

REPORT ON COST OF FOODS AND GROCERIES IN NIGERIA



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Introduction

Food is a necessity; we all need it to survive, just like water and air. In Nigeria, the cost of food can be quite a big deal, and this report will help us understand how much our food items typically cost.

Food comes in many forms, from noodles and snacks for some to rice and beans for others. But there are certain staple foods that almost everyone needs, regardless of their preferences. This report will tell us how much these essential food items cost in Nigeria.

The great thing about food is that we all have to buy it. We might have different tastes, but we all need food. So, in this report, we'll find out how much it costs to fill our kitchens, fridges, or pantries with the food items we all need to feed ourselves and our families. Let's dive in and discover the prices of these essential foodstuffs in Nigeria.

Nigeria is a diverse country with many different cultures and ethnic groups. Each group has its own unique foods. On top of that, the cost of food can change depending on where you are and the time of the year.

It's a given that food prices constantly fluctuate in Nigeria. They are always changing for various reasons. But it's important for people to know how much these food items cost so that they can shop wisely.

Rice, beans, yam, noodles, and drinks are but a few of the various kinds of food in Nigeria. All of these come in different types and brands, which negates their different prices.

Prices of Rice in Nigeria

Rice is a staple food in Nigeria, and its price can have a significant impact on the cost of living for many households.

Although there are different brands of rice in the market, the pricing here will only cover the most common brands, including Royal Stallion, Caprice, Mama's Pride, and Mama Gold in different kilograms. The price of rice varies according to the brand and market.

In this analysis, we will delve into the price ranges of various rice brands and sizes to gain a better understanding of the rice market in Nigeria.

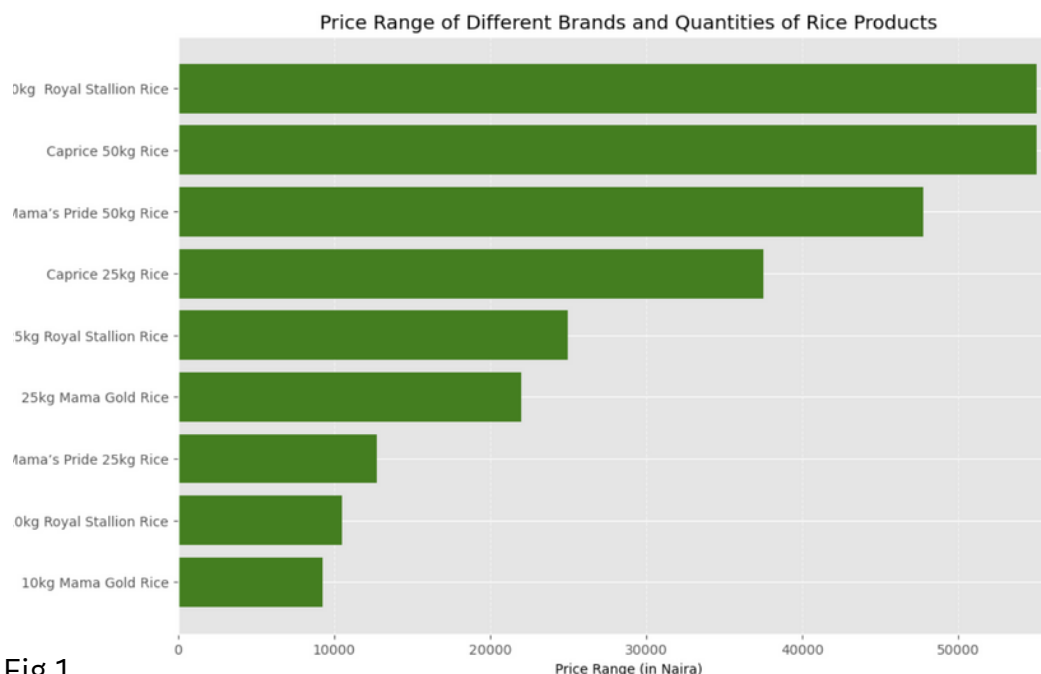


Fig 1

As seen above (fig 1), the cost of rice can vary significantly based on the brand, package, and size. Understanding these price variations is crucial for consumers to make informed decisions when purchasing rice, a fundamental staple in Nigerian households. Additionally, these insights can help businesses and policymakers track and manage food pricing trends in the country.

Cost of Beans Available in Nigeria

This report presents the price ranges of different types of beans in Nigeria. Beans are a staple food in many Nigerian households and are widely consumed for their nutritional value and versatility in cooking. The prices of beans can fluctuate based on various factors, including market demand, supply, and regional variations. In this report, we provide the current price ranges for different types of beans, both in 25kg and 50kg quantities. Regional variations occur due to transportation costs and local supply and demand dynamics. Beans are a vital protein source in Nigeria, widely used in dishes, impacting the cost of living for households. Affordability and accessibility of beans are crucial for many Nigerians.

