

## Market Highlights

### Nakawa

Nakawa market registered low supply for pineapples and beans with prices for Nambaale beans rising by 20% in wholesale and 11% in retail. Wholesale prices for yellow beans also rose by a similar percentage to shs.1200 from shs.1100. There was a slight increase recorded for agwedde beans over the weekend with traders adding an extra shs.200 to every kg sold.

### Hoima

There is a continuous rise in the prices of beans, ground nuts and rice in Hoima market. Farmers are preparing for the planting season that has set in and are therefore buying groundnut and maize seeds which has left the market drained of these commodities. Hoima market, like Nakawa, also recorded an increase in beans' prices by the same margin to shs.1800 and shs.2000 in wholesale and retail respectively.

### Kalerwe

Fresh cassava prices have relatively gone down compared to prices recorded in the last 2 weeks; traders say this was because of an increase in supply during the weekend. The reduction in demand for exotic chicken over the weekend also led to a drop in prices by over 1000/=.

### Owino

Owino market has also registered an increase in prices for all bean varieties. For nambaale beans, both wholesale and retail prices rose by shs.100 while yellow beans increased by shs.150 (wholesale) and shs.200 (retail). This has been attributed to the planting season that is due and farmers are therefore storing seeds in preparation for it. There is another type of Rice from Tanzania whose price ranges between shs.1900 and shs.2000. This is notably lower than local rice prices and has hence caused some rice price instability in Owino market.

### Arua

Cassava flour prices continued to drop as has been for the last 2 weeks as supply continued to increase in Arua Market. According to reports suppliers moved to all the assembly markets to supply the commodity. This forced the price to come down from shs.850 to shs.780 (wholesale) and shs.950 to shs.850 (retail). Maize grain price also dropped due to decrease in demand.

In other news, prices for food stuffs in Arua market are being questioned as a study carried out by Uganda National Bureau of Standards in Arua Market last week discovered that 75% of the weighing scales were faulty.

### Masaka

There has been an increment in wholesale and retail prices for Irish potato by shs.100 even though the quality is still poor. On the other hand, honey price dropped by shs.1500 (wholesale) and shs.500 (retail). Just like Irish potatoes, the quality of honey has not been that good.

