ₦1,598 to ₦1,532, despite remaining relatively high.



Cost of a Healthy Diet. Source: NBS, 2025

- The cost of a national healthy diet declined marginally by 1.14% month-on-month.
- North East recorded the sharpest decline at 7.81% in September 2025.
- South West experienced the highest increase at 2.92% month-on-month.
- Urban and rural costs remained broadly stable, increasing by 0.05% and 0.08%.
- Mixed regional movements reflect uneven food price adjustments across Nigeria.



Month-on-Month Change in Cost of a Healthy Diet.. Source: NBS, 2025

- Animal source foods remained the highest-cost category, slightly falling from ₦520 to ₦501.
- Starchy staples recorded the largest decline, from ₦375 to ₦302.
- Legumes, nuts, and seeds consistently decreased from ₦115 to ₦95.
- Vegetables declined steadily from ₦224 to ₦191 over the period.
- Fruits fell in August but slightly rebounded to ₦222 in September.
- Oils and fats rose marginally in September to ₦120 after the August dip.

National Average of the Daily Cost of a Healthy Diet per Food Group in Naira.
Source: NBS, 2025

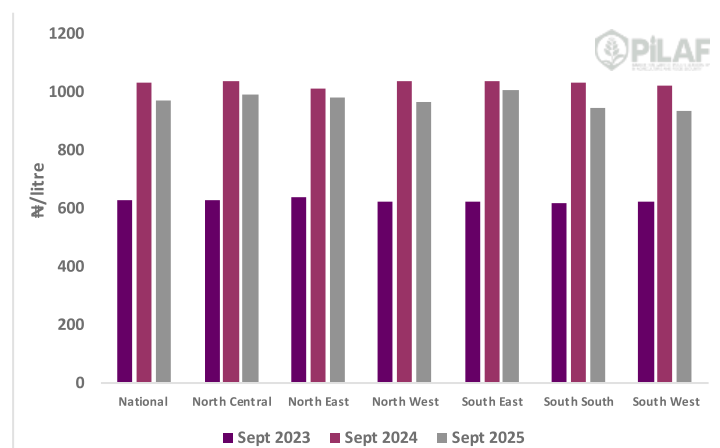
	Jul 2025	Aug 2025	Sept 2025
Animal source foods	520	503	501
Legumes, nuts, and seeds	115	100	95
Vegetables	224	193	191
Fruits	250	213	222
Oils and fats	127	113	120
Starchy staples	375	325	302
Total	1611	1446	1430

RESOURCES

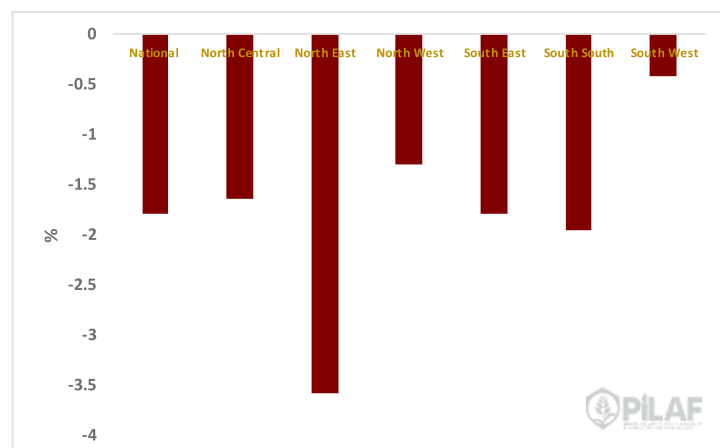
Energy Price Dynamics

Petrol

- National petrol price declined from ₦1,030.46 in 2024 to ₦970.59 in 2025.
- Prices remain significantly above the 2023 level of ₦626.21 nationwide.
- South East recorded the highest 2025 petrol price at ₦1,006.34 across regions.
- South West and South South posted the lowest 2025 prices at ₦935.73 and ₦946.55.
- All regions show persistent elevation compared to pre-2024 price levels.
- Regional variation remains wide, reflecting distribution and transport cost differences.