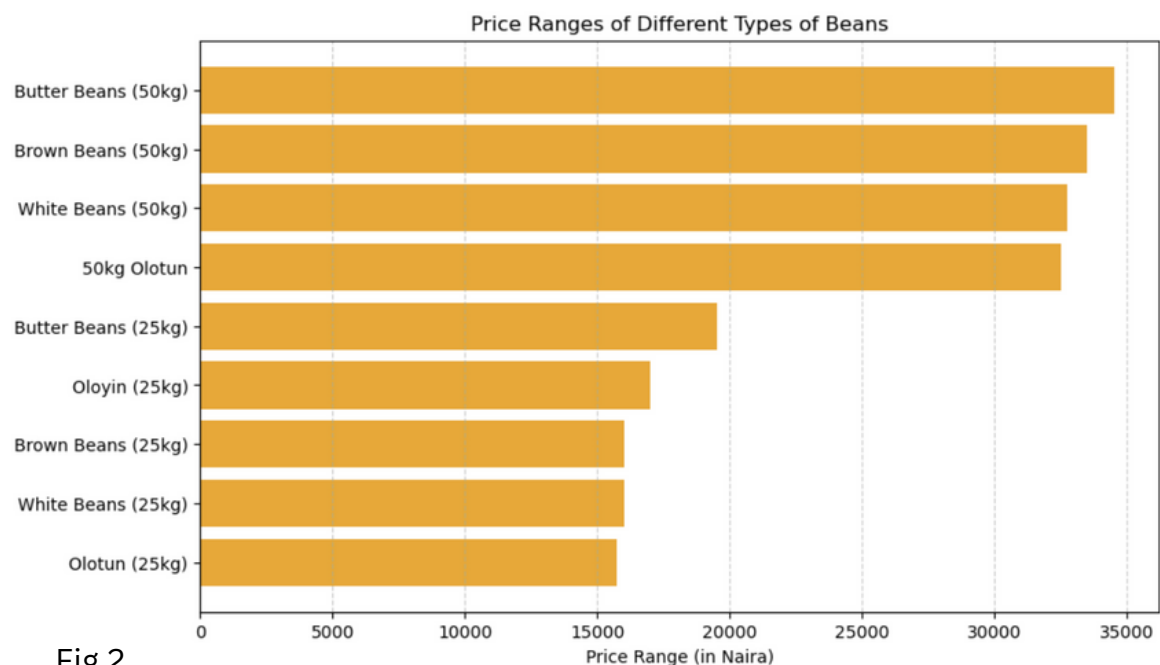


Fig 2

Fig 2 summarizes the prices of beans, types, and sizes.

- Olotun (25kg) price range for a 25kg bag of Olotun beans is 15,750 Naira.
- White Beans (25kg) are available in the price range of 16,000 Naira for a 25kg bag.
- Brown Beans (25kg) is priced at 16,000 Naira.
- Oloyin (25kg) is available in the range of 17,000 Naira.
- The price range for a 25kg bag of butter beans is 19,500 Naira.
- If you need a larger quantity, a 50kg bag of Olotun beans is priced at 32,500 Naira.
- A 50kg bag of white beans is available in the price range of 32,750 Naira.
- For a 50kg bag of brown beans, the price range is 33,500 Naira.
- The price range for a 50kg bag of butter beans is 34,500 Naira.

Price of Yam in Nigeria

Yam is a tuber crop that is rich in carbohydrates. The yams in Nigeria are called by their local names, like Bwari Yam, Abuja yam, Benue yam, and so on. Yams are great for boiling, making porridge, and for pounded yam. The yam available in the market is basically two types. The usual yam and the one we refer to as Abuja Yam which comes bigger. You can also pound these types of Yam with your mortar and pestle for your favorite Iyan as Yoruba's say.

