



# FOOD BASKET PRICE MONTHLY



## NAMC FOOD BASKET: 28 SELECTED FOOD ITEMS PRICES Issue 117 – August 2025

# Food Basket Price Monthly

## August 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 July 2025 official data is used in this report, as the official release of the August 2025 CPI data is scheduled for September 17, 2025 (see link below from the Stats SA website):*

<https://www.statssa.gov.za/publications/P0141/P0141July2025.pdf>

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## Highlights

During July 2025, the nominal cost of the NAMC's 28-item urban food basket amounted to R1351.21 compared to the R1342.01 reported in June 2025. This represents a monthly increase of 0.7% and a year-on-year increase of 5.8%.

July 25 vs. July 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
<b>Stats SA food groups:</b>	Vegetables (14.6%)	Meat (10.5%) Fruit & nuts (9.5%) Processed foods (7.2%)	Oils & fats (4.6%) Unprocessed food (3.8%) Sugar, confectionery, and desserts (3.7%) Fish & other seafood (3.4%)	Cereal products (2.1%) Other foods (1.6%)	Milk, other dairy products & eggs (-0.8%)
<b>Individual food items in NAMC food basket (listed in order of decreasing inflation rates):</b>	Apples (27.2%) Beef mince (23.2%) Tomatoes (15.0%)	Instant coffee (11.98%) Beef offal (10.2%) Ceylon/black tea (9.1%) Onions (8.5%) Polony (7.7%) Brick margarine (7.6%)	Individually Quick Frozen (IQF) chicken portions (5.1%) Potatoes (5.0%) Sunflower oil (4.9%) Peanut butter (3.9%) Cheddar cheese (3.5%) Cabbage (3.3%) Tinned fish (3.1%)	White sugar (2.8%) Maize meal (2.6%) Dried beans (1.8%) Oranges (1.7%) White bread (1.4%)	Chicken giblets (0.8%) Brown bread (0.7%) Full cream long life milk (-0.2%) Baked beans (-1.5%) Bananas (-2.2%) Eggs (-4.7%) Rice (-8.6%)

