

Commodity Highlights

Matooke:

This week matooke prices varied from market to market depending on the level of supply, quality and size of bunches. In Masaka for instance, the price was ranging between shs.6000 and shs.7500 but of poor quality. Supply in Arua market was high causing a fall in price from shs.14000 to shs.9500 (wholesale) and shs.15500 to shs.10000 (retail). In Kampala Assembly market; another market in Arua that is a major supplier to most assembly markets in Arua (Arua market inclusive), big bunches of matooke were selling at shs.5500. However, prices in Kampala markets are ranging between shs.7500 and shs.12000 (wholesale), shs.8500 and shs.14000 (retail). Gulu and Kabale also registered low matooke prices.

Fresh Cassava:

This recorded a reduction in price in markets of Gulu due to large quantity supply. Price fell by an average price of shs.300 on both wholesale and retail. The situation in Kiboga, Kalerwe and Arua was not any different. The rainy season is believed to have enabled farmers to easily carry out harvesting. Let alone the opening of schools that forced traders to lower not only cassava prices but also other commodities in their struggle to raise money to meet their children's school dues and scholastic requirements. The price in Kiboga reduced by shs.100 while in that in Kalerwe fell by shs.30.

Groundnuts:

Ground nut prices have for the last 3weeks been stable in all the regional markets with Arua and Nakasero recording the highest retail price of shs.3000 compared to an average retail price of shs.2450 for the rest of the markets. In Owino markets two types of Ground nuts are reported to be available-the red type and white type. The red type sells at shs.2300, a price high by shs.400 compared to the White type. The white type is supplied from Soroti, Lira and Tanzania. These types are also available on Masaka market with the white type taking dominance over the red type which appears to be scarce.

Maize flour and Beans:

These two commodities recorded increase in demand especially from schools as the new term began. Prices, were however, barely affected.

Regards!