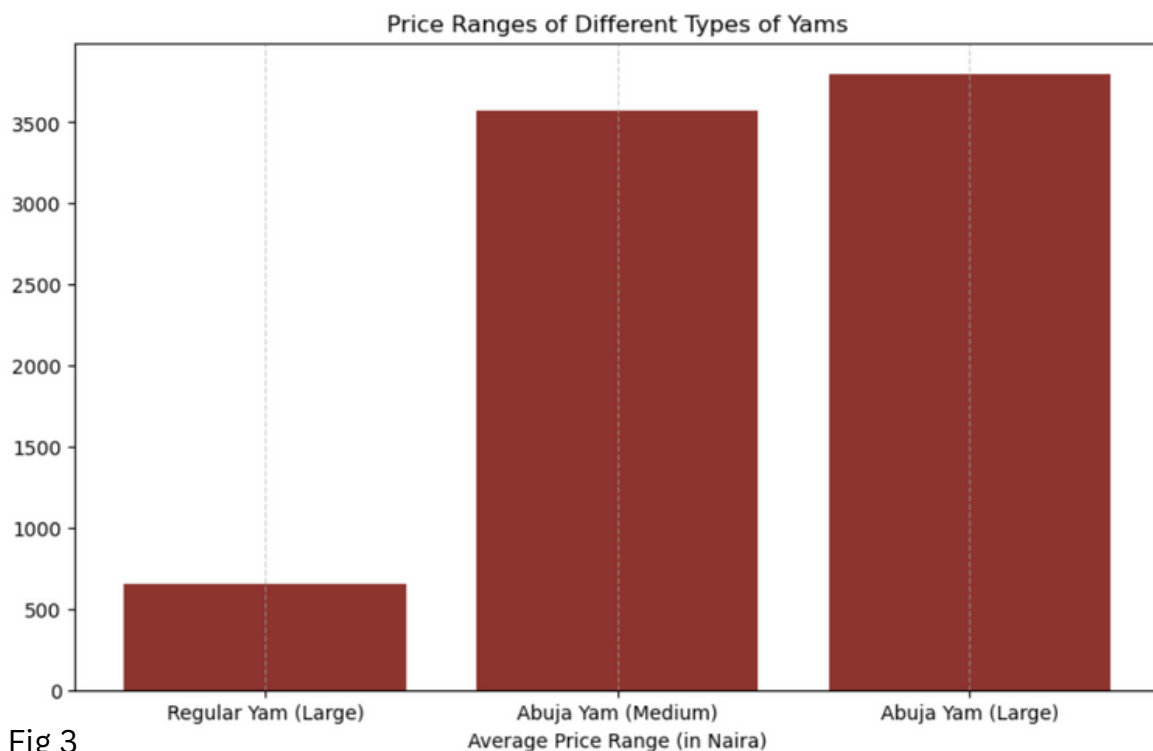


Fig 3

In the current market, the price ranges for various types of yams are as shown in fig 3 above. These price ranges offer consumers options based on the type and size of yam they prefer, reflecting the current market conditions for yam prices. It's important for both buyers and sellers to stay informed about these price ranges to make informed decisions in the yam market.

Cost of Cooking Oil in Nigeria

Cooking oil, also referred to as edible oil, is a liquid fat derived from plants or animals and employed in various culinary techniques, such as frying and baking. Unlike water, oil enables cooking at higher temperatures, resulting in quicker and more flavorful cooking. Additionally, it ensures even heat distribution, minimizing the chances of burning or unevenly cooked dishes.

Before embarking on the journey of buying cooking oil, it will be best to know the cost because it's one of the groceries that keeps skyrocketing every time you visit the market.

With the price ranges shown below in Fig 4, we offer consumers a spectrum of options based on the type and quantity of cooking oil they require. Individuals and businesses must stay updated on these prices as they can vary depending on market conditions and supply and demand dynamics.

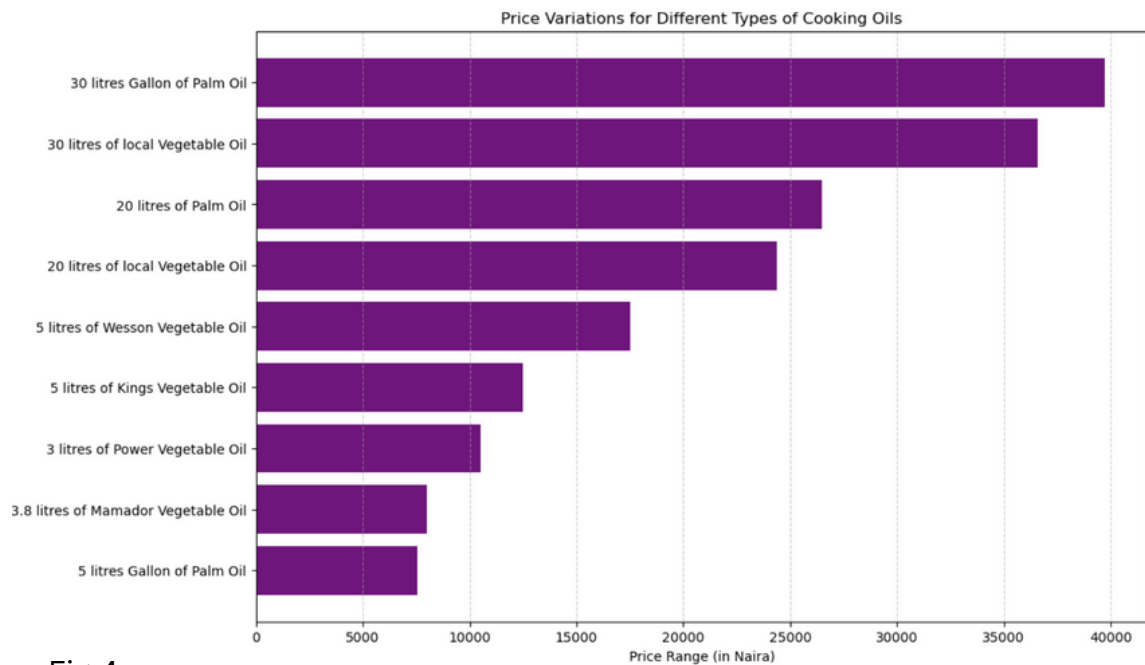


Fig 4

Prices of Garri in Nigeria

Garri is undeniably a staple food in Nigeria, deeply ingrained in the culinary culture of the nation. It is a primary source of sustenance for countless families across the country, particularly in the southern and southwestern regions. This traditional food product is derived from cassava, which is a widely cultivated crop in Nigeria, making garri readily available and affordable.

