



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

- ▶ Weekly average price trends show that Kenya's maize market is volatile with high retail markups, likely due to logistical issues or middlemen. Uganda sees healthy demand growth with rising prices. Rwanda has falling prices, indicating better supply chains or weaker demand. Tanzania remains stable, possibly due to strong government regulation or consistent production.
- ▶ In addition, on a month-on-month and year-on-year analysis, Uganda saw the most significant price increases, raising food security concerns. Rwanda had a month-on-month decline in retail and wholesale prices but still experienced year-on-year retail inflation. Kenya's price growth was moderate and consistent, while Tanzania's wholesale market remained stable with controlled growth.
- ▶ Weekly average price movements of rice showed that Kenya experienced the highest spike in rice prices in just one month. Uganda saw an early March price dip followed by a strong rebound, indicating temporary supply restoration and renewed demand. Rwanda had stable prices with minimal week-to-week fluctuations, particularly in wholesale. Tanzania's prices rose steadily, likely due to tightened exports or increased demand from neighbouring countries.

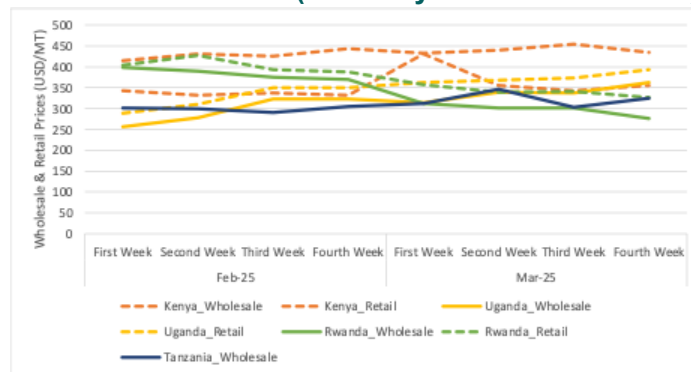
- ▶ Month-on-month and year-on-year movements vindicate that Kenya's retail market is heating up, possibly due to import dependence and logistics issues. Rwanda and Tanzania experienced the largest year-on-year declines, suggesting improved supply or lowered demand. Uganda has a stable rice market with minimal price changes. A widening gap between wholesale and retail prices in Kenya and Rwanda may reflect market inefficiencies or rising non-farm costs.
- ▶ In Q2 2025, maize prices in Kenya and Uganda are expected to remain high due to seasonal tightening, although stabilization may occur with increased regional imports. Tanzania could face upward pressure on maize prices if cross-border trade continues strongly. Rice prices in Kenya and Tanzania are likely to stay elevated, particularly for premium varieties, unless bulk imports reduce demand. Pakistani and Thai rice may offer cheaper alternatives, but logistics and price volatility could affect adoption. Rwanda and Uganda could experience stable prices if current supply trends and favorable weather continue.

Changing Maize Prices in East Africa

As illustrated in Figure 1, Kenya experienced a spike in prices, while Uganda showed a steady increase. In contrast, Rwanda saw a decline, with Kenya consistently ranking the highest. Rwanda had the most significant drop in prices, while Tanzania's prices remained flat. Additionally, Kenya's markup is the widest, indicating higher retail margins or costs.

In Kenya, the wholesale prices started relatively stable in February (342 USD/MT average), dipped slightly mid-month, but spiked in early March to 430 USD/MT, before stabilising around 350 USD/MT in the following weeks. Retail prices were consistently high, ranging between 414 and 455 USD/MT, peaking in the third week of March. Kenya consistently had the highest retail prices among the four countries, suggesting strong market demand or supply constraints at the consumer level. In Uganda, the wholesale prices rose steadily from 257 in early February to 363 USD/MT by late March, showing a clear upward trend. Retail prices followed suit, moving from 289 to 393 USD/MT, with a notable jump in March. The narrow gap between wholesale and retail prices suggests moderate markups, possibly reflecting tighter margins or less market inefficiency compared to Kenya. In Rwanda, initially recorded the highest wholesale prices in February (peaking at 398 USD/MT), but these steadily declined to 276 by late March, indicating a clear downward trend. Retail prices reflected this trend, dropping from 404 to 326 USD/MT, making Rwanda the only country to experience a sustained price decline over the two months. This suggests improved supply or reduced demand during the period. In Tanzania, the Wholesale prices remained the most stable among all countries, ranging from 291 to 346 USD/MT. A slight uptick occurred in the second week of March, but the overall trend was flat to mildly increasing. The stability could imply a well-balanced market with steady supply and demand.