Commodity Name		Pricetype	Central					Eastern					Northern				Western				
			Kalerwe	Kiboga	Luwero	Masaka	Nakasero	Nakawa	Owino	Iganga	Jinja	Kapchorwa	Mbale	Soroti	Arua	Lira	Hoima	Kabale	Kasese	Kisoro	Mbarara
Apple	Kg	Retail	1000	400	1000	800	500	1000	900	1500	150	500	700	550	670		1500	700	650	600	1000
Bananas		Wholesale	900	300	900	500	450	700	800	1000	140	400	500	500	600			600	600	350	800
Beef	Kg	Retail	4500	5000	4500	5000	5000	5000	5000	4500	6000	5000	4500	6000	5000	5000	4000	4000	4200	4000	3800
		Wholesale	4000	4500	4500	4500	4500	3800	4500	4000	5000	4500	4300	5800	5000	5000		3500	400	3500	3500
Cassava, Dry Fermented	Kg	Retail							650	520	320			700	850	1200			700		
		Wholesale								600	430	300			650	800	1000			650	
Cassava, Flour	Kg	Retail	800	1200	1300	1000	1000	1100	1000	950	1200	900	900	1000	850	1000	1200	1000	900	1200	1350
		Wholesale	700	1000	1200	850	900	900	850	780	1000	700	800	800	780	800	1000	1000	900	800	800
Cassava, Fresh	Kg	Retail	530	400	1000	1100	550	550	650	850	250	500	200	500	600	700	600	1000	1200	700	1000
		Wholesale	440	300	1000	800	500	450	600	650	230	400	190	450	550	500	300	800	1000	500	700
Cassava, Sun dried	Kg	Retail			650			1100	650	520	520		800	700	850	800	700		750	500	1000
		Wholesale			450			900	600	420	500		750	600	800	700	600		700	400	700
Cavendish (Bogoya)	Kg	Retail	1300	500	1500	1100	750	1200	1500		520	600	2000	550	750	1500	1500	3000	1000	500	
		Wholesale	11250	400	1200	800	700	1000	1400		500	500	1500	500	650	1200		2500	900	300	
Chicken, Exotic	bird	Retail	6500		7500	7500	9000	6000	8000	6200	7000		7000	8500		6000	8000	9000	7500	8000	9000
		Wholesale	6000		7000	6000	8500	5000	6000	4800	6500		6000	8000		5000	6500	8000	6500	6000	7000
Chicken, Local	bird	Retail	12000	15000	15000	14000	12000	18000	13000	14000		10000	8500	9000	9500	13000	15000	10000	13000	10000	15000
		Wholesale	10000	13000	12000	12000	10000	12000	15000	9500	13000		8000	7000	8500	10000	10000	9000	12500	9000	9000
Coffee (Unprocessed)	Kg	Retail		2000	1400					1750	1200			2450					2800		
		Wholesale		1600	1200						1600	1100			2400					2600	
Cotton (Unprocessed)	Kg	Retail									800										
		Wholesale										700									
Cow Peas	Kg	Retail	2000	1600	2300	2500	2500	1900	2700	1700	2200	1800	2000	1550	2500	1200	3000		2200	2100	1400
		Wholesale	1800	1500	2000	2300	2000	1500	2400	1550	2000	1700	1800	1400		1000			2100	2000	1200
Dried Beans, Agwede	Kg	Retail			1700	1400		1400	1300	1450	1400			1300		1500					
		Wholesale			1600	1200		1200	1200	1250	1300			1200		1300					
Dried Beans, Nambale	Kg	Retail	1600		2000	1300	2000	2000	1300	1450	1500	1200	1600	1450	1500	1500	2000	1500	1500	1400	1200
		Wholesale	1400		1800	1100	1800	1800	1200	1250	1400	1000	1500	1400		1300	1800	1300	1400	1300	1100
Dried Beans, Yellow	Kg	Retail	1800	1000	2000	1200	2200	2300	2000	1600	1500			1500	1700	1500	1600	1300	1800	1600	1000
		Wholesale	1600	900	1800	1000	2000	2000	1800	1400	1450			1400	1500	1300	1500	1000	1600	1400	800
Eggs, Exotic	tray	Retail	5000	6500	5500	6500	9000	6000	5500	6600	5000	6000	5500	5800	7500	6000	6000	6000	6000	6000	6500
		Wholesale	4500	6000	5000	4700	8000	5000	4600	5200	4800	5500	5300	5600	5800	5500	5500	5500	5800	5500	6000
Eggs, Local	tray	Retail	10000	9000	6000	9000	15000	7500	11000	8800	7000		9000	5800		6500	9000	7000	9000	8500	8000
		Wholesale	9000	7500	5500	7500	14500	5500	9000	6800	6500		7500	5600		6000	7500	6000	8500	7000	7000
Fish, Nile Perch	Kg	Retail	6000		6000	6000		7000	7000	5000	6000		5000			8500				5500	6000
		Wholesale	5500		5000	5000		6000	6000	4000	5000		4800			6000				4500	5500
Fish, Tilapia	whole	Retail	3500	5500	4500	5500	4500	4500	5500	6500	8000		4000	5500	5500	8000			4000	4500	5500
		Wholesale	3000	4500	4000	4000	4000	4000	4600	4800	7000		3500	5000	5000	6000			3600	4000	5000
Goat Meat	Kg	Retail	6000	6000	5000	5500	6000	6000	6000	5600	6000	5000	5500	5000	5500	5000	5000	5000	6000	4500	7000
		Wholesale	5500	5000	5000	4500	5500	4800	4500	4700	5000	4500	4800	4800	5500	5000		4800	5800	3600	5500
Groundnuts, Unpounded	Kg	Retail	2700	2400	2800	2100	3000	2600	2600	2250	2500		2300	2000	2500	3000	3000	2200	2600	2600	2600
		Wholesale	2600	2200	2300	2000	2500	2200	2200	2050	2000		2000	1800	2400	2500	2400	2000	2500	2400	2450
Honey, Processed	ltr	Retail	7500	7000	3500	6500	8000	8000		8500	4000			6400	4000		13000	6000		10000	6000
		Wholesale	7000	6000	3500	4500	7500	7000		7000	3000			6000	3500			5500		8000	5000
Honey, Unprocessed	ltr	Retail		3500	2500		5000	6500		4700	2200			4850				4500		7500	
		Wholesale		3100	2200		4500	6000		4200	2000			4550				4000		6500	
Irish Potatoes	Kg	Retail	650	500	1000	1300	1000	700	600	700	800	250	450	550	1100	1400	700	550	800	1000	1600
		Wholesale	590	458	800	1000	900	600	570	600	700	210	400	500	1000	1200	600	450	700	800	1400
Maize Flour	Kg	Retail	1500	1400	1500	1400	1700	1000	1300	1300	1200	1300	1000	1400	1600	1200	1400	1500	1400	1600	1600
		Wholesale	1400	1200	1200	1200	1500	900	1100	1150	1000	1100	900	1350	1360	1000	1300	1300	1300	1300	1400