The price ranges provided below in Fig 5, offer consumers flexibility in choosing the type and quantity of garri that best suits their preferences and needs. Garri remains a vital source of sustenance for many Nigerian households, and its affordability, versatility, and cultural significance continue to make it a widely consumed and cherished food product. Consumers and traders alike should stay informed about these price ranges as they may fluctuate based on factors such as production, demand, and market conditions.

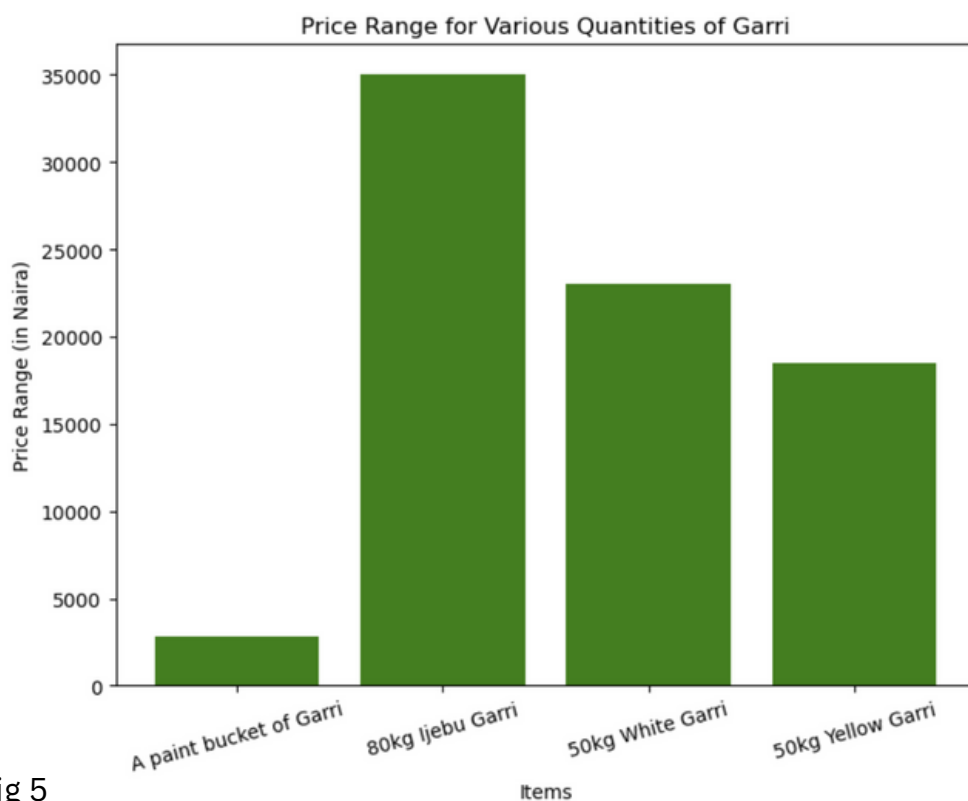


Fig 5

Prices of Noodles in Nigeria

Noodles quickly became the quick alternative for people who can't or don't have the time to, cook. This trend became very mainstream by the early 2000s and has remained so today.

This report provides an overview of the current price ranges for various popular brands and pack sizes of instant noodles in the Nigerian market. Instant noodles are a widely consumed and convenient food product in Nigeria, and the prices for different varieties and pack sizes are as follows in Fig 6:

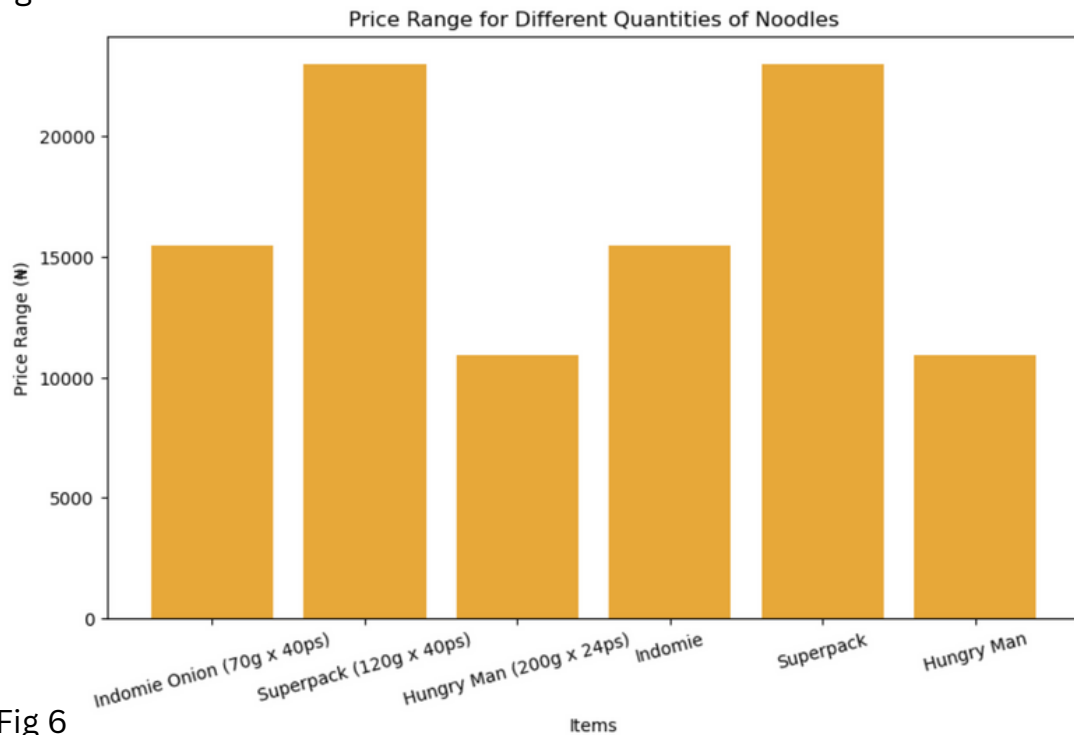


Fig 6

These price ranges provide consumers with options based on brand preference, flavor, and pack size. Instant noodles are a convenient and affordable food choice for many Nigerians and offer a quick meal solution. It is important for consumers and retailers to stay informed about these price ranges as they may vary due to factors such as brand, pack size, and market conditions.

Price of Beverages in Nigeria

Beverages are drinks. Beverages are further divided into Alcoholic beverages and non-alcoholic beverages. In this report, we will concentrate on non-alcoholic beverages.

This report offers an overview of the current price ranges for various popular non-alcoholic beverages in the Nigerian market, which include soft drinks, bottled water, and powdered drinks. These beverages are widely consumed and play a significant role in the beverage industry.

The prices as shown in Fig 7 and 8, provide consumers with options based on brand preferences, packaging sizes, and geographical location. The beverage industry in Nigeria offers a diverse range of products to cater to various tastes and needs. Both consumers and retailers need to stay informed about these price ranges as they may fluctuate due to factors such as brand, packaging, market conditions, and regional influences.

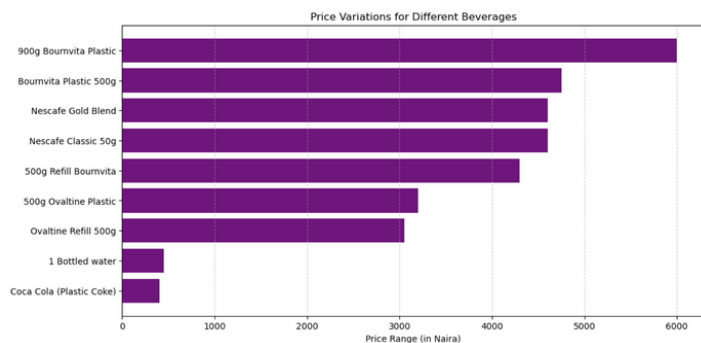


Fig 7

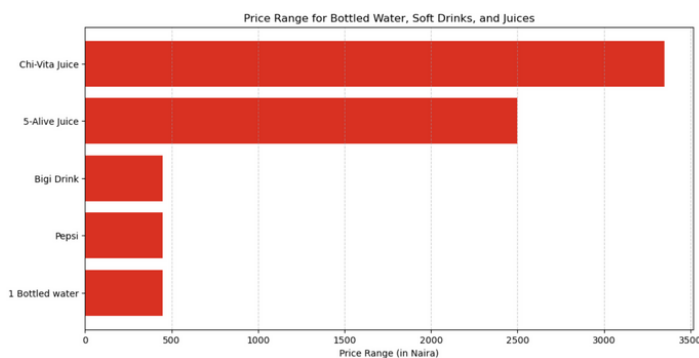


Fig 8

Cost of Various Spices Available in Nigeria

What is food without spices and seasoning? These complement our food to be more edible and encapsulate the fundamental role that spices and seasonings play in enhancing the sensory and culinary experience of our meals.

In essence, spices and seasonings are the culinary storytellers of our meals, enriching our food with taste, culture, and tradition. They go beyond mere edibility, turning a simple meal into an unforgettable dining experience. They connect us with our roots, enable culinary innovation, and ensure our meals are not just sustenance but a source of pleasure and satisfaction. Food without spices and seasoning would indeed lack the depth and character that make it truly enjoyable.

