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

Highlights

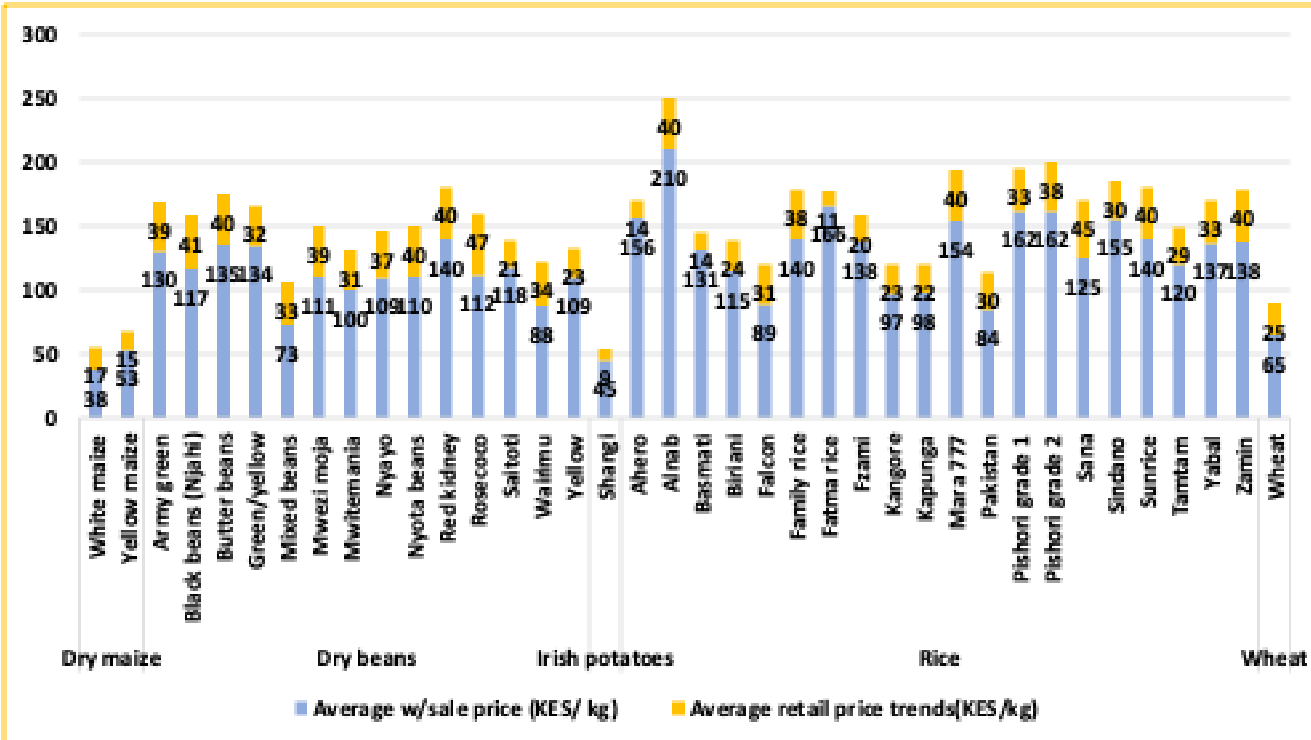
- Market price differences across regions were influenced by food availability, intensity of trading activities, transport and fuel costs, and increased demand during the festive season.
- **Dry Beans:** Prices were lower in Eldoret, Nakuru, and Nyeri due to strong local supply and production surpluses.
- **Dry Maize:** Higher prices were observed in Kisumu, Nyeri, and Mombasa, driven by strong demand, higher transport costs, and seasonal supply tightening, while Eldoret recorded lower prices due to steady supply from major producing areas.
- **Irish Potatoes:** Prices were higher in Nairobi, Nakuru, and Nyeri, reflecting supply constraints linked to weather conditions, rising production costs, and strong urban demand during the festive season.
- **Rice:** Eldoret recorded higher rice prices due to strong demand, rising fuel-related transport costs, and limited local production.
- **Dry Wheat:** Prices remained high in Eldoret, Nairobi, and Mombasa, largely due to strong urban demand, high transport costs, and reliance on inter-regional supplies and imports.

Overall Wholesale and Retail Prices for December

In December 2025, Figure 1 illustrates the average wholesale and retail prices of key staple foods including maize, beans, potatoes, rice, and wheat across major markets in Kenya. Several commodities, including green yellow beans, Saitoti beans, yellow beans, Shangi Irish potatoes, and most rice varieties such as Ahero, Alnab, Basmati, Biriani, Fatma, Fzami, Kangore, Kapunga, Pishori, Sunrice, Tamtam, and Tabal, recorded moderate price differences ranging between 9 % and 25 %. Larger price gaps of 26 % to 35 % were observed for yellow dry maize, selected dry bean varieties including Butter, Mwezi Moja, Mwitemania, Nyayo, and Red Kidney, as well as some rice types such as Falcon, Family, Mar 777, Sindano, and Zami.