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

As Table 1 illustrates, in Kenya, retail prices increased by 2.8% from 428 to 440 USD/MT, a modest rise that indicates stable but tightening market conditions. The wholesale price rose by 9.5% from 336 to 371 USD/MT, suggesting rising supply-side costs or lower production. In Uganda, the retail price jumped by 13.1%, from 325 to 374 USD/MT, signalling strong consumer demand or price pressures. The wholesale price also increased by 13.0%, from 295 to 339 USD/MT, closely aligned with retail trends, indicating balanced market pass-through. In Rwanda, retail prices dropped sharply by 18.2% (from 403 to 341 USD/MT), suggesting weakening demand or improved market supply. The wholesale price fell even more steeply, by 28.7%, from 383 to 298 RWF, highlighting possible oversupply or policy shifts. In Tanzania, wholesale prices rose only by 4.5%, from 307 to 321 USD/M, reflecting stable market conditions with mild price pressure.

Furthermore, in Kenya, the annual comparison reveals that retail prices rose by 22.0%, increasing from 361 to 440 USD per metric ton (MT). Wholesale prices also saw a significant rise of 17.4%, jumping from 316 to 371 USD per MT. This trend indicates sustained inflation in maize pricing, driven by factors such as increased demand, rising input costs, or logistics bottlenecks. In Uganda, retail prices skyrocketed by 73.8%, from 215 to 374 USD per MT, while wholesale prices surged even more dramatically, increasing by 85.7% from 182 to 339 USD per MT. This reflects extreme price pressure, which is likely caused by production shortfalls or heightened export demand. In Rwanda, retail prices experienced a rise of 16.1%, increasing from 294 to 341 USD per MT. However, wholesale prices increased only slightly, by just 1.3%, remaining at 294 per MT. This suggests that while retail markets are experiencing inflation, wholesale prices remain stable, possibly due to distribution inefficiencies or policy distortions. In Tanzania, wholesale prices rose by

15.0%, increasing from 280 to 321 USD per MT. This indicates a gradual and predictable price increase, in line with general inflation and regional trade trends.

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

Country	Market Levels	Monthly Average Prices February 2025 (USD/MT)	Monthly Average Prices March 2025 (USD/MT)	% Change February 2024 & March 2025	Monthly Average Prices March 2024 (USD/MT)	% Change March 2024 & March 2025
Kenya	Retail	428	440	2.8	361	220
Uganda	Retail	325	374	13.1	215	73.8
Rwanda	Retail	403	341	-18.2	294	16.1
Kenya	Wholesale	336	371	9.5	316	17.4
Uganda	Wholesale	295	339	13.0	182	85.7
Tanzania	Wholesale	307	321	4.5	280	15.0
Rwanda	Wholesale	383	298	-28.7	294	1.3

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)