We can see the prices of various spices and seasonings in the Fig 9 below:

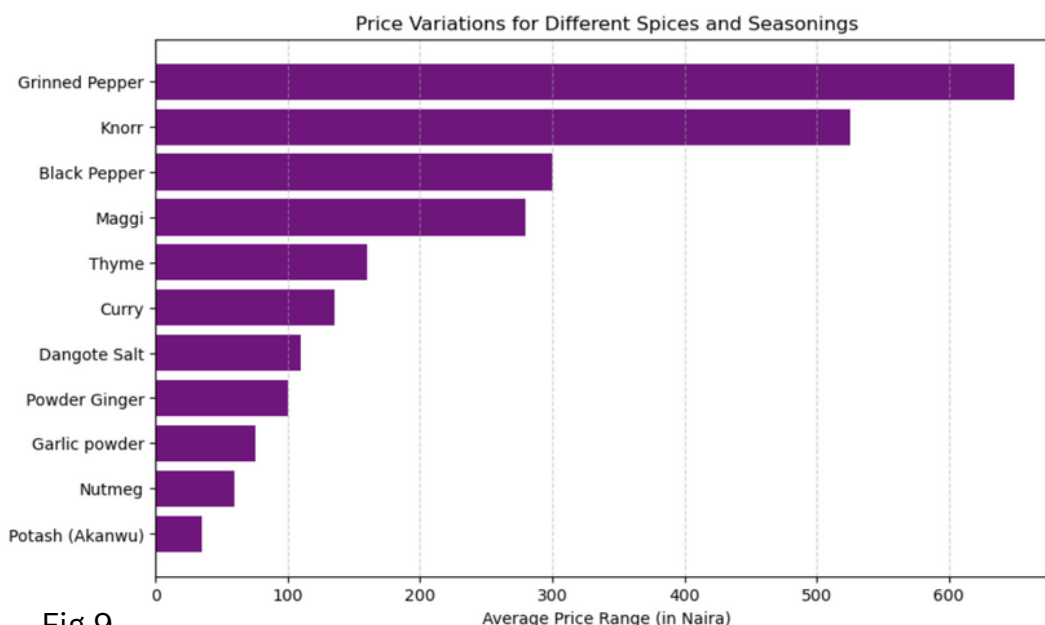


Fig 9

Prices of Different Meat and Protein Sources

Meat and seafood are essential protein sources in the Nigerian diet, and their prices can vary based on factors such as type, quality, and market conditions.

This report provides an overview of the current price ranges for various meat and seafood products available in the Nigerian market.

The price ranges below in Fig 10 provide consumers with a variety of options for their protein needs, allowing them to select products based on type, size, and budget. It's important for consumers and retailers to stay informed about these price ranges as they can fluctuate due to factors such as market conditions, quality, and seasonal demand.

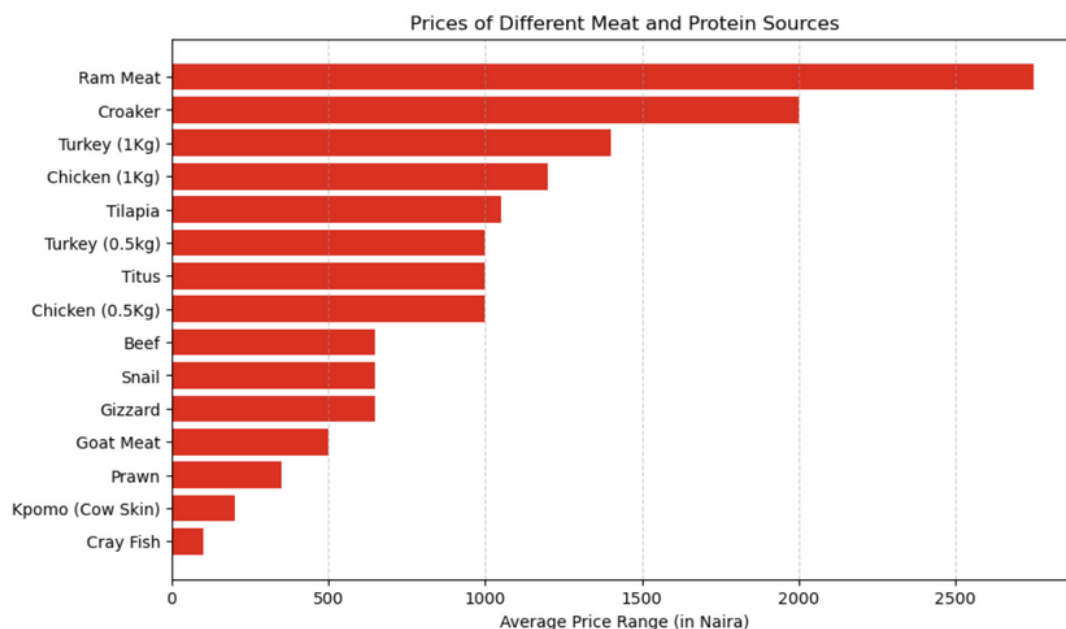


Fig 10

Prices of Fruits and Vegetables in Nigeria

Fruits and vegetables not only contribute to a balanced diet but also play a crucial role in supporting local agriculture and promoting healthy eating habits. Their affordability and accessibility are key factors in ensuring a nutritious and diverse diet for many Nigerians.

