



FOOD BASKET PRICE MONTHLY



NAMC FOOD BASKET: 28 SELECTED FOOD ITEMS PRICES Issue 116 – July 2025



Food Basket Price Monthly

July 2025

Important note

Statistics South Africa (Stats SA) updated the Consumer Price Index (CPI) basket of goods and services and the respective weights in the February 2025 CPI release.

The May 2025 official data is used in this report, as the official release of the July 2025 CPI data is scheduled for August 20, 2025 (see link below from the Stats SA website):

<https://www.statssa.gov.za/publications/P0141/P0141June2025.pdf>

Highlights

During June 2025, the nominal cost of the NAMC's 28-item urban food basket amounted to R1342.01 compared to the R1330.33 reported in May 2025. This represents a monthly decrease of 0.9% and a year-on-year increase of 5.0%.

June 25 vs. June 24	Inflation bracket				
	12% or more	Between 6% and 11.99%	Between 3% and 5.99%	Between 1% and 2.99%	Inflation close to zero or deflation
Stats SA food groups:	Vegetables (13.6%) Fruit & nuts (13.2%)	Processed food (6.9%) Meat (6.6%) Oil & fats (6.5%)	Fish & other seafood (4.8%) Sugar, confectionery, and desserts (4.1%) Cereal products (3%)	Unprocessed food (2.6%) Other foods (1.5%)	Milk, other dairy products & eggs (-0.5%)
Individual food items in NAMC food basket (listed in order of decreasing inflation rates):	Apples (24.6%) Beef mince(15.3%) Instant coffee (14.8%) Bananas (13.8%)	Brick margarine (8.9%) Onions (8.9%) Ceylon/black tea (8.7%) Maize meal (8.3%) Tomatoes (8.0%) Beef offal (7.3%) Cabbage (7.1%)	Potatoes (5.8%) Sunflower oil (5.0%) Dried beans (4.7%) Tinned fish (4.1%) Polony (3.8%)	Individually Quick Frozen (IQF) chicken portions (2.6%) White sugar (2.4%) Peanut butter (2.2%) Oranges (1.8%) White bread (1.7%)	Cheddar cheese (0.7%) Brown bread (0.6%) Full cream long life milk (0.2%) Baked beans (-1.4%) Chicken giblets (-2.5%) Eggs (-4.0%) Rice (-7.1%)

1. Overall inflation and food inflation

The global nominal food price index, reported by the Food and Agriculture Organization (FAO), averaged at 128.0 points in June 2025, increasing by 0.5% from May 2025. While there was an increase in overall global food inflation in June, it remained 5.8% higher than the same period in 2024. The month-to-month increase in global food inflation was mainly driven by rising prices of dairy products, meat, and vegetable oils, which outweighed the price decreases in cereals and sugar. During this period, the price indices for dairy products, meat, and vegetable oils increased by 0.5%, 2.1%, and 2.3%, respectively. The elevated dairy prices were primarily driven by prolonged supply tightness in Oceania and the European Union, coupled with strong import demand from Asia, particularly the Near East. In the United States of America, decreasing monthly butter output and stocks dropping below the previous year's levels added pressure on prices. The observed increase in vegetable oils was primarily due to higher costs for palm, rapeseed, and soy oil, which more than offset a minor decrease in sunflower oil prices. In June, international palm oil prices increased by nearly 5%, owing mostly to robust global import demand and greater price competition. On the other hand, high meat prices were mainly driven by rising costs in all meat categories, except poultry. Global bovine meat prices reached a new peak, reflecting tighter export supplies from Brazil and strong demand from the United States, exerting upward pressure on Australian export prices.