Petrol Prices. Source: NBS, 2025

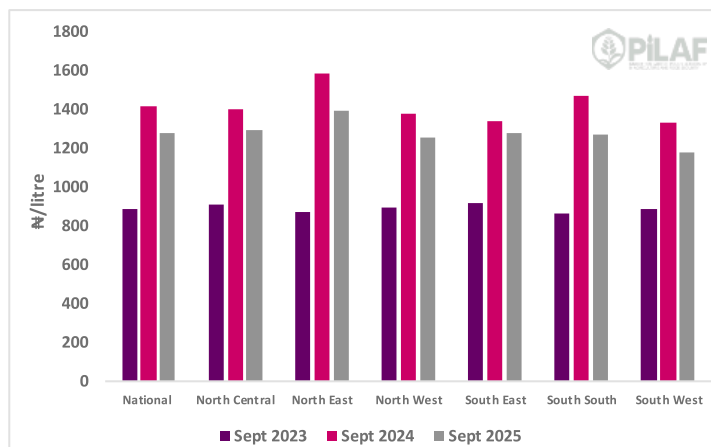


Month-on-Month Change in Petrol Price. Source: NBS, 2025

Diesel

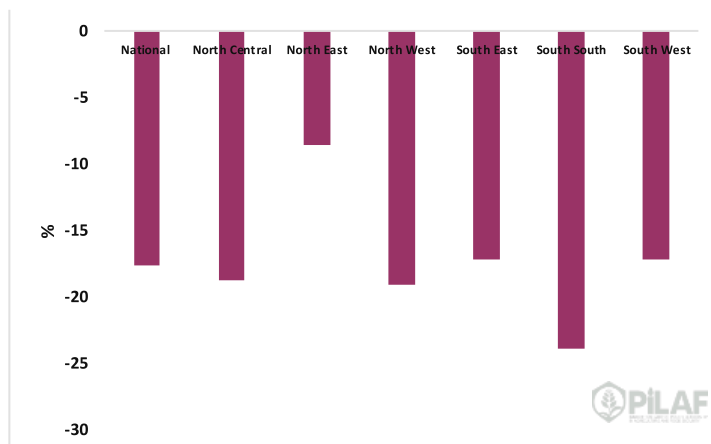
- National diesel price declined from ₦1,418.83 in 2024 to ₦1,277.81 in 2025.
- Prices remain significantly above the 2023 level of ₦890.80 nationwide.
- North East recorded the highest 2025 diesel price at ₦1,390.21 across regions.

- South West posted the lowest diesel price at ₦1,182.07 in 2025.
- All regions experienced partial easing compared to the 2024 peak diesel costs.
- Elevated diesel prices continue to increase logistics, food distribution, and production costs nationwide.



Diesel Prices. Source: NBS, 2025

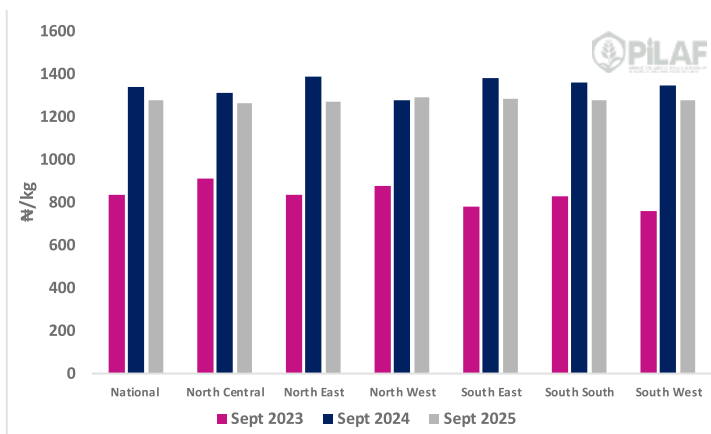
- National diesel prices declined sharply by 17.66% month-on-month in September 2025.
- South South recorded the steepest decline at 23.92% during the period.
- North West also saw a strong reduction of 19.10% month-on-month.
- North East experienced the smallest decline at 8.54% across regions.