A smaller group of commodities experienced pronounced price variations exceeding 36 %, notably white dry maize, several dry beans including mixed, Nyota, Rosecoco, and Wairimu, selected rice varieties including Pakistan and Sana, and dry wheat. These wholesale and retail price differences largely reflect seasonal demand pressures during the festive period, combined with persistently high fuel and transport costs. In addition, currency depreciation has continued to push up prices for import dependent commodities such as rice and wheat, while localized supply constraints linked to weather conditions and production patterns have contributed to higher consumer prices in urban markets, even where production levels in surplus areas remained relatively favorable.

Figure 1: Overall average wholesale and retail prices (KES/Kg)



Source: Daily Market Survey for the month of December 2025

Wholesale and Retail Commodity Prices

Different bean varieties were reported across regions, with common ones including Army Green, Black Beans (Njahi), Green/Yellow, Mwitemania, Nyayo, Rosecoco, Saitoti, Yellow, Mixed, and Wairimu. Unique varieties such as Mwezi Moja and Nyota beans were found in Eldoret, while Butter Beans and Red Kidney were only reported in Nakuru. Eldoret and Nakuru recorded the widest range of bean varieties since they are major production areas, while Kisumu had the least variety. As expected, retail prices for all bean types were higher than wholesale prices. Compared to the national average, most bean varieties in Mombasa and Nairobi had higher wholesale prices, likely due to the city's high demand and limited local production. In contrast, Eldoret, Nakuru and Nyeri recorded lower prices than the national averages. The lower bean prices in Eldoret, Nakuru, and Nyeri in December 2025 were primarily due to these regions being major bean-producing areas with high local supply, while the higher prices in Kisumu, Nairobi, and Mombasa were a result of high demand, reliance on imports, and increased transportation costs.

All regions reported the availability of dry white maize, except for Kisumu, where both dry white and yellow maize were observed. Relative to the national average wholesale price of (38 KES/kg) and a retail price of (55 KES/kg) for dry white maize, higher wholesale prices were recorded in Mombasa at (63 KES/kg), Nakuru at (60 KES/kg), and Nyeri at (60 KES/kg). Kisumu, on the other hand, recorded a higher retail price of (44 KES/kg). The elevated wholesale and retail prices observed in Mombasa, Nakuru, and Nyeri in December 2025 were largely driven by strong demand that exceeded local supply, alongside increased transportation costs and the influence of market intermediaries in price formation. This pattern aligns with national observations reported by People Daily in September 2025, which noted that although Kenya was expected to achieve a record harvest in 2025 following the implementation of government fertilizer subsidy programs, regional price disparities continued to persist due to complex supply chain constraints and prevailing market dynamics.

Irish potato prices in Nakuru were higher than the national average, with wholesale prices recorded at (47 KES/kg) and retail prices at (75 KES/kg), compared to average wholesale and retail prices of (45 KES/kg) and (54 KES/kg), respectively. The elevated prices observed in Nakuru in December 2025 can be attributed to increased demand during the festive season, particularly around the Christmas and New Year period, alongside supply pressures linked to unfavorable weather conditions such as excess rainfall, which may have disrupted harvesting and market supply. These factors were further compounded by rising fuel and transportation costs and the role of market intermediaries, resulting in a supply demand imbalance despite Nakuru being a key production region.

All regions reported the availability of Biriani and Pishori rice. Sindano rice was available in all regions except Nairobi, while Basmati rice was observed in all regions except Nakuru. Mombasa recorded a wider range of rice varieties, including Family, Fatma, Mara 777, Tamtam, and Sunrice, while Eldoret stocked Falcon and Zamin rice, and Kisumu reported the presence of Ahero rice. Pishori grade 1 rice recorded notably high prices in Eldoret, with wholesale and retail prices at (180 KES/kg) and (250 KES/kg), respectively, and a higher wholesale price in Nairobi at (179 KES/kg), compared to the national average wholesale and retail prices of (162 KES/kg) and (195 KES/kg). In Kisumu, Sindano rice recorded average wholesale and retail prices of (193 KES/kg) and (205 KES/kg), exceeding the national averages of (155 KES/kg) and (185 KES/kg). The elevated rice prices observed toward the end of 2025 reflect a combination of heightened seasonal demand and long standing structural challenges within Kenya's rice supply chain, particularly in major trading hubs such as Eldoret and Kisumu. According to The Star Newspaper in December 2025, local rice production accounts for only 23 % of national demand, forcing the country to rely heavily on imports to address supply gaps and stabilize prices. In response, KALRO, in partnership with other stakeholders, is introducing high-yield rice varieties such as Kalgold, Kalpaa, Kalfine, and Kal-Imara to boost production and help close the national supply gap.