In terms of global cereals, their price indices also declined by approximately 1.5%, following a drop in global prices of maize, wheat, sorghum, and barley during this period. The decline in maize prices was mainly driven by the increased seasonal availability due to early harvests in major producing regions such as Argentina and Brazil. Similarly, the sugar price index dropped by 5.2%, marking the fourth consecutive monthly decline and the lowest level since April 2021. The drop in sugar prices was primarily due to improved supply prospects in key producing countries. Following a delayed start to the season, drier weather conditions hastened harvesting and crushing, which, combined with increased usage of sugarcane in sugar production, resulted in higher-than-expected output in recent weeks, putting downward pressure on global sugar prices in the 2025/26 season.

Figure 1 illustrates fluctuations in global food inflation across several countries that maintain significant trade connections with South Africa. These countries include the BRICS member nations (Brazil, Russia, India, China, and South Africa), as well as Zambia, Botswana, Namibia and the United Kingdom. Between May and June 2025, food inflation rates increased in some countries while declining in others. Notably, Russia's food inflation dropped from 12.5% to 11.9%, Brazil's from 7.3% to 6.6%, Botswana's from 5.8% to 5.4%, India's from 0.9% to -0.1%, and Zambia's from 17.9% to 16.7%. On the other hand, food inflation increased from 4.4% to 4.5% in the United Kingdom, from 4.8% to 5.1% in South Africa, and from 5.8% to 6.4% in Namibia. China's food inflation dropped further from -0.4% to -0.3%.