Month-on-Month Change in Diesel Price. Source: NBS, 2025

Cooking gas

- National cooking gas prices rose from ₦838 in 2023 to ₦1,340 in 2024.
- Prices eased slightly to ₦1,279 in 2025 but remained far above 2023 levels.
- North West recorded the highest 2025 cooking gas price at approximately ₦1,294 nationwide.
- North Central posted relatively lower 2025 cooking gas prices at about ₦1,267.
- Elevated cooking gas prices continue straining household energy affordability across Nigeria.



Cooking Gas Prices. Source: NBS, 2025

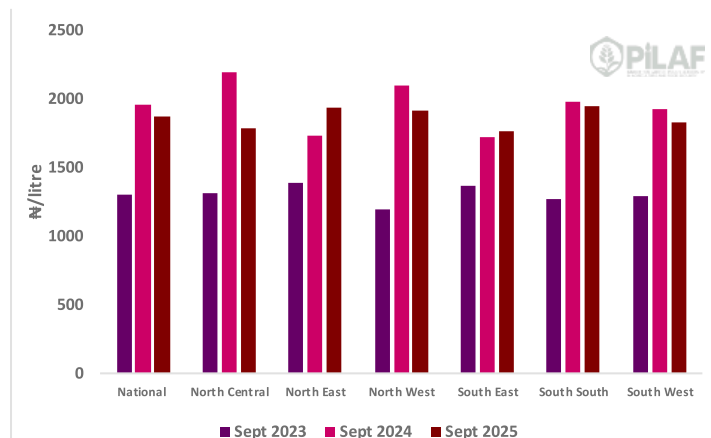
- National cooking gas prices declined marginally by 0.13% between August and September 2025.
- North East recorded the sharpest monthly decline at approximately 1.74%.
- North Central also experienced notable price moderation, declining by about 0.81%.
- South South recorded the highest monthly increase at roughly 1.22% nationwide.
- South West and South East also experienced moderate month-on-month cooking gas price increases.



Month-on-Month Change in Cooking Gas Price. Source: NBS, 2025

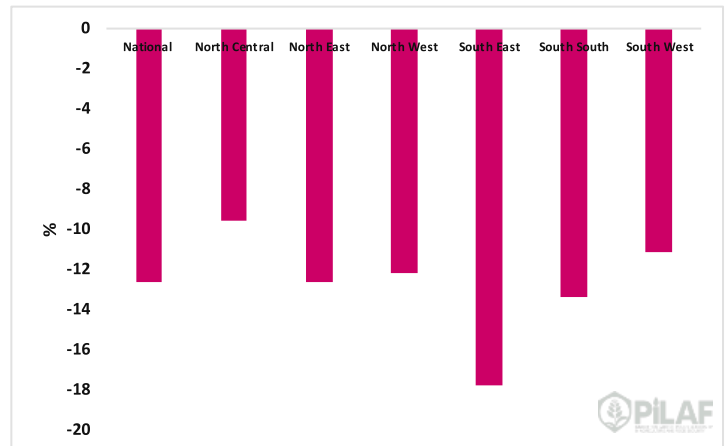
Kerosene

- National kerosene prices increased from ₦1,299 in 2023 to ₦1,957 in 2024.
- Prices moderated slightly to ₦1,867 in September 2025 but remained historically elevated.
- South South recorded the highest kerosene price in 2025 at approximately ₦1,948 nationwide.
- South East posted the lowest 2025 kerosene price at about ₦1,767 across regions.