Eldoret (78 KES/kg) and Mombasa (78 KES/kg) recorded higher wholesale prices for wheat compared to the national average of (65 KES/kg) for dry wheat. Similarly, retail prices in Eldoret (100 KES/kg), Mombasa (107 KES/kg), and Nakuru (100 KES/kg) were above the national average of (91 KES/kg). The elevated wheat prices in these key urban centers in December 2025 were likely driven by a combination of increased festive season demand, rising transportation costs due to higher fuel prices and subsidy removals, depreciation of the Kenyan Shilling affecting import costs, and potential local supply constraints. Despite some harvest, these factors contributed to higher price margins compared to national averages. Annual consumer price inflation, as measured by the Consumer Price Index, was 4.5% in December 2025, indicating a moderate increase in general prices that may have also influenced retail wheat prices in these markets Kenya National Bureau of Statistics (2026).

Table 1: Average wholesale and retail prices (kes/kg) by region for December

Product	Variety	Average w/sale price (KES/ kg)						Average retail price (KES/ kg)						Total average w/sale price (KES kg)	Total average retail price (KES / kg)
		Eldoret	Kisumu	Mombasa	Nairobi	Nakuru	Nyeri	Eldoret	Kisumu	Mombasa	Nairobi	Nakuru	Nyeri		
Dry beans	Army green	124		155	159	115	98	180		200	175	160	130	130	169
	Black beans (Njahi)	142	140	102	159	75	87	186	180	133	176	150	120	117	158
	Butter beans					135						175		135	175
	Green/yellow	126		150	159	115	121	180		156	173	160	160	134	166
	Mixed beans	70	65	75		70	86	90	150	100		100	90	73	106
	Mwezi moja	111						150						111	150
	Mwitemania	114		80	144	80	83	150		125	160	120	100	100	131
	Nyayo	103	88	94	147	110		140	160	113	165	150		109	146
	Nyota beans	110						150						110	150
	Red kidney					140						180		140	180
	Rosecoco	110	104	77	160	115	104	160	170	150	174	160	140	112	159
	Saitoti	110		98	144	120		140		108	160	150		118	139
	Wairimu	77	83	100	100	70	94	120	160	120	120	100	110	88	122
	Yellow	109	133	120		90	95	150	250	160		120	130	109	162
Dry maize	White maize	28	44	33	38	37	50	45	55	63	50	60	60	38	55
	Yellow maize		53				52		65				70	53	68
Irish potatoes	Shangi	42	44	45	46	47	46	48	48	55	50	75	50	45	54
Rice	Ahero		156						170					156	170
	Aînab					210						250		210	250
	Basmati	150	100	140	140		126	220	180	256	160		160	131	195
	Biriani	108	180	109	108	90	96	150	190	117	130	130	120	115	139
	Falcon	89						120						89	120
	Family rice			140						178				140	178
	Fatma rice	168		164				280		275				166	277
	Fzami	138						200						138	200
	Kangore						97						120	97	120
	Kapunga						98						120	98	120
	Mara 777			160		148				272		170		154	221
	Pakistan		72				96		180				120	84	150
	Pishori grade 1	180		152	185	170	136	250		173	204	200	170	162	195
	Pishori grade 2	140	113					200	199					126	200
	Sana	148				125	101	220				160	130	125	170
	Sindano	153	193	156		136	138	203	205	186		170	160	155	185
	Sunrice			140						210				140	210
	Tamtam			120						179				120	179
	Yabal					137						170		137	170
	Zamin	138						200						138	200
Wheat	Wheat	78	47	78	69	60	57	100	80	106	85	100	70	65	90

Source: Daily Market Survey for the month of December 2025

Wholesale and Retail Price Trends by Region

Between weeks one and four, most dry beans in Eldoret recorded stable prices, with only minor fluctuations. At the wholesale level, prices for Mwezi Moja, Mixed, and Rosecoco remained stable, while other dry beans saw decreases of 3–11%. Black beans (Njahi) were an exception, experiencing a sharp 93% increase. At the retail level, prices for all dry beans were generally stable, except for Njahi, which rose by 17%. Dry maize, all rice varieties, and wheat maintained stable wholesale and retail prices, while Irish potatoes recorded increases of 15% and 7%, respectively. The relative stability of beans, maize, rice, and wheat was supported by steady supplies from ongoing harvests and imports. In contrast, Irish potatoes' prices rose due to their perishable nature, high festive-season demand, increased transport costs, and middlemen involvement. The sharp increase in Njahi prices was driven by supply shortages caused by the October–December 2025 short rains failure, high demand, elevated transport costs, and market intermediaries.

