

## Commodity Highlights

### Matooke

Matooke price in Kalerwe market has been continuously escalating for the last 2weeks. A bunch is currently costing between shs.10000 - 12000 (wholesale) and shs.13000 - sh.14000 at retail. Traders say matooke is becoming increasingly scarce. Worse yet the poor road networks due to heavy rainfalls make it difficult to access some of the production areas. Kasese and Kabale markets are facing the same problem of matooke scarcity. Thus, the two markets registered a price increase of shs.1000 and shs.4000 respectively.

### Groundnuts

Groundnut price increased in Kalerwe by shs.200. According to the traders most of it is being exported to neighboring countries. Unlike Kalerwe, Owino, Nakawa and Nakasero have groundnut set at the same price of shs.2300 and shs.2600 for wholesale and retail respectively, While Jinja and Soroti Markets recorded shs.200 and shs.100 increase respectively.

### Irish Potatoes

A sack of Irish potatoes rose from shs.47000 to shs.55000 in Kabale market. Apparently, Consumers are turning away from matooke which is scarce and expensive at the same time. It is this increase in demand that led to the price rise. Demand for Irish potatoes is equally increasing in Arua especially from restaurants from within the region. This has caused the price to rise from shs.1300 to shs.1500. In Kasese, however, price per kilo fell further from shs.900 to shs.600 and shs.800 (retail) to shs.500 (wholesale). In Arua, demand

### Agwedde, Nambale and Yellow Beans

Iganga and Kabale Market registered low supply for Agwedde, Nambale and Yellow bean types giving rise to increase in price. Situation was not different in Soroti where Agwedde price also rose by shs.100.

### Chicken Exotic

A big number of traders are engaged in rearing exotic chicken in Arua and the stiff competition has forced them to cut prices to increase sales volumes. However, in Mbale exotic chicken price is has started going up and this trend is expected to take its toll country-wide in anticipation of the IDD. The average has increased by as much as shs.1000.