Kerosene Prices. Source: NBS, 2025

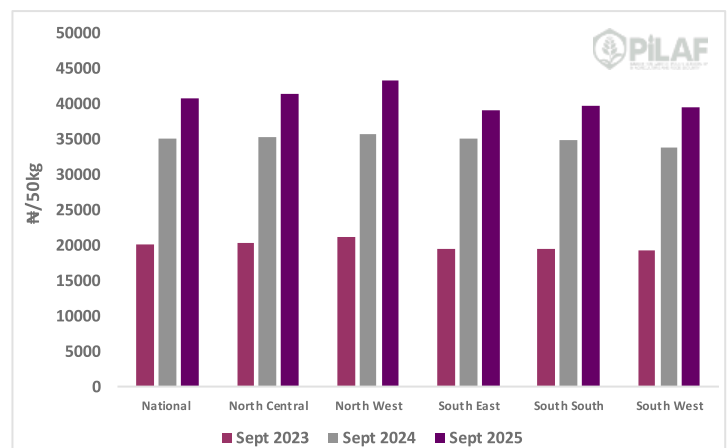
- National kerosene prices declined sharply by 12.6% between August and September 2025.
- South East recorded the steepest monthly decline at approximately 17.8% nationwide.
- North East experienced a similar sharp decline of about 12.6% during the period.
- North Central posted the smallest monthly reduction at roughly 9.6% across regions.



Month-on-Month Change in Kerosene Price. Source: NBS, 2025

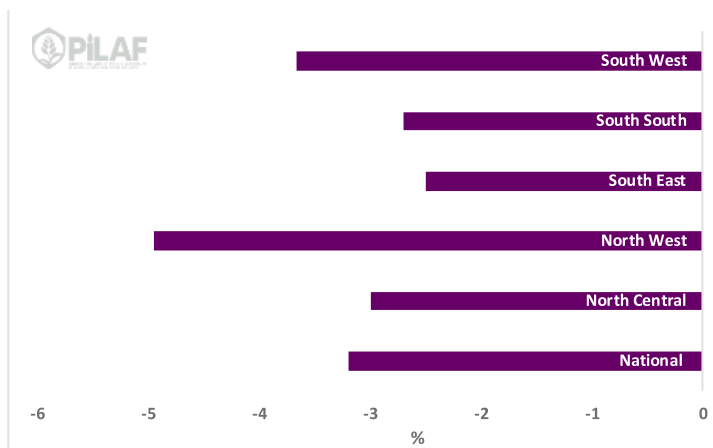
Fertilizer Prices

- National urea fertilizer prices rose from ₦20,057 in 2023 to ₦40,704 in 2025.
- Urea prices more than doubled nationally between September 2023 and September 2025.
- North West recorded the highest urea price at approximately ₦43,250 in September 2025.
- South East maintained the lowest urea price at about ₦39,000 across regions.
- All regions experienced sustained increases in fertilizer prices between 2024 and 2025.
- Rising urea costs continue increasing production expenses and food inflation risks nationwide.



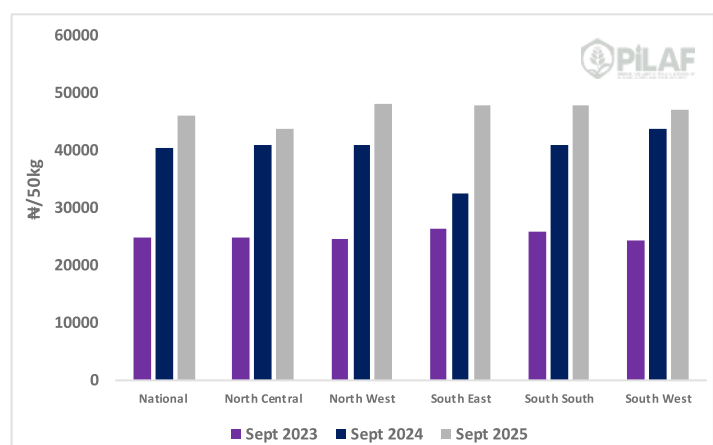
Urea Prices. Source: AfricaFertilizer, 2025

- National urea fertilizer prices declined by 3.2% between August and September 2025.
- North West recorded the sharpest monthly decline at approximately 4.9% nationwide.
- South West also experienced a notable decrease of about 3.7% during the period.
- South East posted the smallest monthly reduction at roughly 2.5% across regions.