A review of food commodity prices in Kisumu between week one and week four shows overall stability, with only a few notable increases. All available dry bean varieties, white and yellow maize, and dry wheat maintained stable wholesale and retail prices. In contrast, Shangi Irish potatoes saw significant price increases of 23% at wholesale and 20% at retail. Most rice varieties had stable wholesale prices, except Pakistan and Sindano, which rose by 9% and 5%, respectively, while retail prices for most rice varieties increased between 6% and 9%. The stability in beans, maize, and wheat prices in December 2025 was supported by steady regional harvests and imports. Meanwhile, the higher prices for Irish potatoes and certain rice varieties were driven by seasonal scarcity, strong demand, and rising transportation costs.

In the Mombasa region, a comparison of prices between week one and week four showed a mix of stability, increases, and decreases across both retail and wholesale markets. At the wholesale level, most dry bean varieties remained stable, while Black beans (Njahi) declined by 15%, Saitoti beans by 4%, and Green Yellow beans increased by 8%. At retail, prices for most dry beans rose between 0.3% and 17%, with a few varieties remaining unchanged. Dry maize prices were stable at wholesale but declined by 5% at retail. Irish potatoes recorded notable increases of 28% at wholesale and 49% at retail. Among rice varieties, most wholesale prices were stable, with Pishori and Fatme rice showing a slight decrease of 1%, while Biriani rice rose by 11%. At retail, rice prices mostly increased by 1–9%, although Family Rice and Sunrice fell by 6% and 14%, respectively. Dry wheat recorded stable wholesale prices with a modest 7% increase in retail. Overall, December 2025 food prices in Mombasa reflected several factors. Stable supplies from imports from Pakistan, Tanzania, and Uganda, along with local production, helped balance fluctuations in demand during the festive season. At the same time, higher transport and import costs kept prices of some commodities, such as wheat and rice, elevated. Specific challenges, including poor potato harvests, combined with local market dynamics, created uneven trends where some products declined, like certain

FOCUS ON WHEAT ACROSS SELECTED REGIONS

Wheat is a vital staple crop in Kenya, contributing significantly to the country's daily calorie intake. It is the second most widely cultivated cereal after maize, and its importance continues to rise due to population growth, urbanization, and shifting dietary preferences. Increasing demand for convenient wheat-based products such as bread, biscuits, pasta, and noodles has further strengthened its role in the national diet.

Despite growing demand, local wheat production remains insufficient to meet national requirements, making the country heavily reliant on imports. The production shortfall is mainly attributed to low yields, inefficient farming practices, and challenges in post-harvest management, particularly during wet harvesting seasons. As a result, Kenya has not yet achieved self-sufficiency in wheat production, leading to a persistent gap between supply and demand. To address this deficit, the country imports wheat primarily from Austria, Russia, Argentina, Ukraine, and Canada.

Wheat cultivation in Kenya is largely concentrated in the Rift Valley region, especially in Narok, Nakuru, Uasin Gishu, Trans Nzoia, and Nanyuki counties. The crop thrives in dry climates with well-drained soils and moderate rainfall. The most commonly grown variety is Durum wheat, although several other varieties are also cultivated, including Kenya Kingbird, Kenya Eagle, KS-Chui, Robin, Pasa, Kenya Chirika, KS Mwamba, KS Farasi, Mbega, Ngamia, Duma, Kenya Tembo, Kenya Mbweha, Kenya Nungu, Kenya Kulungu, Kenya Paka, Kenya Nyangumi, Kenya Nyambu, Kenya Kongono, Kenya Fahari, Kenya Popo, Mbuni, and Kenya Kwale.

Wheat was available in all regions in December 2025. Wholesale prices in Eldoret (78 KES/kg), Mombasa (78 KES/kg), and Nairobi (above the national average of 65 KES/kg) were higher than average, while retail prices in Mombasa (107 KES/kg), Eldoret (100 KES/kg), and Nakuru (100 KES/kg) exceeded the national average of (91 KES/kg). These regional price differences were driven by supply-demand imbalances, high transport costs, weather-related harvest challenges, reliance on imports, and the influence of market intermediaries.