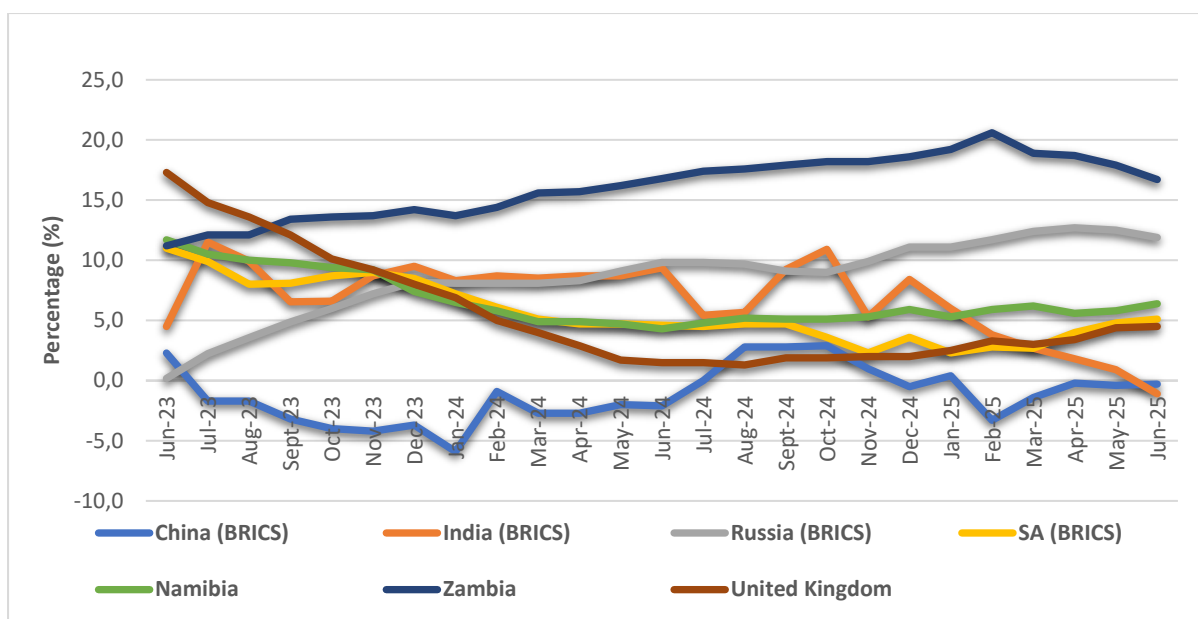


Figure 1: Global food inflation

Source: Trading Economics, 2025; Stats SA, 2025 & NAMC calculations

Figure 2 presents trends in the Consumer Price Index (CPI) for South Africa from June 2019 to June 2025, along with the inflation rate for food and non-alcoholic beverages (NAB). Recently, Statistics South Africa (Stats SA) confirmed the CPI for June 2025. In June 2025, the annual headline CPI was reported at 3.0%, representing a 0.2% increase from May 2025. The inflation rate for food and non-alcoholic beverages rose to 5.1% in June 2025, from 4.8% reported in June 2025. Notably, the main drivers of the current inflation on food and NAB were vegetables, which experienced a substantial increase of 13.6% in June 2025, followed by fruits & nuts (13.2%), processed food (6.9%), meat (6.6%), oil & fats (6.5%), fish & other seafood (4.8%), sugar confectionery and desserts (4.1%), cereal products (3.0%), unprocessed foods (2.6%), other foods (1.5%), and milk, other dairy products & eggs recorded a decline of 0.5%.

South Africa's food inflation is expected to fluctuate in the coming months, driven largely by global increases in price indices for key commodities such as vegetables, meat and dairy. These increases are currently slightly offset by decreases in indices for items like cereal, and sugar. According to the FAO (2024), the increase in food prices is mainly driven by the global bovine prices reaching a new peak, strong dairy import demand in Asia, and high feedstock demand by the biofuel sector. Further, cereal and sugar prices increased in June, primarily influenced by favourable weather conditions and an increase in sugar supplies from key producing countries. These food challenges indirectly and directly influence the current and future state of South African food prices.

Furthermore, as of June 2025, the local price of white maize averaged at R4646 per ton, marking a 2.56% decrease from May 2025. Similarly, the price of yellow maize averaged at R4175 per ton, reflecting a 0.57% decrease compared to the previous month. On the other hand, sunflower seed prices averaged at R9237 per ton, indicating a 3.58% increase from the preceding month's price.