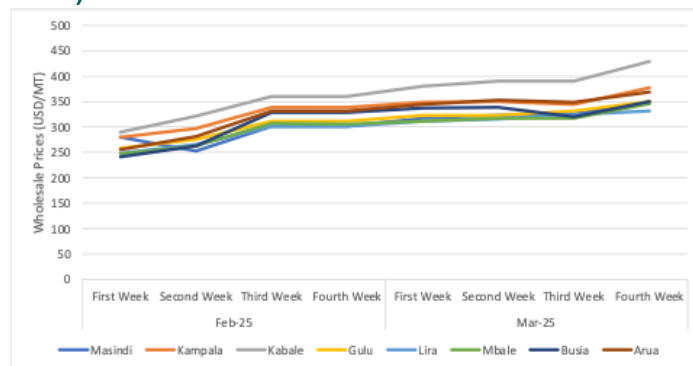
Uganda

Figure 2 shows that prices experienced some volatility in early February. During the first week, wholesale prices generally ranged from 247 USD/MT in Mbale to 290 USD/MT in Kabale. In the second week, prices increased significantly in Kampala, rising from 297 to 338, and in Kabale, where prices went from 321 to 360 USD/MT. The third and fourth weeks showed stable prices across most markets, with Kabale, Kampala, and Gulu consistently higher, around 360 USD/MT. This trend suggests either peak local demand or a tighter supply.

However, in March, prices exhibited a steady upward trend across all markets. For instance, prices in Masindi rose from 317 USD/MT in week 1 to 348 USD/MT in week 4. In Kampala, prices increased from 349 to 377 USD/MT, while Kabale recorded the largest jump, starting at 380 and climbing to 429, indicating the highest wholesale prices among these markets. Other areas, such as Gulu, Lira, and Mbale, followed similar patterns, with gradual price increases suggesting either tightening supply or growing demand.

Busia and Arua, border towns known for cross-border trade, also saw rising prices, although they remained somewhat more stable towards the end of March. Overall, wholesale maize prices in Uganda across major markets rose steadily from February to March 2025. Kabale maintained its status as the most expensive market, followed closely by Kampala and Gulu. These trends reflect seasonal demand shifts, supply constraints, and broader market dynamics affecting maize availability in Uganda.

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



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

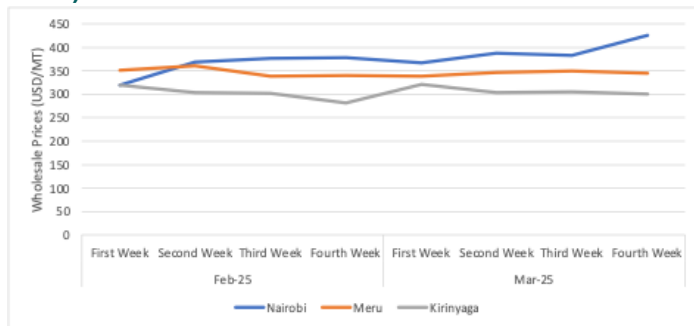
Kenya

In Figure 3, the trends observed in February indicate that wholesale prices in Nairobi increased steadily, rising from 320 USD/MT in week 1 to 378 USD/MT in week 4. This upward trend suggests either increasing demand or tightening supply. In Meru, wholesale prices initially started higher at 351 USD/MT in week 1, peaked slightly at 360 USD/MT in week 2, and then decreased to approximately 338 USD/MT to 340 USD/MT by the end of the month. This fluctuation may indicate a decline in demand or improved supply in the region. In Kirinyaga, prices began at 320 USD/MT in week 1 but gradually declined throughout February, ultimately ending at 282 USD/MT in week 4. This trend could imply better supply conditions or lower demand in Kirinyaga during this period, displaying relative stability with minor fluctuations.

In March, the trend continued as prices in Nairobi rose further, peaking sharply at 426 USD/MT in week 4. This significant increase suggests heightened price pressure or increased demand in the capital market. In contrast, prices in Meru stabilized around 338-349 USD/MT, exhibiting moderate growth without sharp changes, which indicates steady market conditions. Prices in Kirinyaga fluctuated between 301-321 USD/MT, remaining lower and more stable compared to Nairobi, continuing the February trend of Kirinyaga having the lowest wholesale prices among the three regions.

Overall, Nairobi experiences the highest and fastest-rising wholesale prices, highlighting it as a major demand center with tight supply dynamics. Meru reflects moderate price stability, likely due to balanced local supply and demand. Meanwhile, Kirinyaga shows a downward-to-stable price trend, indicating better availability or less market pressure. The sharp price rise in Nairobi in late March may signal upcoming retail price increases or potential supply constraints.