Commodity Name		Pricetype	Kalerwe	Kiboga	Luwero	Masaka	Nakasero	Nakawa	Owino	Iganga	Jinja	Kapchorwa	Mbale	Soroti	Arua	Lira	Hoima	Kabale	Kasese	Kisoro	Mbarara
Maize Grain	Kg	Retail	1100	800	800	1000	1000		600	680	570	600	550	750	670	800	500	700	1000	680	
		Wholesale	1000	700	750	700	950		585	600	560	500	520	600	650	650	470	650	900	550	
Matooke	Kg	Retail	340	175	1000	225	450	460	350	300	240	400	1500	550	450	1200	500		650	700	700
		Wholesale	280	125	1000	175	400	410	320	270	200	300	1000	500	400	1000			600	500	500
Matooke (Bunch)	Bunch	Retail	7500	7000	10000	9000	12000	10000	12000	11000	12000	8000	14000	10000	11000	13000	13000	9000	13000	10000	8000
		Wholesale	7000	5000	9500	7000	10000	9000	10000	8000	10000	6000	13000	8500	10000	6000		7500	12000	6000	6000
Milk	Ltrs	Retail	1200	900	750	1200	1200	1200	1200	1100	800	400	450	800	1000	800	1000	700	800	900	1000
		Wholesale	1000	800	700	800	900	1000	1100	900	700	300	400	700	1000	600	800	600	750	650	850
Millet Flour	Kg	Retail	1200	1400	1500	1500	1200	2000	2000	1300	1400	1800	1800	1500	1800		3000	1800	1400	1600	1800
		Wholesale	900	1300	1400	1300	1000	1600	1700	1050	1300	1700	1700	1400	1700			1500	1350	1400	1600
Millet Grain	Kg	Retail	1200	1300	1000	1400	1700	1200	1300	1000	1000	1300	1300	1000	1500		1000	1800	1100	1250	1500
		Wholesale	900	1200	800	1200	1600	1000	1150	850	950	1200	1200	900	1300		1000	1450	1000	900	1300
Pineapple	whole	Retail	1000	800	1500	800	1800	800	1200	1800	2500		1500	1500	2200	1300		500	1400	2000	800
		Wholesale	800	500	1000	600	1400	500	900	1200	2000		1300	1450		1000		400	1300	1100	500
Pork	Kg	Retail	4700	5000	5000	4500		5000	5000		6000	4000	3500	4000	5000	4000		6000	4800	4000	
		Wholesale	4000	4500	4500	3500		3500	4200		5000	3600	3000	3800	5000	3000		5000	4500	3000	
Rice (Kayiso)	Kg	Retail	2000	2800	2400	2400		2000	2400	1700	1600	2200	2400		2300	2400				2500	2500
		Wholesale	1800	2500	2300	2000		1800	2000	1500	1500	2100	2200			2200				2400	2300
Rice (Super)	Kg	Retail	2500	2500	2400	2300	2500	2400	2600	2200	2000	2400	2400	2000	2300	2500	2500	2500	2500	2600	2500
		Wholesale	2200	2300	2300	1800	2200	2100	2200	2000	1800	2300	2200	1900	2100	2200		2350	2400	2400	2400
Rice (Upland)	Kg	Retail	2000	2200	2000	2300	2700	2000	2200	1800	1600				2300	2200	2200	2600	1700	2300	2200
		Wholesale	1800	2000	1900	1800	2400	1800	2000	1500	1500				2100	2200	2000	2400	1600	2100	2000
Simsim	Kg	Retail	3000		2700	3300	4500	3000	3000	2100	2700	2500	2500	2500	3200	2500				3000	3800
		Wholesale	2800		2500	2900	4000	2500	2300	1900	2500	2400	2300	2400		2200				2500	3500
Sorghum Flour	Kg	Retail	1000	900	1400		1800	1200	1000	950	1000	900	800	1000	1600			700	1400		1100
		Wholesale	700	800	1300		1500	900	800	750	900	700	700	800	1500			600	1300		1000
Sorghum Grain	Kg	Retail	700	800	1000		1600	1000	700	800	700		600	700	1000			700	1100	800	850
		Wholesale	500	700	800		1400	700	650	600	650		550	600	850			600	1000	600	500
Soya Beans	Kg	Retail	200	1400	2000	1400	1600	1800	1100	1400	1200	1800	1400		2000		1500	2700		1500	1500
		Wholesale	1800	1200	1500	1300	1500	1400	950	1250	1000	1700	1300				1200	2500		1300	1400
Sunflower	Kg	Retail							400												
		Wholesale							370												
Sweet Potatoes	Kg	Retail	590	150	1000	1000	900	500	600	1200	330	300	210	500	450	1000	1000	450	1200	700	700
		Wholesale	500	100	1000	600	800	400	550	950	300	200	200	450	400	800	600	300	1000	500	500
Tea (Unprocessed)	Kg	Retail														3000					
		Wholesale														3000					
Turkey	bird	Retail			28000		40000	40000	40000	35000	45000				34000					29000	32000
		Wholesale			25000		30000	32000	35000	32000	43000				32000					26000	30000
Vanilla (Unprocessed)	Kg	Retail							2700											3500	3000
		Wholesale							2300											3000	2000

Please note that food prices are subject to change for a number of reasons. While every effort is made to ensure accuracy FIT Uganda Ltd cannot be held responsible for any changes in actual market prices. Feedback on any point of accuracy is always welcomed.



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