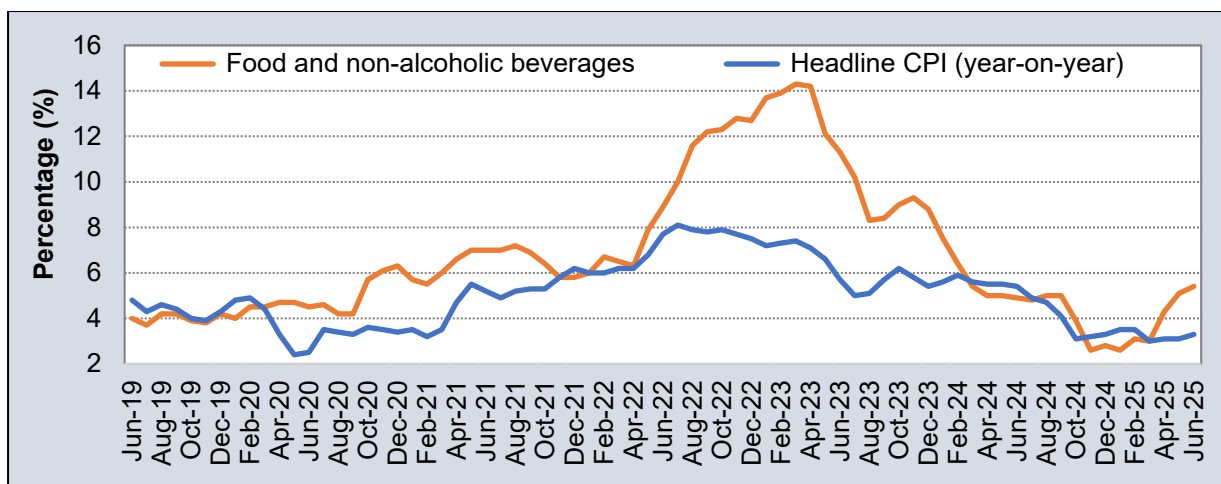


Figure 2: South Africa's headline CPI and Food & non-alcoholic beverages' CPI

Source: Stats SA, 2025; NAMC calculations

2. Monthly comparison of prices between urban and rural areas for June 2025

Table 1 presents a comparative analysis of expenses associated with selected food items in both urban and rural areas during June 2025. Recent data released by Statistics South Africa reveals variations in prices for certain products when purchased in urban versus rural regions. Urban consumers allocated more of their budget towards Ceylon/black tea, which exhibited the most substantial price difference of R9.39, followed by peanut butter (R1.87), sunflower oil (R1.79), white sugar (R0.94), bananas (0.60), white bread (R0.35) and brown bread (R0.32) in comparison to their rural counterparts. On average, urban consumers paid R1.43 more for these 8 food items. This information highlights noteworthy variations in food item costs across different geographical areas. Notably, rural prices for maize meal (2.5 kg) and margarine spread (500g) were not available.

Table 1: Comparison between urban and rural food prices (selected food items)

Product	Urban Food Prices June 2025 (R/unit)	Rural Food Prices June 2025 (R/unit)	The price difference (R/unit)
Full cream milk - long life 1ℓ	20.04	20.45	-0.41
Brown bread 700g	17.54	17.22	0.32
White bread 700g	18.94	18.59	0.35
Bananas per kg	19.32	18.72	0.60
Maize meal 2.5kg*	43.57	-	-
Margarine spread 500g*	40.27	-	-
Peanut butter 400g	47.88	46.01	1.87
Rice 2kg	43.88	45.76	-1.88
Sunflower oil 750mℓ	36.68	34.89	1.79
Ceylon/black tea 250g	61.43	52.04	9.39
White sugar 2.5kg	66.30	65.36	0.94
			1.43

Source: Stats SA, 2025; NAMC calculations, * Rural prices for maize meal (2.5 kg) and margarine spread (500g) were not available in the June 2025 data

3. The NAMC food basket: June 2025 vs June 2024

In this section, the cost of NAMC's 28-item urban food basket is explained through a comparison of average food prices in June 2025 and June 2024. The cost of the NAMC's 28-item urban food basket increased by 5.0% in June 2025 when compared to the same period last year, reaching R1342.01. When compared to the cost of R1330.33 recorded in May 2025, the food basket increased by 0.9%. **Table 2** presents nominal prices of the 28 food items that comprise the NAMC's urban food basket. Between June 2025 and June 2024, among these 28 items, only 11 witnessed price increases that exceeded the 6% inflation target set by the South African Reserve Bank (SARB). Notable products in this category include apples which experienced a substantial price surge of 24.6%, followed by beef mince (15.3%), instant coffee (14.8%), bananas (13.8%), brick margarine (8.9%), onions (8.9%), Ceylon/black tea (8.7%), maize meal (8.3%), tomatoes (8.0%), beef offal (7.3%), and cabbage (7.1%).

Table 2: Percentage change in the price of a basic NAMC food basket (28-item)