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



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

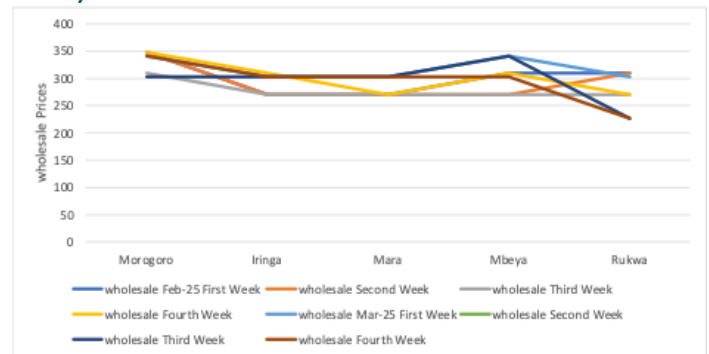
Tanzania

In Chart 4, the February trends reveal that in Morogoro, prices remained stable at 348 USD/MT for most of the month, with a notable drop to 309 USD/MT in week 3. This indicates consistent demand or managed supply. In Iringa, prices were flat at 271 USD/MT until the fourth week, when they rose sharply to 309 USD/MT. This spike suggests a shift in supply or increased market activity toward the end of the month. In Mara, prices held steady at 271 USD/MT throughout the month, demonstrating complete price stability. In Mbeya, prices decreased from 309 to 271 USD/MT in mid-February, then rose again to 309 USD/MT by week 4. This reflects short-term volatility, likely caused by supply or transportation issues. Similarly, in Rukwa, price movements mirrored those in Mbeya: they remained steady at 309 before dropping to 271 USD/MT in the third and fourth weeks.

In March, Morogoro saw prices fluctuate between 303 and 341 USD/MT, indicating moderate instability compared to February. This suggests tightening supply or a market correction. In both Iringa and Mara, prices consistently remained at 303 USD/MT, reflecting stable and synchronized pricing that may indicate regional alignment in market activity. In Mbeya, prices increased to 341 USD/MT in week 1 but dropped to 303 USD/MT by week 4, showing a mild decline possibly due to harvest inflows. In Rukwa, prices experienced a significant decline from 303 to 227 USD/MT by the third and fourth weeks, marking the largest price drop across all regions. This could signal over-supply, reduced demand, or a harvesting glut in the southwest.

Overall, Morogoro and Mbeya experienced moderate fluctuations in prices, suggesting responsive shifts in supply and demand. In contrast, Iringa and Mara remained remarkably stable, indicating potential efficiency within the supply chain or influence from government pricing. The notable price drop in Rukwa in March is particularly significant, potentially pointing to a localized surplus or transportation bottlenecks affecting pricing.

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



Source: Weekly Market Bulletin, Ministry of Agriculture, Tanzania

Changing Rice Prices in East Africa

In Kenya, the average wholesale prices increased from 1,030 USD/MT in February to a peak of 1,187 USD/MT in the second week of March, then dipped slightly by the end of March to 1,043 USD/MT (Figure 5). The average retail prices showed a strong spike from 1,085 USD/MT in February to a high of 1,511 USD/MT in the first week of March, remaining elevated at 1,455 USD/MT even in the last week. This suggests strong supply-side constraints or inflationary pressures, with significant markups in March.