			Central					Eastern					Northern					Western				
Commodity		Pricetype	Kalerwe	Kiboga	Luwero	Masaka	Nakasero	Nakawa	Owino	Iganga	Jinja	Kapchorwa	Mbale	Soroti	Arua	Gulu	Lira	Hoima	Kabale	Kasese	Kisoro	Mbarara
Apple Bananas	Kg	Retail	1100	400	950	900	650	800	1100	2000	200	500	2000	550	700	800		1500	800	650	600	1000
		Wholesale	1000	300	900	600	450	500	1000	1500	180	400	1500	500	600	650		1000	700	600	400	800
Beef	Kg	Retail	4500	5000	4500	5000	5000	5000	5000	4500	6000	5000	4500	6000	5000	5000	5000	4000	4000	4200	4000	4000
		Wholesale	4000	4500	4500	4500	4500	3800	4500	4000	5000	4500	4200	5800	5000	4500	5000		3500	4000	3500	3800
Cassava, Dry Fermented	Kg	Retail							620	530				650	725	900	1200			700		800
		Wholesale							600	440				600	700	700	1000			650		700
Cassava, Flour	Kg	Retail	900	1200	1200	1000	900	1000	850	1050	1200	900	1000	1000	900	1150	1000	1200	1400	900	1200	1350
		Wholesale	700	1000	1000	850	700	850	720	850	1100	700	800	800	780	1050	800		1000	800	800	1220
Cassava, Fresh	Kg	Retail	550	400	1000	1100	650	500	600	1000	260	450	200	500	600	1000	800	400	1200		700	1000
		Wholesale	450	300	1000	800	600	440	550	800	230	350	190	450	550	700	700	300	950		500	800
Cassava, Sun dried	Kg	Retail			500		1000	620	520	450		880	700	750	1000	1000	700		750	500	1000	
		Wholesale			400		850	600	420	400		750	600	700	800	800			700	400	700	
Cavendish (Bogoya)	Kg	Retail	1300	500	1500		750	1000	1600	2500	580	600	3000	550	650		2000	1500		1400	550	
		Wholesale	1200	400	1300		700	800	1500	1600	560	500	2500	500	575		1500	1000		1300	350	
Chicken, Exotic	bird	Retail	7500			9500	9000	6000	8000	5800	7500		7500	8500	7000	9000	5000	7500	12000	8000	8000	9000
		Wholesale	7000			8000	8500	5000	6000	4500	6500		6000	8000		8000	4000	6000	5500	7500	6000	7000
Chicken, Local	bird	Retail	12000	15000	15000	18000	12000		18000	11000	15000	10000	8500	9000	9000	13500	9000	13000	15000	15000	10000	14000
		Wholesale	10000	13000	13000	16000	10000	11500	15000	8000	13500	8000	7500	8000	8000	12500	7000	10000	12000	14500	9000	12000
Coffee (Unprocessed)	Kg	Retail			1400					1850												
		Wholesale			1200					1700												
Cotton (Unprocessed)	Kg	Retail								800												
		Wholesale								700												
Cow Peas	Kg	Retail	2000	2000	2000	2500	2500	2000	2700	1800	2200	1800	1800	3000	2500	1500	2000	5000		2200	2100	1400
		Wholesale	1800	1600	1800	2300	2000	1500	2400	1600	2000	1700	1600	2800		1250	1800			2100	2000	1200
Dried Beans, Agwede	Kg	Retail			1500	1400		1400	1300	1700	2000			1450			1800					
		Wholesale			1400	1200		1200	1200	1500	1800			1350			1500					
Dried Beans, Nambale	Kg	Retail	2400		1500	1300	2000	2100	1800	1600	2200	1200	1700	1550	1600	1900	1800	2200	1600	1600	1700	1700
		Wholesale	2200		1400	1050	1800	1900	1650	1400	2000	1000	1500	1450		1700	1500	1800	1400	1500	1400	1500
Dried Beans, Yellow	Kg	Retail	2400	1200	1700	1200	2200	2400	2000	1900	2500		2000	1600	1700	1600	1900	2200	1500	2000	2000	1000
		Wholesale	2200	1100	1600	1000	2000	2100	1750	1750	2400		1800	1500	1500	1450	1700	1800	1300	1800	1500	800
Eggs, Exotic	tray	Retail	5000	6500	6000	6500	6000	6000	5000	6600	5000	6000	5500	5800	7500	6000	6000	6000	8500	6000	8000	6500
		Wholesale	4500	6000	5500	4700	5800	5000	4500	5200	4800	5500	5300	5600	6000	5700	5700	5500	7000	5800	5500	6000
Eggs, Local	tray	Retail	10000	9000	6500	9000	15000	9000	11000	8800	7000		9000	7100	7500		6500	9000	10000	9000	10000	6500
		Wholesale	9000	7500	6000	7500	14500	7000	9000	6800	6500		7500	6900	6000	6000	6000	7500	8000	8500	9000	6000
Fish, Nile Perch	Kg	Retail	6500		7000	6500		7000	8000	5000	7000		5000	4500	5000	4500	8000		9500		5500	6000
		Wholesale	6000		6500	5500		6000	7000	4000	6500		4500	4100	5000	3800	7500		8000		4500	5500
Fish, Tilapia	whole	Retail	3500	4000	4500	4500	4500	4500	5500	6700	8500		5000	6000		4500	8000	6500	9000	4000	4000	6500
		Wholesale	3000	3500	4000	3500	4000	4000	4500	5000	8000		4500	5500		3800	7500		7500	3700	3500	6000
Goat Meat	Kg	Retail	6000	6000	5000	6500	6000	6000	6000	5200	6000	5000	4800	5000	5500	6000	5000	5000	5000	6000	4500	5500
		Wholesale	5500	5000	5000	4500	5500	4800	4500	4400	5000	4500	4500	4800	5500	5500	5000		4800	5800	3600	5000
Groundnuts, Unpounded	Kg	Retail	3000	2400	2600	2300	3000	2700	2600	2300	2700	2300	2400	2200	3000	2600	3000	3000	2200	2600	2600	2800
		Wholesale	2800	2200	2200	2200	2500	2300	2300	2150	2500	2100	2250	2000		2500	2500	2500	2000	2500	2400	2600
Honey, Processed	ltr	Retail	7500	7000	3500		8000	8000		8600	4000				4000				6000		10000	6000
		Wholesale	7000	6000	3500		7500	7000		7000	3000				3600				5500		8000	5000
Honey, Unprocessed	ltr	Retail		3500	2500		5500	6500		5000	2500			4850					4500		7500	
		Wholesale		3100	2200		5000	6000		4300	2000				4650				4000		6500	