Figure 1: Average wholesale and retail prices of wheat (KES/kg) in selected regions

Region	Average w/sale price (KES/kg)	Average retail price (KES/kg)	Total average w/sale price (KES/ kg)	Total average retail price (KES/kg)
Eldoret	78	100	65	90
Kisumu	47	80		
Mombasa	78	106		
Nairobi	69	85		
Nakuru	60	100		
Nyeri	57	70		

Source: Daily Market Survey for the month of November 2025.

beans, while others rose or remained steady, including maize and rice.

In Nairobi, food prices between week one and week four were largely stable at the wholesale level for most commodities, while retail prices showed a mix of stability and increases. At the wholesale level, some bean varieties recorded modest price increases of between 1% and 3.5%. In contrast, Black beans declined slightly by 0.5%, while Mwitemania and Saitoti beans remained unchanged. At the retail level, prices for some bean varieties increased by between 4% and 13%, while Mwitemania, Saitoti, and Wairimu beans remained stable. Dry white maize recorded a 4% increase in wholesale prices, with retail prices remaining unchanged. Shangi Irish potatoes experienced a decline of 3% at the wholesale level and 6% at the retail level. Wholesale rice prices increased by between 2% and 6%, while retail prices showed a combination of stability and increases. Wheat prices rose by 4.5% at the wholesale level and by 13% at the retail level. Overall, the increases in prices for dry beans, dry maize, rice, and wheat in Nairobi in December 2025 were mainly driven by factors that reduced supply or raised costs, while the decline in Irish potato prices was likely due to seasonal oversupply.

A comparison of prices between week one and week four in Nakuru showed that most food commodities remained stable in both wholesale and retail markets. Wholesale and retail prices for all available dry bean varieties did not change over the period. Dry white maize recorded a slight increase of 1% at the wholesale level, while retail prices remained unchanged. Prices for Shangi Irish potatoes, all available rice varieties, and dry wheat also remained stable in both wholesale and retail markets. The overall price stability for dry beans, maize, rice, wheat, and Irish potatoes in Nakuru in December 2025 can be attributed to the county's strong agricultural base and adequate local supply. This local production helped meet festive season demand, supported by harvests from October to December for maize and wheat, as well as ongoing harvests and imports of potatoes, beans, and rice from nearby counties and Tanzania. As a result, Nakuru did not experience the sharp price increases often seen in non-producing areas, even in the face of higher transport and import costs.

A comparison of wholesale and retail prices in Nyeri between week one and week four showed that most food commodities remained stable, with only minor increases or declines observed for a few items. At the wholesale level, most available bean varieties, including Green yellow, Mixed, and Mwitemania, remained unchanged, while a few varieties recorded small increases ranging between 0.6% and 2%. Dry white and yellow maize prices remained stable over the period. Shangi Irish potatoes recorded a slight increase of 1%, while most rice varieties showed no change, except for Kangore and Sana, which declined slightly by 2% each. Wheat prices increased modestly by 5% at the wholesale level. At the retail level, prices for all monitored food commodities remained unchanged between week one and week four. This included all available dry bean and rice varieties, dry white and yellow maize, Irish potatoes and dry wheat. The general price stability for dry beans, maize, rice, wheat, and Irish potatoes in Nyeri in December 2025 can be linked to adequate local and regional supply supported by recent harvests, particularly for wheat, and steady inflows from key producing areas such as Narok and Nakuru. In addition, the easing of festive season demand and balanced imports helped keep markets well supplied, resulting in stable prices despite possible localized transport cost pressures.

Comparison of National Average Prices between November and December

When comparing national average prices for key commodities between November and December 2025, most wholesale and retail prices remained stable, with only a few commodities recording slight increases, as shown in Table 2. This overall stability was supported by strong domestic production across major agricultural regions, alongside steady imports from neighboring East African countries such as Uganda, Tanzania, and Rwanda, as well as from international suppliers including Pakistan, Thailand, and India. In addition, ample global supplies and the seasonal availability of commodities from local and regional producing areas helped cushion the market and offset other potential inflationary pressures.