In Uganda, the wholesale prices showed moderate fluctuations in February (754 to 789 USD/MT), then fell in early March to 732, before rebounding sharply to 877 USD/MT by

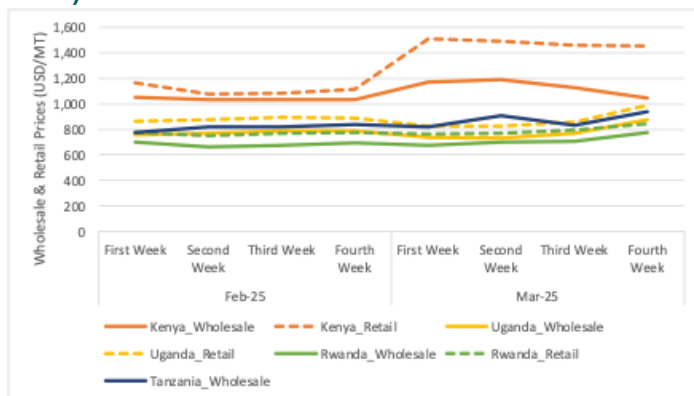
late March. The retail prices mirrored this: a dip to 823 in early March, then a spike to 988 USD/MT by the end. This volatility, with a sharp late-March rebound, indicates supply disruptions or post-harvest effects.

In Rwanda, the wholesale prices dipped early in March (from 702 to 672 USD/MT), then steadily climbed to 772 USD/MT by late March. The retail prices were mostly stable (753–770 USD/MT), with a gradual rise to 846 USD/MT. This shows that Rwanda experienced mild inflation, but less volatility compared to Kenya or Uganda.

In Tanzania, the wholesale prices steadily rose from 777 USD/MT in the first week of February to 935 USD/MT in the fourth week of March. A notable jump occurred in mid-March (909 USD/MT), which indicates a steady tightening of supply, potentially due to increased regional demand or export activity.

Overall, March 2025 brought general upward pressure on rice prices across East Africa. Kenya and Uganda faced the most pronounced retail price inflation, likely due to supply issues or logistics costs. Rwanda's steadiness offers a contrast, perhaps due to stronger market regulation or lower external demand pressure. Tanzania's consistent rise suggests it's absorbing regional demand, especially from Kenya and Uganda.

Figure 5: Weekly average wholesale and retail prices of rice in East Africa (February – March 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 Table 2, the month-on-month trends reveal that in Kenya, retail prices surged significantly by 33.3%, rising from 1,110 USD/MT to 1,480 USD/MT, marking the highest monthly increase among all countries. Wholesale prices also increased by 9.3%, from 1,035 USD/MT to 1,132 USD/MT. This indicates strong demand or import constraints, possibly influenced by speculation or supply chain pressures at the retail level.

In Uganda, retail prices dipped slightly by 0.8%, fluctuating from 880 USD/MT to 873 USD/MT, while wholesale prices remained nearly unchanged, increasing just 0.5%. This stability suggests that Uganda's rice market is balanced, with supply and demand in equilibrium or limited growth in consumer purchasing power.

In Rwanda, retail prices increased modestly by 3.2%, whereas wholesale prices decreased slightly by 1.6%. This divergence may indicate rising consumer-side costs (such as transportation or profit margins) despite a stable or improving supply.

In Tanzania, wholesale prices fell by 1.6%, dropping from 850 USD/MT to 874 USD/MT, which may suggest softened demand, a good harvest, or a stabilizing supply chain.

On the other hand, the year-on-year comparison between March 2024 and March 2025 shows that retail prices in Kenya experienced mild inflation of 13%, despite the sharp recent monthly spike. In Uganda, there was a slight deflation of 2.6%, likely due to improved supply. Rwanda saw a significant price drop of 17.1%, indicating a market correction or oversupply.

In terms of wholesale prices, Kenya experienced a steady growth of 15%. Uganda noted a mild decline of 3.7%. In Tanzania, wholesale prices significantly fell by 9.7%, which may be attributed to export competitiveness. Rwanda also saw a decrease in wholesale prices by 13.6%, potentially due to import substitution or gains in local production.