These price ranges provide consumers with a wide range of choices for incorporating fruits and vegetables into their diets. The availability of various options allows consumers to select products based on type, size, quality, and budget. Staying informed about these price ranges is important for both consumers and retailers as they can fluctuate due to factors such as seasonality, region, and market conditions.

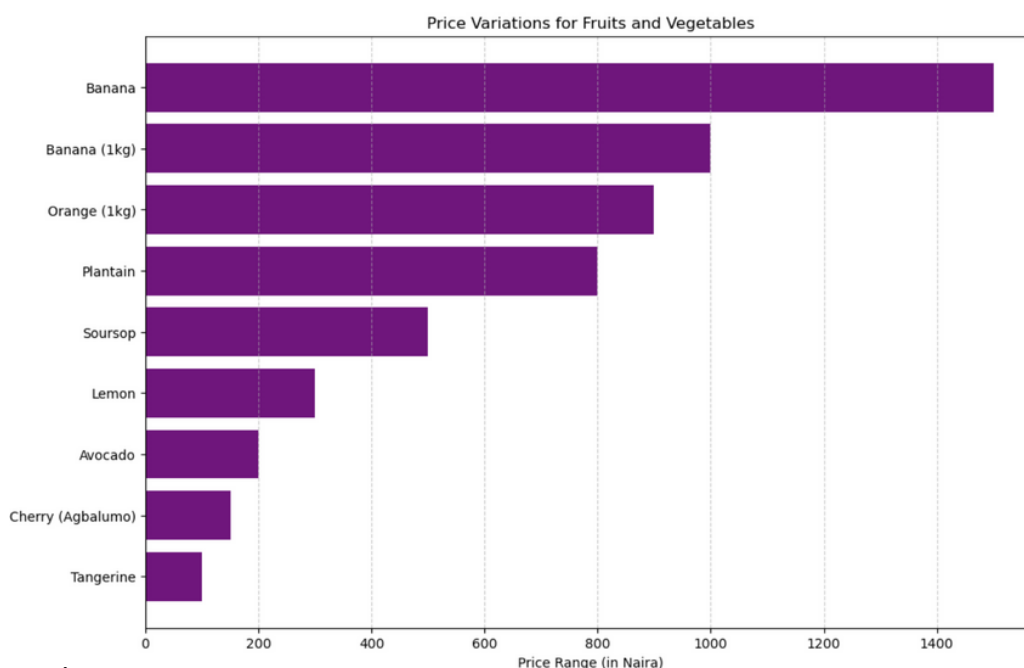


Fig 11

Cost of other Groceries in Nigeria

In addition to the items already mentioned, the Nigerian market offers a diverse array of foods, spices, seeds, and nuts, each contributing to the rich tapestry of Nigerian cuisine. These items vary in flavor, aroma, and culinary applications, and they often play a significant role in the daily meals of Nigerian households. Let's delve further into this world of other groceries and explore some of the key items you can find in the Nigerian market and their prices as shown in Fig 12 below.

- Potash is available in the price range of 20 to 50 Naira. It is a crucial ingredient in Nigerian cuisine, commonly used for its alkaline properties and flavor enhancement.
- Nutmeg is priced between 20 and 100 Naira. It is a versatile spice used in both sweet and savory dishes, appreciated for its distinctive flavor and aroma.
- The price range for cashews falls within 100 to 400 Naira. Cashews are not only a popular snack but are also used in various culinary applications.
- Locust beans are available in the wide price range of 50 to 1000 Naira. These fermented seeds are a traditional seasoning, adding a unique flavor to soups and stews.
- Coconuts are priced between 100 and 2000 Naira. They are used for their versatile meat and coconut milk in both sweet and savory dishes, as well as for their refreshing water.