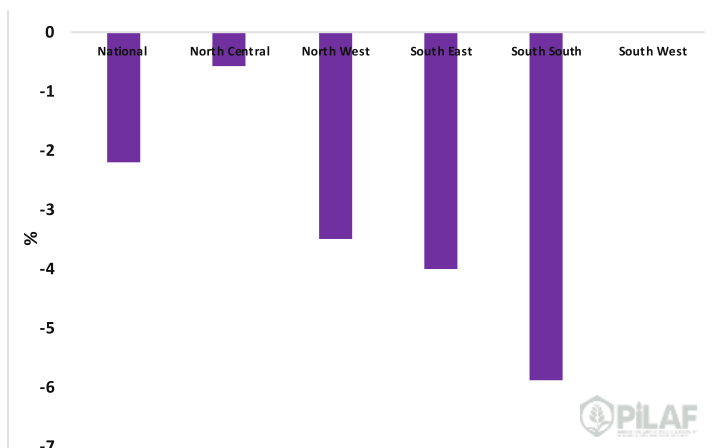
Month-on-Month Change in Urea Price. Source: AfricaFertilizer, 2025

- National NPK fertilizer prices rose from ₦24,754 in 2023 to ₦46,192 in 2025.
- Fertilizer prices nearly doubled nationally between September 2023 and September 2025.
- North West recorded the highest fertilizer price at approximately ₦48,250 in 2025.
- North Central maintained the lowest regional fertilizer price at about ₦43,688 nationwide.
- South East and South South NPK fertilizer prices both reached approximately ₦48,000 in 2025.
- Persistently high fertilizer costs continue threatening agricultural productivity and food affordability.



NPK Prices. Source: AfricaFertilizer, 2025

- National NPK fertilizer prices declined by 2.2% month-on-month in September 2025.
- South South recorded the steepest decline at approximately 5.9% during the period.
- South East also saw a notable reduction of about 4.0% month-on-month.
- North Central experienced the smallest decline at roughly 0.6% nationwide.
- South West NPK fertilizer prices remained stable with no month-on-month change.



Month-on-Month Change in NPK Prices. Source: AfricaFertilizer, 2025

Implications

Nigeria's 2025 inflation and affordability landscape reveals a tightly interconnected system in which energy prices, agricultural input costs, and food prices reinforce one another, sustaining high levels of food inflation and the cost of a healthy diet (COHD). Despite some month-on-month easing in selected energy products such as petrol, diesel, and kerosene, prices remain substantially above 2023 benchmarks. These elevated energy costs continue to be a primary driver of food inflation, raising transport, storage, irrigation, and processing costs. Diesel, in particular, remains critical for logistics and agro-processing, so even temporary price reductions only marginally ease cost pressures.

Fertilizer prices, both urea and NPK, have nearly doubled between 2023 and 2025, significantly raising production costs for farmers. This input shock reduces profitability, discourages optimal use of inputs, and constrains yield expansion, particularly among smallholder farmers. As a result, supply-side rigidity persists, limiting the system's ability to respond to demand pressures and reinforcing upward pressure on food prices.

Food price data reflect this structural stress: protein-rich foods such as eggs, beef, chicken, and fish show the steepest increases, while staples display mixed movements after earlier volatility. These patterns translate directly into elevated COHD, which remains persistently high across all regions, with pronounced disparities between the South and the North. Even where national COHD shows slight moderation, underlying basket components reveal continued pressure on dietary quality and affordability. Nigeria's inflation dynamics are not episodic but structural, driven by persistent energy costs, high fertilizer prices, and limited responsiveness of agricultural supply. The combined effect is sustained food inflation, eroding real purchasing power and entrenching affordability constraints for both urban and rural households.