Table 2: Comparison of November and December prices

	Average Wholesale Price (Kes/Kg)			Average Retail Price (Kes/ Kg)		
Variety	Nov-25	Dec-25	Percentage change	Nov-25	Dec-25	Percentage change
White maize	38	38	3%	55	55	0%
Yellow maize	53	53	0%	67	68	1%
Army green	125	130	4%	168	169	1%
Black beans (Njahi)	110	117	6%	155	158	2%
Butter beans	135	135	0%	175	175	0%
Green/yellow	135	134	-1%	167	166	-1%
Mixed beans	73	73	0%	106	106	0%
Mwezi moja	111	111	0%	150	150	0%
Mwitemania	101	100	-1%	133	131	-2%
Nyayo	109	109	0%	146	146	0%
Red kidney	140	140	0%	180	180	0%
Rosecoco	113	112	-1%	158	159	1%
Saitoti	118	118	0%	141	139	-1%
Wairimu	88	88	0%	121	122	1%
Yellow	129	139	7%	162	162	0%
Shangi	43	45	4%	52	54	4%
Ahero	156	156	0%	170	170	0%
Basmati	131	131	0%	149	145	-3%
Biriani	114	115	1%	138	139	1%
Falcon	89	89	0%	120	120	0%
Family rice	140	140	0%	192	178	-8%
Pishori grade 1	160	162	1%	194	195	1%
Pishori grade 2	150	155	3%	186	200	7%
Sindano	154	155	1%	183	185	1%
Sunrice	130	140	7%	176	180	2%
Tamtam	120	120	0%	148	149	1%
Wheat	64	65	2%	89	90	1%
		<=3 but >-3	Stable			
		>-3 but <-15	Significant Decrease			
		>3 but <7	Slight increase			

Source: Daily Market Survey for the month of December 2025

Outlook for the Month of January

In January 2026, food prices across Mombasa, Nairobi, Kisumu, Eldoret, Nakuru, and Nyeri are expected to remain largely stable, with some commodities recording slight increases driven by post-harvest dynamics, seasonal demand, and transportation costs following the December festive period.

- Dry maize: Prices are expected to remain stable or increase slightly as stocks from the main harvest begin to decline and market supply normalizes after December. Continued cross-border inflows from Uganda and Tanzania are likely to cushion supply, although higher transport costs may keep prices relatively elevated in deficit markets such as Mombasa.
- Dry beans: Prices are likely to increase moderately in most urban markets due to reduced availability following the end of the harvest season and sustained household demand in January. Producing areas such as Eldoret, Nakuru, and Nyeri may record relatively lower prices, but upward pressure is expected as traders replenish stocks.
- Rice: Prices are expected to remain stable, supported by adequate stocks from the Mwea and Ahero irrigation schemes and steady imports from Pakistan, India, and Thailand. Any price movements are likely to be minimal and influenced mainly by exchange rate fluctuations and import handling costs.
- Irish potatoes: Prices may rise slightly as supplies tighten after the peak harvest period in Nakuru, Nyandarua (Kinangop), and Elgeyo Marakwet. Urban markets such as Nairobi and Mombasa are expected to experience higher prices due to transport, storage, and handling costs.
- Dry wheat: Prices are expected to remain firm or increase slightly, reflecting continued reliance on imports amid limited domestic production. Global market conditions, freight costs, and exchange rate movements are likely to sustain upward pressure, particularly in Mombasa and Nairobi.
- Overall, maize and rice are expected to support relative price stability in January 2026 due to sufficient stocks and import flows. In contrast, dry beans, Irish potatoes, and wheat may face moderate upward pressure, contributing to slightly firmer food prices in several urban markets.
- Overall, December is expected to bring modest relief to household food budgets, particularly for maize and potatoes in production-adjacent regions. However, wheat prices may exert mild upward pressure in major urban and coastal markets, while festive demand will help stabilize potato prices in large cities.

FOCUS ON NAKURU REGION

Nakuru County is located in Kenya's central Rift Valley and covers an area of about 7,495.1 square kilometers. It borders several counties, including Baringo to the north, Laikipia to the northeast, and Narok to the south. The county has a diverse landscape that ranges from fertile highlands to wide open plains and includes several notable geographical features. With a population of over 2.1 million people, Nakuru is among the most densely populated counties in the country and is made up of vibrant urban centers alongside active rural communities.

Agriculture forms the backbone of Nakuru's economy. The county is a major producer of cereals such as maize, beans, and wheat, as well as Irish potatoes, supported by fertile soils and a favorable climate. Agribusiness activities, including dairy farming, floriculture, and horticulture, further strengthen the local economy. Nakuru plays an important role in Kenya's food system by supplying key markets such as Nairobi and Mombasa through well-developed transport networks. At the same time, it receives commodities such as rice, vegetables, and tropical fruits from production areas including Mwea, Kisumu, and the coastal region.

The county hosts several key food commodity markets, including Wakulima, Molo, and Naivasha, which are important hubs for food trade and distribution. Between Week 1 and Week 4, prices of most food commodities in Nakuru remained largely stable, mainly due to consistent supply from surrounding production areas.