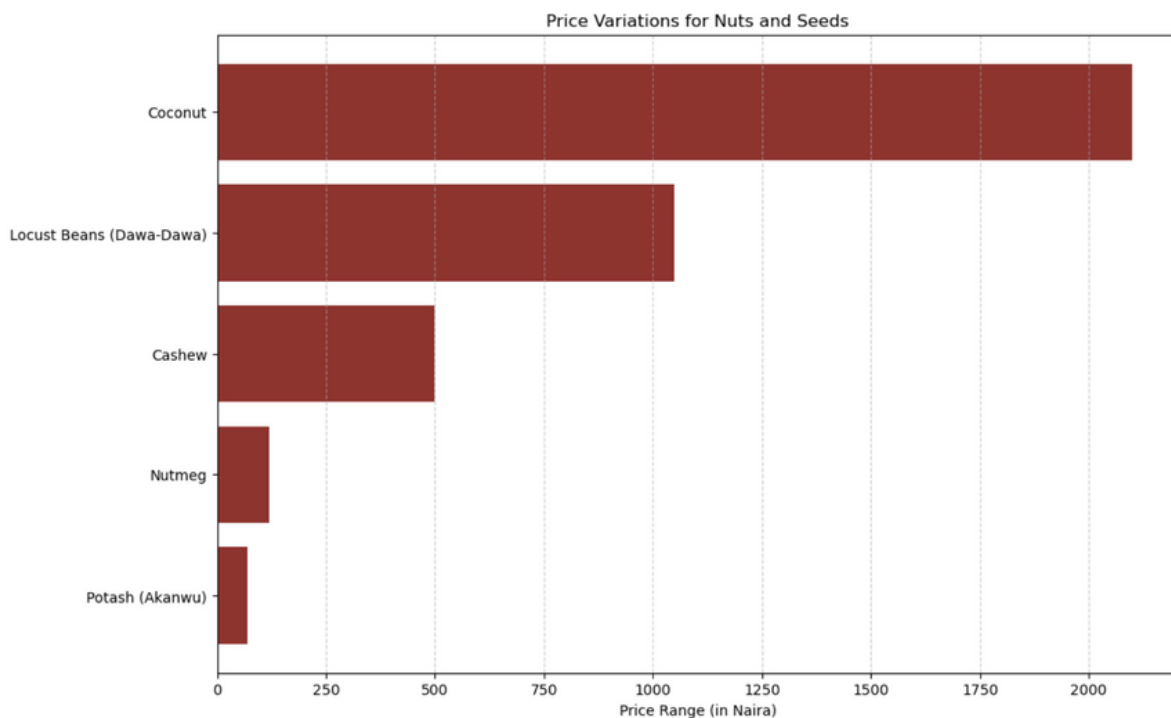


Fig 12

These price ranges cater to a diverse range of preferences and budgets, allowing consumers to choose these ingredients based on their culinary needs and financial considerations. Understanding these price ranges is valuable for both consumers and vendors, as they can vary due to factors such as sourcing, quality, and market conditions.

These ingredients, deeply ingrained in Nigerian cuisine, contribute to the rich and diverse flavors of local dishes. They also hold cultural and traditional significance, enhancing the authenticity of the cuisine and reflecting the unique culinary heritage of the region.

Observations

- The analysis highlights the wide price range for many food items, reflecting the economic challenges and market dynamics in Nigeria. Consumers often have choices in different price categories for the same product, allowing them to find options that suit their budgets.
- Prices vary not only by product type but also by brand and package size. This underscores the importance of competition and consumer choice in determining prices.
- It provides average prices for each item, which can serve as reference points for consumers to gauge whether they are paying more or less than the average market price.
- It covers a wide range of food items, including staple foods like rice, yam, and garri, as well as beverages, spices, and protein sources, offering a comprehensive view of the food market.
- Food prices can fluctuate seasonally and regionally in Nigeria, depending on factors like harvest cycles, supply chain logistics, and regional demand. This dataset can help consumers and businesses understand these variations better.

Recommendations

Based on the key insights derived from the analysis, the following condensed recommendations are proposed:

- Provide consumer-friendly tools for price comparisons and offer educational programs to enhance budget-conscious shopping.
- Foster market competition through policy measures that deter monopolistic practices and promote diverse pricing options.
- Enhance market transparency by creating accessible platforms, such as apps and in-store displays, to showcase average food prices.
- Support local agriculture and supply chains to stabilize food prices by investing in transportation and storage infrastructure.
- Continuously monitor food price trends to develop strategies that ensure food security and affordability.
- Implement targeted assistance programs for vulnerable populations during periods of high food prices.
- Promote sustainable farming practices and crop diversification to enhance price stability and food security.
- Invest in transportation and storage infrastructure to mitigate regional variations in food prices.
- Foster collaboration among government agencies, businesses, farmers, and consumer groups to develop strategies benefiting both producers and consumers.

Conclusion

The cost of foodstuffs in Nigeria provides valuable insights into the pricing of essential food and grocery items in the country.

This information can be useful for policymakers and researchers studying food affordability, market dynamics, and the impact of economic factors on food prices in Nigeria.

we cannot comprehensively cover all known foodstuffs. The food items presented here represent some of the everyday choices for Nigerians.

I trust that this guide will serve as a valuable reference for food prices in Nigeria, assisting you in estimating your shopping expenses. Please keep in mind that prices fluctuate due to supply and demand dynamics. Nonetheless, I believe this list provides a useful overall understanding.