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

Country	Market Levels	Monthly Average Prices February 2025 (USD/MT)	Monthly Average Prices March 2025 (USD/MT)	% Change February & March 2025	Monthly Average Prices March 2024 (USD/MT)	% Change March 2024 & March 2025
Kenya	Retail	1110	1480	33.3	1307	13.6
Uganda	Retail	880	873	-0.8	896	-2.9
Rwanda	Retail	768	793	3.2	956	-17.3
Kenya	Wholesale	1035	1132	9.3	1077	5.1
Uganda	Wholesale	774	778	0.5	809	-3.1
Tanzania	Wholesale	850	874	-1.6	968	-9.1
Rwanda	Wholesale	683	714	-1.6	956	-13.1

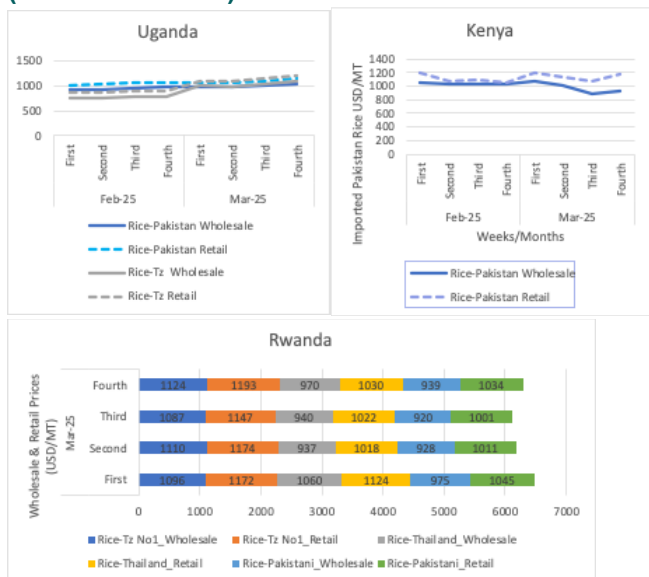
Source: Author's construction using data from the Ministry of Investment, Industry and Trade for Tanzania, eSoKo for Rwanda Ministry of Agriculture Livestock Fisheries and Cooperatives for Kenya and Daily Market Traders Survey for Uganda

In Uganda, between February and March 2025, both Pakistani and Tanzanian rice experienced price increases, but Tanzanian rice saw a much sharper rise. Wholesale prices for Tanzanian rice surged by 46.5%, rising from 754 to 1,105 USD per metric ton (MT). In contrast, the price of Pakistani rice increased more modestly by 13.6%, moving from 919 to 1,044 USD per MT. Retail prices mirrored this trend, with Tanzanian rice increasing by 40.7% (from 860 to 1,210 USD per MT) and overtaking the price of Pakistani rice, which rose by 13.5% (from 1,012 to 1,149 USD per MT). This shift indicates that Tanzania's local rice market is facing stronger supply constraints or higher demand, while Pakistani rice has remained relatively stable, possibly providing a more reliable alternative in the short term. Overall, while both rice types experienced rising prices, Tanzanian rice became disproportionately more expensive, suggesting localized market pressures. Meanwhile, the stability of Pakistani rice prices implies less disruption in imports, making it a potentially more attractive option for consumers if these trends continue.

In Kenya, between February and March 2025, the prices of Pakistan-origin rice exhibited significant volatility, particularly in March. In February, wholesale prices were relatively stable, averaging around 1,035 USD per metric ton (MT), while retail prices ranged from 1,057 to 1,199 USD per MT with a gradual decline. However, in March, wholesale prices fluctuated sharply. They peaked at 1,062 USD per MT in the first week, dropped to 891 USD per MT by the third week, and then slightly rebounded to 924 USD per MT by the fourth week. Retail prices displayed a similar erratic pattern, falling from 1,189 USD per MT to 1,067 USD per MT, before rising again to 1,173 USD per MT. These fluctuations suggest instability in supply chains, possible shifts in import pricing, or market speculation, despite the relatively steady prices earlier in the year.