			Central					Eastern					Northern					Western				
CommodityName	Pricetype	Weight	Kalerwe	Kiboga	Luwero	Masaka	Nakasero	Nakawa	Owino	Iganga	Jinja	Kapchorwa	Mbale	Soroti	Arua	Gulu	Lira	Hoima	Kabale	Kasese	Kisoro	Mbarara
			1000	400	1000	800	650	800	1000	1800	1200	250	500	1200	550	800	800	1500	700	600	600	600
Apple Bananas	Retail	Kg	1000	400	1000	800	650	800	1000	1800	1200	250	500	1200	550	800	800	1500	700	600	600	1000
	Wholesale	Kg	900	300	800	500	450	500	900	1200	200	400	1000	450	750	650		600	600	400		
Beef	Retail	Kg	4500	5000	4500	5000	5000	5000	5000	4500	6000	5000	4500	6000	5000	5000	5000	4000	4000	4200	4000	4000
	Wholesale	Kg	4000	4500	4500	4500	4500	3800	4500	4000	5000	4500	4300	5800	5000	4500	5000		3500	4000	3500	3800
Cassava, Dry Fermented	Retail	Kg							630	530	270			650	800	900	1200			700		800
	Wholesale	Kg							600	440	250			600	780	700	1000			650		700
Cassava, Flour	Retail	Kg	800	1200	1200	1000	900	1100	850	1050	1200	900	900	1000	900	1150	700	1200	1000	900	1200	1350
	Wholesale	Kg	700	1000	1150	850	700	900	720	850	1100	700	850	800	800	1050	500	1000	900	800	800	1220
Cassava, Fresh	Retail	Kg	500	400	1000	1100	600	500	600	1000	280	450	200	500	600	1000	700	400	1000	750	600	1000
	Wholesale	Kg	440	300	1000	800	500	450	550	800	260	350	190	400	550	700	500	300	800	700	400	800
Cassava, Sun dried	Retail	Kg			500			1100	600	520	480		800	700	800	1000	1000	700		1200	500	1000
	Wholesale	Kg			400			900	500	420	460		700	650	780	800	800	600		1000	400	700
Cavendish (Bogoya)	Retail	Kg	1500	500	1500	1100	750	1000	1600	2500	600	600	2500	500	700		1700	1500	3000	750	550	2000
	Wholesale	Kg	1200	400	1300	800	700	800	1500	1600	570	500	2000	500	650		1500	1000	2500	700	350	1500
Chicken, Exotic	Retail	bird	7000			8500	9000	6000	8000	5800	600		6000	9000		9000	6000	7500	12000	7800	8000	9000
	Wholesale	bird	6500			7500	8500	5000	6000	4500	570		5000	8500		8000	5000	7000	9000	7500	6000	7000
Chicken, Local	Retail	bird	12000	15000	15000	15000	12000		18000	11000	15000	10000	6500	10000	8800	13500	15000	13000	13000	15000	10000	14000
	Wholesale	bird	10000	13000	13000	13000	10000	11500	15000	8000	14000	8000	5500	9000	8000	12500	12000	10000	10000	14000	9000	12000
Coffee (Unprocessed)	Retail	Kg			1400	1000				1750	1100		2650							2700	900	
	Wholesale	Kg			1200	800				1600	1000		2450							2500	800	
Cotton (Unprocessed)	Retail	Kg									800											
	Wholesale	Kg									700											
Cow Peas	Retail	Kg	2000	2000	2000	2500	2500	2000	2700	1650	2000	1800	2000	2500	2500	1500	1300	3000		2200	2100	1400
	Wholesale	Kg	1800	1600	1800	2300	2000	1500	2400	1500	1800	1700	1800	2300		1250	1000		2100	2000	1200	
Dried Beans, Agwede	Retail	Kg			1500			1400	1300	1500	1800			1300			1500					
	Wholesale	Kg			1400			1200	1200	1300	1600			1200			1300					
Dried Beans, Nambale	Retail	Kg	1600		1700	1400	2000	2200	1800	1550	2200	1200	1600	1500	1600	1900	1500	2000	1500	1500	1600	1700
	Wholesale	Kg	1400		1600	1200	1800	1900	1600	1350	1900	1000	1500	1400		1700	1300	1800	1300	1400	1400	1500
Dried Beans, Yellow	Retail	Kg	1800	1100	1700	1300	2200	2500	2000	1600	2400			1500	1600	1600	1600	2400	1300	1800	1800	1000
	Wholesale	Kg	1600	1000	1600	1100	2000	2100	1850	1400	2000			1450	1500	1450	1400	2000	1000	1600	1400	800
Eggs, Exotic	Retail	tray	500	6500	6000	6500	6000	6000	5000	6400	5000	6000	5400	5700	7500	6000	6000	6000	7500	6000	6000	6500
	Wholesale	tray	4500	6000	5500	4700	5800	5000	4500	5000	4800	5500	5300	5600	6000	5700	5500	5500	6000	5800	5500	6000
Eggs, Local	Retail	tray	10000	9000	6500	9000	15000	7500	11000	8600	6500		9000	7100		6500	9000	9000	9000	10000	8000	
	Wholesale	tray	9000	7500	6000	7500	14500	5500	9000	6600	6000		7500	7000		6000	7500	7000	8500	9000	7000	
Fish, Nile Perch	Retail	Kg	6000		6000	6500		7000	7000	5000	6000		1800	4500	500	4500	7500		9500		5500	6000
	Wholesale	Kg	5500		6000	5500		6000	6000	4000	5000		1700	4000	5000	3800	6500		8000		4500	5500
Fish, Tilapia	Retail	whole	4000	5500	3500	5500	4500	4500	5500	6500	8500		4500	5000	7500	4500	6000	7000	8500	3500	4500	5500
	Wholesale	whole	3500	4500	3000	4000	4000	4000	4500	4800	8000		4000	4000		3800	5500		7000	3000	4000	5000
Goat Meat	Retail	Kg	6000	6000	5000	5000	6000	6000	6000	5200	6000	5000	5000	5000	5500	6000	6000	5000	5000	6000	4500	5500
	Wholesale	Kg	5500	5000	5000	4000	5500	4800	4500	4400	5000	4500	4500	4500	5500	5500	5500		4800	5800	3600	5000
Groundnuts, Unpounded	Retail	Kg	2700	2400	2500	2100	3000	2600	2600	2250	2500	2300	2400	2000	3000	2600	3000	3000	2200	2600	2600	2500
	Wholesale	Kg	2600	2200	2200	2000	2500	2300	2300	2050	2300	2100	2380	1900		2500	2500	2200	2000	2500	2400	2450
Honey, Processed	Retail	ltr	7500	7000	3500		8000	8000		8600	4000				4000				6000		7500	6000
	Wholesale	ltr	7000	6000	3500		7500	7000		7000	3000								5500		6500	5000
Honey, Unprocessed	Retail	ltr		3500	2500		5000	6500		5000	2500		10000	4850					4500		10000	
	Wholesale	ltr		3100	2200		4500	6000		4300	2000		8000	4700					4000		8000	
Irish Potatoes	Retail	Kg	710	500	1000	1500	1000	700	600	700	800	300	500	600	1200	1500	1400	800	450	800	1000	
	Wholesale	Kg	630	458	800	1200	900	620	550	600	700	250	450	550	1100	1200	1200	650	400	700	800	