Table 3: Average Wholesale and Retail Prices, Nakuru Region

Product	Variety	Average w/sale price (KES/kg)				Average retail price (KES/kg)				Total average w/sale price (KES/kg)	Total average retail price (KES/kg)
		Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4		
Dry beans	Army green	115	115	115	115	160	160	160	160	115	160
	Black beans (Njahi)	75	75	75	75	150	150	150	150	75	150
	Butter beans	135	135	135	135	175	175	175	175	135	175
	Green/yellow	115	115	115	115	160	160	160	160	115	160
	Mixed beans	70	70	70	70	100	100	100	100	70	100
	Mwitemania	80	80	80	80	120	120	120	120	80	120
	Nyayo	110	110	110	110	150	150	150	150	110	150
	Red kidney	140	140	140	140	180	180	180	180	140	180
	Rosecoco	115	115	115	115	160	160	160	160	115	160
	Saitoti	120	120	120	120	150	150	150	150	120	150
	Wairimu	70	70	70	70	100	100	100	100	70	100
	Yellow	90	90	90	90	120	120	120	120	90	120
Dry maize	White maize	36	37	37	37	60	60	60	60	37	60
Irish potatoes	Shangi	47	47	47	47	75	75	75	75	47	75
Rice	Ainab	210	210	210	210	250	250	250	250	210	250
	Biriani	90	90	90	90	130	130	130	130	90	130
	Mara 777	148	148	148	148	170	170	170	170	148	170
	Pishori grade 1	170	170	170	170	200	200	200	200	170	200
	Sana	125	125	125	125	160	160	160	160	125	160
	Sindano	136	136	136	136	170	170	170	170	136	170
	Yabal	137	137	137	137	170	170	170	170	137	170
Wheat	Wheat	60	60	60	60	100	100	100	100	60	100

Source: Daily Market Survey for the month of November 2025.

Synthesis for 2025

- Overall stability: Most staple food commodities showed general price stability across Kenya in 2025, despite minor month-to-month fluctuations.
- **Highest regional differences:** Kisumu and Mombasa consistently recorded the largest wholesale-retail gaps, particularly for dry beans, maize, and rice, highlighting urban demand pressures.
- **Seasonal trends:** Slight seasonal increases were observed in maize and rice retail prices around March–April and August–September.
- **Dry beans:** Wholesale 92–158 KES/kg, retail 120–195 KES/kg; largest gaps in Kisumu, 17–90 KES (14–58%).
- **Dry maize:** Wholesale 28–72 KES/kg, retail 43–124 KES/kg; price differences 5–82 KES (10–112%).
- **Irish potatoes:** Wholesale 22–78 KES/kg, retail 33–90 KES/kg; gaps 1–37 KES (2–48%), mostly small in Nairobi and Kisumu.
- **Rice:** Wholesale 109–172 KES/kg, retail 134–227 KES/kg; gaps 18–68 KES (15–49%), highest in Eldoret and Mombasa.
- **Wheat:** Wholesale 47–98 KES/kg, retail 70–150 KES/kg; gaps 11–43 KES (15–60%), occasional spikes in Kisumu and Mombasa.

Overall Price Trends

Throughout 2025, wholesale and retail prices for major food staples in Kenya remained generally stable, with minor seasonal and regional fluctuations. While Nairobi exhibited the most consistent prices, other regions, such as Kisumu, Mombasa, Nakuru, and Nyeri, experienced occasional retail markups reflecting demand pressures. Despite minor monthly variations, domestic production and steady supply from neighboring regions and international imports supported overall price stability.

Overall Price Trends

Nairobi maintained the most stable prices, with wholesale-retail differences generally ranging 5–20 KES/kg (8–20%), largely due to its well-supplied urban markets and consistent access to both domestic and imported staples. Kisumu recorded the largest gaps for dry beans and wheat, reaching 90 KES/kg (58%) in August, driven by high local demand, limited local supply, and transportation costs from producing regions. Mombasa was the most volatile region for dry maize and rice, with gaps of 41–82 KES/kg (50–112%), reflecting strong urban consumption, reliance on long-distance transport, and occasional supply disruptions. Eldoret had stable wholesale prices, although retail prices for rice and wheat occasionally showed higher differences, up to 64 KES/kg (49%), influenced by seasonal supply constraints and local market dynamics. Nakuru and Nyeri displayed moderate fluctuations, particularly for potatoes and maize, with differences peaking at 37–65 KES/kg (30–48%), mainly due to seasonal harvest variations and transport costs to urban centers.

Monthly Commodity Price Trends

Monthly analysis of 2025 shows that staple food commodities in Kenya experienced varying price trends across regions and months, reflecting seasonal supply, regional demand, and transport factors

Dry Beans

Wholesale prices ranged from 92 KES/kg in Nyeri (August) to 158 KES/kg in Nairobi (January), while retail prices ranged from 120 KES/kg to 195 KES/kg, with the largest wholesale-retail gaps observed in Kisumu (up to 90 KES/kg or 58%) in August. Prices were generally stable, although slight declines were noted in Eldoret and Nyeri from July to September.