In Rwanda, as of March 2025, Tanzanian rice was the most expensive across all market levels. Wholesale prices for Tanzanian No. 1 rice ranged from \$1,087 to \$1,124 per metric ton (MT), while retail prices varied between \$1,147 and \$1,193 per MT, reflecting moderate week-to-week increases. Thai rice maintained mid-range pricing, with wholesale prices fluctuating slightly between \$937 and \$1,060 per MT, and retail prices stabilizing between \$1,018 and \$1,124 per MT. Pakistan-origin rice had the lowest prices, with wholesale values dropping from an initial point to \$920 per MT before slightly recovering to a price range between USD 975 and \$939 per metric ton. Retail prices followed a similar trend, decreasing and then recovering within the range of \$1,045 to \$1,034 per MT. Overall, Tanzanian local rice led in pricing, likely due to local preferences or limited supply. In contrast, Pakistani rice remained the most affordable option, providing a competitive import choice amid regional price fluctuations.

Figure 6: Weekly average wholesale and retail prices of imported rice varieties in East Africa (Feb – Mar 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 and the Daily Market Traders Survey for Uganda.

Summary and Future Outlook

The weekly price variability showed that Uganda posted the steepest maize price growth (Feb to Mar), suggesting supply tightening. Rwanda saw the biggest price decline, possibly due to better harvests or reduced exports. Kenya's volatility in March indicates market sensitivity and a potential risk to consumer affordability. Tanzania remains stable, potentially serving as a regional price anchor if demand rises elsewhere.

While Kenya experienced sharp retail price increases, especially in March (up 2.8% month-on-month and 22% year-on-year), driven by tight supply and high demand in major markets like Nairobi. Uganda saw both wholesale and retail maize prices increase steadily, with retail prices up 13.1% monthly and 73.8% annually, particularly in markets like Kabale and Gulu, indicating significant domestic demand pressure. Rwanda's maize prices declined in March, especially at the wholesale level (-28.7% MoM), suggesting improved supply or reduced demand. Tanzania experienced steady wholesale maize price growth, hinting at tightening supply and rising cross-border trade influence.

The weekly rice prices and Kenya's retail maize prices peaked at a record 1,511 USD/MT, signalling urgent supply-side concerns. Uganda's sharp week-to-week changes point to market uncertainty and sensitivity to regional trade

shifts. Tanzania's growing price trend underscores its role as a regional stabilizer, but pressure may build without intervention. Price gaps between wholesale and retail in Kenya and Uganda are widening, suggesting rising costs beyond the farm gate.

Kenya and Tanzania faced the steepest weekly price spikes, especially in March. Uganda's and Rwanda's markets were more stable or only moderately reactive, indicating resilient supply chains or limited domestic shocks. Local rice (Tanzania No.1) is consistently priced higher than imports, suggesting consumer preference, but also significant domestic supply pressure.

Kenya's rice market was marked by soaring retail prices in March (up 33.3% MoM), indicating strong consumer demand or import bottlenecks. Uganda and Rwanda had relatively stable or declining rice prices, both monthly and year-on-year, suggesting better-managed supplies or reduced consumption. Tanzania's rice prices (especially Tanzania No.1) rose sharply, particularly in wholesale markets (up 46.5% MoM), surpassing the prices of imported rice from Pakistan and Thailand. Among imports, Pakistan rice remained the most affordable but also the most volatile, while Thai rice prices were mid-range and more stable.

In Q2 of 2025, based on the trends observed in the grains market, maize prices in Kenya and Uganda are likely to remain high due to regional trade dynamics and strong internal demand. In contrast, the maize markets in Rwanda and Tanzania may stabilize or correct if the supply remains robust. In Kenya, rice prices might continue to experience inflationary pressure, particularly if there are constraints in import logistics. Meanwhile, local rice prices in Tanzania may remain elevated due to increasing domestic and export demand. Pakistani rice could regain competitiveness if global supply chains stabilize. Additionally, cross-border trade is expected to play a growing role in shaping price trends, with Tanzania becoming an increasingly important supplier, especially to Kenya and Uganda. Price disparities across borders may encourage informal trade, further impacting supply and demand balances. Ultimately, East African governments may intervene using various policy measures, such as implementing import subsidies or releasing reserves, to stabilize prices if spikes threaten food security, particularly in urban centres like Nairobi and Kampala.

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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