CommodityName	Pricetype	Weight	Kalerwe	Kiboga	Luwero	Masaka	Nakasero	Nakawa	Owino	Iganga	Jinja	Kapchorwa	Mbale	Soroti	Arua	Gulu	Lira	Hoima	Kabale	Kasese	Kisoro	Mbarara
Maize Grain	Wholesale	Kg	1400	1200	1200	1200	1500	1300	1160	1100	1000	1000	800	1350	1360	1150	1200	1300	1300	1100	1300	1400
	Retail	Kg	1100	900	800	1000	1100	1100	600	650	580	600	520	700	650	800	850	550	700	900	600	1200
Matooke	Wholesale	Kg	1000	800	800	700	1000	1000	580	580	570	500	500	600	600	700	700	520	650	800	500	1100
	Retail	Kg	410	300	1000	200	650	520	370	400	260	400	1500	550	450		1200	700		800	700	700
Matooke (Bunch)	Wholesale	Kg	350	250	1000	175	600	460	340	330	220	300	1000	500	400		1000			750	500	600
	Retail	Bunch	8500	12000	7500	8000	11000	12000	14000	14000	13000	8000	12000	10000	10000	13500	12000	15000	12000	14000	10000	6000
Milk	Wholesale	Bunch	7000	10000	7000	7000	9000	10000	12000	10000	11000	6000	11000	9000	9500	12000	5000		9000	13500	6700	5000
	Retail	Ltrs	1200	1000	750	1200	1200	1200	1300	1000	800	550	900	800	1000	1000	800	1000	700	800	900	1100
Millet Flour	Wholesale	Ltrs	1000	900	700	1000	1000	1000	1200	900	700	250	800	700	1000	800	600	800	600	750	650	1000
	Retail	Kg	1200	1400	1300	1500	2000	2000	14000	1250	1600	1800	1800	1500	1800	1300		3000	1800	1400	1600	1800
Millet Grain	Wholesale	Kg	900	1300	1200	1300	1800	1600	17000	1000	1500	1700	1600	1400	1700	1200			1500	1350	1400	1600
	Retail	Kg	1200	1300	1000	1400	1950	1200	1150	1000	1200	1300	2000	1000	1600	1300		1200	1600	1100	1250	1500
Pineapple	Wholesale	Kg	900	1200	800	1200	1700	1000	1000	800	1100	1200	1100	900	1400	1100		1000	1450	1000	900	1300
	Retail	whole	1000	800	1500	800	1300	1500	1500	2000	2500	1200	2000	1550	1500	2000	3000		500	1100	1700	800
Pork	Wholesale	whole	850	500	1000	600	1000	1200	1000	1500	2300	1100	1500	1400	1300	1400	1000		400	1000	1100	500
	Retail	Kg	4700		5000	4500		5000	5000		6000	4000	4000	4000	5000	4500	4000		6000	4800	4000	
Rice (Kayiso)	Wholesale	Kg	4000		4500	3500		3500	4000		5000	3600	3500	3800	5000	4300	3000		5000	4500	3000	
	Retail	Kg	2000	2800	2400	2400		2000	2400	1800	2000	2200	2000	2000	2300	2500	2400				2500	2500
Rice (Super)	Wholesale	Kg	1800	2500	2300	2000		1800	2000	1600	1700	2100	1900	1900	2400	2200				2400	2400	
	Retail	Kg	2500	2300	2400	2300	2500	2400	2500	2200	2500	2400	2400	2400	2300	2700	2500	2500	2500	2500	2600	2500
Rice (Upland)	Wholesale	Kg	2200	2200	2300	1800	2200	2100	2200	2000	2200	2300	2200	2300	2100	2500	2200		2350	2400	2400	2400
	Retail	Kg	2000	2000	2000	2300	2500	2000	2300	1900	2000	2000			2300	2500	2200	2200	2600	1700	2300	2200
Simsim	Wholesale	Kg	1800	1800	1900	1800	2200	1800	2000	1700	1800	1800			2100	2300	2200	2000	2400	1600	2100	2000
	Retail	Kg	3000		2700	3300	2700	3000	3000	2000	3000	2500	2600	2500	2400	2500	2500				3000	3800
Sorghum Flour	Wholesale	Kg	2800		2500	2900	2400	2500	2300	1900	2800	2400	2500	2300		2300	2200				2500	3500
	Retail	Kg	1000	900	1400		1800	1200	1000	950	1000	900	800	1000	1600	1300			700	1400		1100
Sorghum Grain	Wholesale	Kg	700	800	1200		1500	900	850	750	900	700	700	800	1500	1100			600	1300		1000
	Retail	Kg	700	800	1000		1600	1000	700	700	800		600	700	1000	1100				1100	800	850
Soya Beans	Wholesale	Kg	500	700	800		1400	700	650	550	700		500	600	850	900				1000	600	500
	Retail	Kg	2000	1400	1800	1400	1600	1800	1000	1400	1800	1800	1000		2000	1500	800	2000	2700		1500	1500
Sunflower	Wholesale	Kg	1800	1200	1500	1300	1500	1500	850	1100	1600	1700	800			1300	600	1000	2500		1300	1400
	Retail	Kg							400													
Sweet Potatoes	Wholesale	Kg							370													
	Retail	Kg	530	150	1000	1000	900	500	600	1200	370	300	200	500	500	900	700	800	450	1200	700	700
Turkey	Wholesale	Kg	470	100	1000	600	800	400	550	950	340	200	190	400	450	800	500	600	300	1000	500	500
	Retail	bird			29000		35000	42000	45000	33500	49000			33000							29000	32000
Vanilla (Unprocessed)	Wholesale	bird			28000		30000	34500	36000	3000	47000			32000							26000	30000
	Retail	Kg							2700												3500	3000
	Wholesale	Kg							2300												200	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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