Dry Maize

Wholesale prices varied between 28 KES/kg in Eldoret (December) and 72 KES/kg in Kisumu (July), while retail prices ranged from 43 KES/kg to 124 KES/kg, showing the greatest variability among commodities. Retail spikes were observed in Mombasa in March (124 KES/kg) and Nyeri in August (65 KES/kg). Price differences ranged from 5–82 KES/kg (10–112%), reflecting regional demand pressures and seasonal supply changes.

Irish Potatoes

Wholesale prices ranged from 22 KES/kg in Eldoret (July) to 78 KES/kg in Nairobi (January), with retail prices ranging from 33 KES/kg to 90 KES/kg. Gaps were small in Nairobi and Kisumu (1–5 KES/kg, 2–8%) but higher in Nakuru and Mombasa in April–May, reaching 37 KES/kg (48%), largely due to regional supply constraints and transport costs.

Rice

Wholesale prices ranged from 109 KES/kg in Nyeri (January) to 172 KES/kg in Mombasa (March), and retail prices ranged from 134 KES/kg to 227 KES/kg. Retail consistently exceeded wholesale prices, with gaps ranging

18–68 KES/kg (15–49%), highest in Eldoret and Mombasa, driven by urban demand and import reliance.

Wheat

Wholesale prices varied between 47 KES/kg in Kisumu (December) and 98 KES/kg in Mombasa (April), while retail prices ranged from 70 KES/kg to 150 KES/kg. Wholesale-retail differences were generally 11–43 KES/kg (15–60%), with Kisumu and Mombasa occasionally showing higher markups due to local demand and seasonal supply variations.

Factors Influencing Price Fluctuations

Regional demand pressures, particularly in urban centers like Kisumu and Mombasa, contributed to higher retail markups for beans, maize, and rice. Supply constraints, seasonal variability, and transport costs influenced short-term price spikes, especially for maize and potatoes. Consistent imports and domestic surpluses helped stabilize prices for rice and wheat. Seasonal factors, including planting and harvest cycles, also affected maize and rice prices in March–April and August–September.

Factors Influencing Price Fluctuations

In 2025, Kenya's staple food market demonstrated overall stability, with minor fluctuations driven by regional demand, transport costs, and seasonal factors. Nairobi experienced the most consistent pricing, while Kisumu and Mombasa frequently had the highest retail markups, particularly for beans, maize, and rice. These trends highlight areas for targeted market monitoring and potential interventions to support food affordability. Overall, domestic production, regional supply chains, and imports contributed to maintaining a relatively stable food market throughout the year.

ABOUT THIS SERIES

The Food Security Portal (FSP), facilitated by the International Food Policy Research Institute (IFPRI), aims to improve food security for the world's poor and increase the resilience of global food systems against food and financial crisis. The project brings together international, regional, and country-level data, news, and research aimed at meeting countries' immediate food security needs and building long-term global food security. The FSP is designed to pool information in structured ways to ensure high-quality, timely, and relevant data and to provide the opportunity for collaboration among policymakers, development professionals, and researchers.

This report is part of the FSP's efforts to monitor country-level food prices in order to improve the governments' ability to respond to and prevent food crises. It presents monthly price trends and movements for key food commodities, including dry beans, dry maize, rice, wheat, and Irish potatoes, in selected major regions and markets in Kenya.

DATA COLLECTION AND METHODOLOGY

The study was conducted in the Mombasa, Nairobi, Nakuru, Eldoret, Kisumu, and Nyeri regions of Kenya. These regions comprise the key markets in major urban centers. The five selected commodities comprise the major staple foods in Kenya[1].

[1] NB: While the report covers wheat, consumption of that commodity in Kenya is comprised mainly of wheat products (flours, pastries, and highly processed foods) rather than raw wheat itself.

Data assistants, some of whom were traders, collected average daily wholesale and retail prices from the main markets of the selected regions. Data was collected daily for six days (Mondays to Saturdays) from stockists/wholesalers and traders in the morning hours.

During the last week of the month, the following qualitative data were captured:

- General observations on food prices during the month, including price variations and the lowest, highest, and prevailing wholesale and retail prices
- The source of food commodities and their availability throughout the month
- The effects of the COVID-19 pandemic, as well as government restrictions including curfews and cessation of movement, on food prices and availability (both supply and demand)
- Traders' adaptation strategies to the COVID-19 pandemic, including sourcing and selling

Additional secondary data was obtained from the Ministry of Agriculture, Kenya Government Food Security War Room (FSWR), Ministry of Agriculture Livestock and Fisheries (MoALF), and Regional Agriculture Trade Intelligence Network (RATIN).

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