Category	Product	June-24 R/unit	May-25 R/unit	June-25 R/unit	Change year-on-year (%)	Change month-on-month (%)
Beans	Baked beans - tinned 410g	16.19	15.92	15.97	-1.4%	0.3%
	Beans - dried 500g	33.54	34.86	35.12	4.7%	0.7%
	Peanut butter 400g	46.84	48.46	47.88	2.2%	-1.2%
Coffee & Tea	Ceylon/black tea 250g	56.53	60.75	61.43	8.7%	1.1%
	Instant coffee 250g	64.64	73.66	74.23	14.8%	0.8%
Dairy & Eggs	Cheddar cheese per /kg	152.99	150.81	153.99	0.7%	2.1
	Eggs 1.5 dozen	67.98	65.39	65.29	-4.0%	-0.2
	Full cream milk - long life 1ℓ	20.00	20.03	20.04	0.2%	0.1%
Fats & Oils	Brick margarine 500g	29.50	32.47	32.12	8.9%	-1.1%
	Sunflower oil 750mℓ	34.92	36.51	36.68	5.0%	0.5%
Fruit	Apples per kg	22.48	26.98	28.00	24.6%	3.8%
	Bananas per kg	16.97	21.88	19.32	13.8%	-11.7%
	Oranges per kg	22.32	24.25	22.73	1.8%	-6.3%
Animal Protein	Beef mince per kg	102.23	110.93	117.92	15.3%	6.3%
	Beef offal per kg	51.04	53.23	54.77	7.3%	2.9%
	Chicken giblets / per kg	47.82	46.11	46.64	-2.5%	1.1%
	Fish (excl tuna) - tinned 400g	27.31	28.14	28.43	4.1%	1.0%
	IQF chicken portions 2kg	93.96	96.37	96.38	2.6%	0.0%
	Polony 1kg	55.14	56.16	57.24	3.8%	1.9%
Bread & Cereals	Brown bread 700g	17.31	17.54	17.42	0.6%	-0.7%
	White bread 700g	18.63	18.93	18.94	1.7%	0.1%
	Rice 2kg	47.22	44.27	43.88	-7.1%	-0.9%
	Maize meal 5kg	71.21	76.27	77.13	8.3	1.1%
Vegetables	Cabbage each	22.35	23.78	23.93	7.1%	0.6%
	Onions per kg	24.80	25.54	27.00	8.9%	5.7%
	Potatoes per kg	20.15	22.14	21.32	5.8%	-3.7%
	Tomatoes per kg	29.54	32.81	31.91	8.0%	-2.7%
Sugary foods	White sugar 2.5kg	64.76	66.14	66.30	2.4%	0.2%
Total Rand Value		1 278.37	1330.33	1 342.01	5.0%	0.9%

Source: Stats SA & BFAP. 2025; NAMC calculations

Figure 3 provides an overview of changes in the average nominal cost of the different food groups within the NAMC's 28-item food basket, offering a comparative analysis of June 2025 with June 2024 (year-on-year) and June 2025 with May 2025 (month-on-month). When examining year-on-year price differences, the food group that contributed most significantly to the observed food inflation was fruits, experiencing a substantial increase of 13.4%. Following this were coffee & tea, which increased by 12.0%, vegetables by 7.6%, fats & oils by 6.8%, animal proteins by 6.3%, bean products by 2.5%, sugary foods by 2.4%, and bread & cereals by 1.9%. In contrast, dairy & eggs decreased by 0.7%. When reviewing month-on-month changes, animal protein showed a significant increase of 2.7%, followed by dairy & eggs, which increased by 1.3%, coffee & tea (0.9%), bread & cereals (0.2%), and sugary foods (0.2%). In contrast, vegetables, bean products, fats & oils, and fruits decreased by 0.1%, 0.3%, 0.3%, and 4.2%, respectively.