Commodity		Pricetype	Kalerwe	Kiboga	Luwero	Masaka	Nakasero	Nakawa	Owino	Iganga	Jinja	Kapchorwa	Mbale	Soroti	Arua	Gulu	Lira	Hoima	Kabale	Kasese	Kisoro	Mbarara
<b>Irish Potatoes</b>	Kg	Retail	710	516	1000	1500	1000	800	600	700	800	300	500	600	1500	1500	1200	800	525	600	1000	
		Wholesale	600	500	800	1200	900	700	550	600	700	250	450	500		1200	1000	650	470	500	700	
<b>Maize Flour</b>	Kg	Retail	1500	1400	1500	1200	2000	1500	1300	1300	1200	1200	1000	1400	1600	1300	1700	1400	1600	1200	1000	1600
		Wholesale	1400	1200	1200	1025	1800	1300	1150	1100	1000	1000	900	1300	1360	1150	1000	1300	1400	1100	1300	1400
<b>Maize Grain</b>	Kg	Retail	1100	900	1000	1000	1100	1100	650	650	580	600		700	550	800	600	600	900	1100	600	1200
		Wholesale	1000	800	800	700	1000	1000	570	580	570	500		600	500	700	500	550	800	1000	500	1100
<b>Matooke</b>	Kg	Retail	470	300	1000	250	850	650	400	400	260	400	570	500	450		1200	700			700	700
		Wholesale	382	250	1000	225	750	550	370	330	240	300	550	450	400		1000				500	600
<b>Matooke (Bunch)</b>	Bunch	Retail	13000	12000	10000	10000	15000	14000	18000	15000	13000	8000	13000	10000	11000	13500	7000	13000	17000	750	10000	6000
		Wholesale	10000	10000	9000	9000	12000	12000	15000	11000	12000	6000	11000	8500	9500	12000	5000		13000	700	7000	5000
<b>Milk</b>	Ltrs	Retail	1200	1000	750	1200	1200	1200	1300	1000	800	550	900	800	1000	1000	800	1000	700	800	900	1000
		Wholesale	1000	900	700	1000	1000	1000	1200	900	700	250	800	700	1000	800	600	800	600	750	650	1000
<b>Millet Flour</b>	Kg	Retail	1200	1600	1300	1500	1800	2000	2000	1250	1600	1800	1800	1500	1850	1300		2000	1800	1700	1600	1800
		Wholesale	900	1500	1200	1300	1700	1600	1600	1000	1500	1700	1600	1400	1650	1200			1500	1650	1400	1600
<b>Millet Grain</b>	Kg	Retail	1200	1500	1000	1400	1950	1200		1000	1600	1300	1100	1000	1650	1300		1200	1600	1100	1250	1500
		Wholesale	900	1400	800	1200	1700	1000	1000	800	1500	1200	980	900	1500	1100		1000	1450	1000		1300
<b>Pineapple</b>	whole	Retail	1500	800	1500	800	2000	1500	1150	2000	2500	1200	2500	1600	1700	2000	3000		500	1600	2000	800
		Wholesale	1200	500	1000	600	1500	1200		1500	2000	1100	2000	1450	1500	1400	1000		450	1500	1200	500
<b>Pork</b>	Kg	Retail	4700		5000	4500		5000	5000		6000	4000	3500	4000	5000	4500	4000		6000	4800	4000	
		Wholesale	4000		4500	3500		3500	4200		5000	3600	2700	3800	5000	4300	3500		5000	4500	3000	
<b>Rice (Kayiso)</b>	Kg	Retail	2000	2800	2400	2400		2000	2400	1850	2200	2200	1900	2200	2300	2500	2200				2500	2500
		Wholesale	1800	2500	2300	2000		1800	2000	1700	1800	2100	1800	2000		2400	2000				2400	2400
<b>Rice (Super)</b>	Kg	Retail	2500	2300	2400	2300	2500	2500	2500	2300	2500	2400	2400	2400	2300	2700	2500	2500	2500	2500	2500	2500
		Wholesale	2200	2200	2300	1800	2200	2150	2200	2100	2300	2300	2200	2300	2100	2500	2300		2350	2400	2400	2400
<b>Rice (Upland)</b>	Kg	Retail	2000	2000	2000	2300	2700	2000	2300	1900	2200	2000			2300	2500	2200	2200	2600	1700	2300	
		Wholesale	1800	1800	1900	1800	2400	1800	2000	1700	2000	1800			2100	2300	2000	1950	2400	1600	2100	
<b>Simsim</b>	Kg	Retail	3000		2700	3300	4500	3000	3000	2400	3000	2500	2600	2500	2400	2500	2500				3000	3800
		Wholesale	2800		2500	2900	4000	2500	2300	2200	2800	2400	2400	2300		2300	2000				2500	3500
<b>Sorghum Flour</b>	Kg	Retail	1000	900	1400		1800	1200	1000	950	1100	900	800	1000	1600	1300			700	1400		1100
		Wholesale	700	800	1200		1500	900	850	800	1000	700	700	800	1500	1100			600	1300		1000
<b>Sorghum Grain</b>	Kg	Retail	700	800	800		1600	1200	700	750	800			600	600	1000	1100			1100	800	850
		Wholesale	500	700	800		1400	900	650	570	700			550	500	850	900			1000	600	500
<b>Soya Beans</b>	Kg	Retail	2000	1400	1800	1400	1600	1800	1000	1400	1800	1800	1000		2000	1500	1000	2000			1600	1500
		Wholesale	1800	1200	1500	1300	1500	1400	800	1150	1600	1700	900			1300	800	1000			1300	1400
<b>Sunflower</b>	Kg	Retail							400													
		Wholesale							370													
<b>Sweet Potatoes</b>	Kg	Retail	590	150	1000		650	550	620	1200	360	300	200	500	450	900	600	700	450	1000	700	900
		Wholesale	500	100	1000		600	450	570	950	340	200	180	450	400	800	500	600	300	800	500	800
<b>Turkey</b>	bird	Retail			29000		35000	40000	45000	33500	38000			25000	34000						29000	32000
		Wholesale			28000		30000	30000	35000	30000	36000			20000	32000							26000
<b>Vanilla (Unprocessed)</b>	Kg	Retail							2700												3500	3000
		Wholesale							2300													3000

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.



#### FIT Uganda Ltd

Plot 351A Balintuma Road  
Tel: 0414-532391  
infotrade@fituganda.com  
www.fituganda.com  
www.infotradeuganda.com