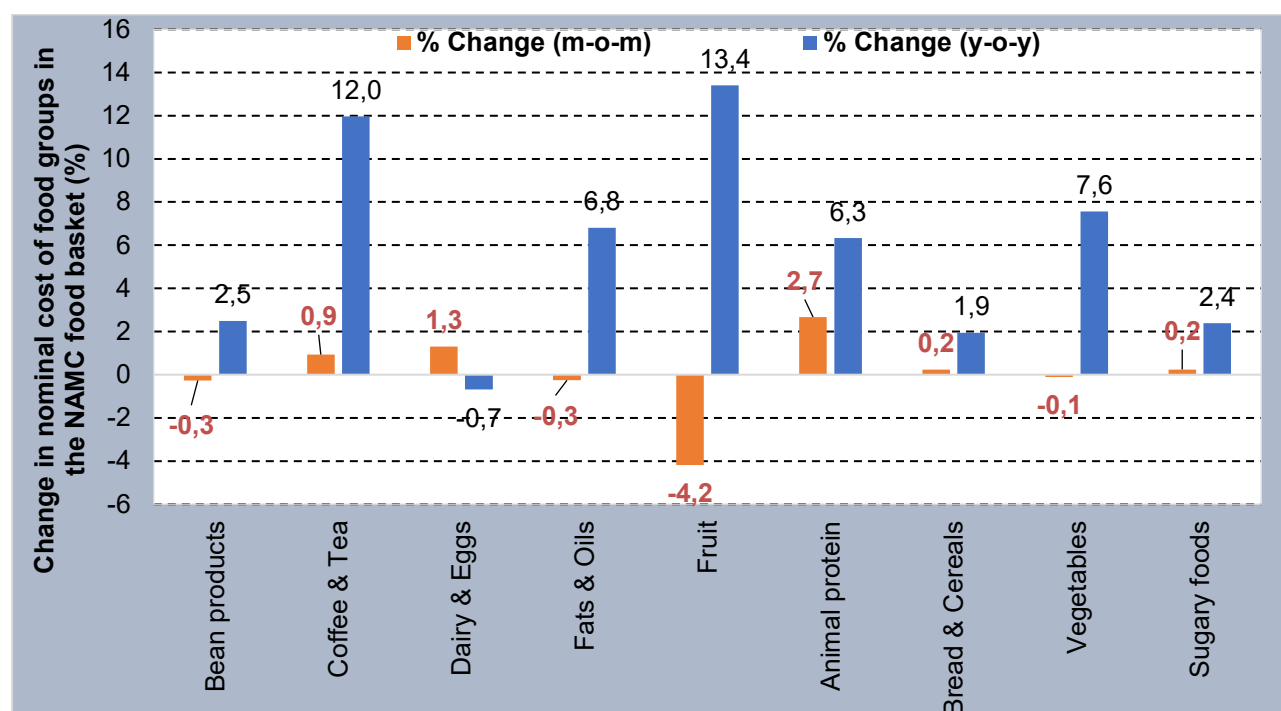


Figure 3: Nominal change in the cost of specific food groups within the NAMC's 28-item food basket, comparing June 2025 vs. June 2024 and June 2025 vs. May 2025

Source: Stats SA data. 2025; NAMC calculations

In conclusion, during June 2025, overall global food inflation increased and remained 5.8% higher than the same period in 2024. The month-to-month rise was mainly driven by increasing prices of dairy products, meat, and vegetable oils, which outweighed the price decreases in cereals and sugar. During this period, the price indices for dairy products, meat, and vegetable oils rose by 0.5%, 2.1%, and 2.3%, respectively. Domestically, South Africa's overall inflation increased to 3.0%, while food and non-alcoholic beverage inflation rose to 5.1% in June 2025. Fruits, vegetables, processed foods, and cereals were key contributors to the observed increase. The NAMC 28-item urban food basket showed a 5.0% year-on-year increase, with noticeable urban-rural price differences for essential food items such as tea and peanut butter. There was also a 0.9% month-on-month increase in the food basket's cost. Food inflation remains a concern for household food security, disproportionately affecting rural areas due to higher price disparities for many staples like tea and peanut butter.

Background Information:

The NAMC monitors food prices at the retail level and releases regular authoritative reports. The Department of Agriculture, then known as the Department of Agriculture, Forestry and Fisheries (DAFF) established the Food Price Monitoring Committee (FPMC) at the NAMC to track and report food price trends in South Africa; to provide explanations of the observed trends and to then advise the Department on any possible action that could be taken should national and household food security be threatened. The FPMC was established after the high food price episode of the 2000/01 season. The NAMC continued the functions of the FPMC after the FPMC completed its work in September 2004. The NAMC issues four quarterly Food Price Monitoring reports annually and, since 2005, also publishes an annual Food Cost Review report, which documents the margins between farm and retail prices of the major food products, amongst other topics. In 2015, the NAMC began releasing a quarterly Farm-to-Retail-Price-Spread (FTRPS) publication, which seeks to provide more insight into the factors driving commodity and food price margins. This publication, the Food Basket Price Monthly Report, was initiated following discussions with the industry to maintain a more frequent monitoring of food prices.

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