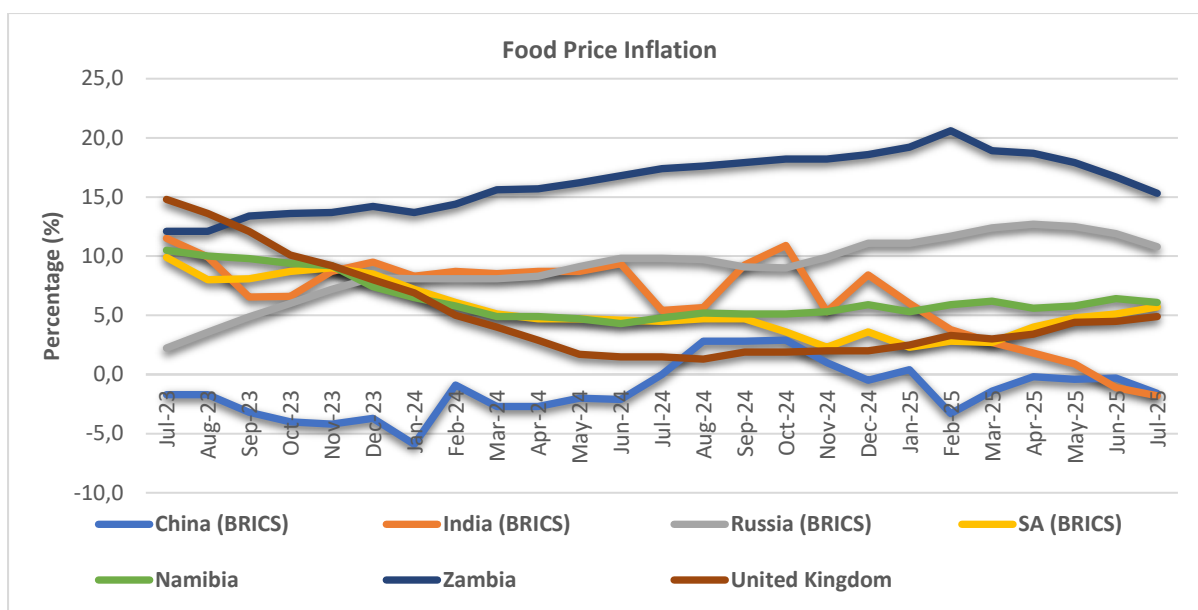


## 1. Overall inflation and food inflation

The global nominal food price index, reported by the Food and Agriculture Organization (FAO), averaged at 130.1 points in July 2025, increasing by 1.6% from June 2025. While there was an increase in overall global food inflation in June, it was 7.6% higher than the same period in 2024. The month-to-month increase in global food inflation was mainly driven by rising prices of meat and vegetable oils, which outweighed the price decreases in cereals, dairy products, and sugar. During this period, the price indices for meat and vegetable oils increased by 1.2% and 7.1%, respectively. The increase in meat prices was primarily driven by higher costs of bovine and ovine meat, as well as a modest increase in poultry meat pricing, while the prices of pig meat decreased. Due to robust import demand, especially from China and the United States of America, which exceeded available export supply, global bovine meat prices reached a new record high, reinforced by higher quotations in Australia. As a result of Oceania's limited export supply and the ongoing demand worldwide, the price of ovine meat rose significantly for the fourth consecutive month. Increase in the price of poultry meat was supported by higher export prices from Brazil after limitations were loosened and imports were gradually resumed by a number of important trade partners. This was after Brazil regained its highly pathogenic avian influenza (HPAI) free status in mid-June. The observed increase in vegetable oils was primarily due to price increases for palm, soy, and sunflower oils, which more than offset the drop in rapeseed oil prices. In July, international palm oil prices increased for the second consecutive month, mostly due to renewed strong demand for imports from throughout the world and better pricing relative to other vegetable oils.

In terms of global cereals, their price indices also declined by approximately 0.8%, following a drop in global prices of wheat and sorghum, while those of barley and maize rose during this period. The price index for dairy dropped by 0.1% and this was the first slight decrease since April 2024. The decline was caused by reduced global butter and milk powder costs, which were mostly countered by ongoing gains in cheese prices. The butter price index dropped by 1.1% and it is the first decrease in six months. The decrease was mainly due to lower quotations from Oceania, where higher production and growing stocks put downward pressure on prices. Similarly, the sugar price index dropped by 0.2%, marking the fifth consecutive monthly decline and lower than its July 2024 level. Early projections of a recovery in global sugar production for 2025/26 driven by anticipated higher outputs in India and Thailand, along with favourable weather in Brazil's key southern regions pushed world sugar prices down in July. However, signs of strengthening global import demand moderated the extent of the decline.

**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 June and July 2025, food inflation rates increased in some countries while declining in others. Notably, Russia's food inflation dropped from 11.9% to 10.8%, Namibia's from 6.4% to 6.1%, Botswana's from 5.4% to 4.3%, India's from -1.1% to -1.8%, Zambia's from 16.7% to 15.3% and China's from -0.3% to -1.6%. On the other hand, food inflation increased from 6.6% to 7.4% in Brazil, from 5.1% to 5.7% in South Africa, and from 4.5% to 4.9% in the United Kingdom.



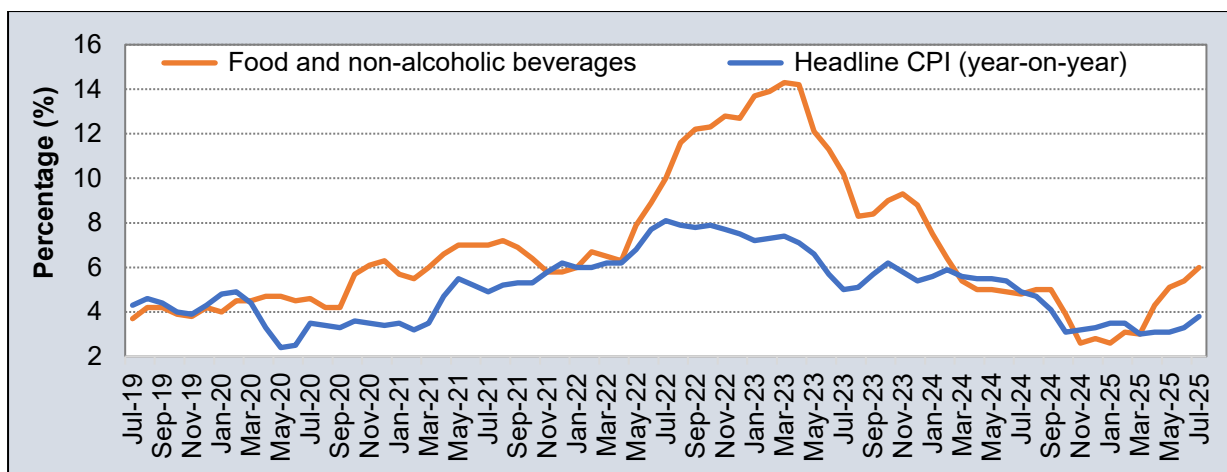
**Figure 1: Global food inflation**

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

**Figure 2** presents trends in the Consumer Price Index (CPI) for South Africa from July 2019 to July 2025, along with the inflation rate for food and non-alcoholic beverages (NAB). Recently, Statistics South Africa (Stats SA) confirmed the CPI for July 2025. In July 2025, the annual headline CPI was reported at 3.5%, representing a 0.5% increase from June 2025. The inflation rate for food and non-alcoholic beverages rose to 5.7% in July 2025, from 5.1% reported in June 2025. Notably, the main drivers of the current inflation on food and NAB were vegetables, which experienced a substantial increase of 14.6% in July 2025, followed by meat (10.5%), fruits & nuts (9.5%), processed foods (7.2%), oils & fats (4.6%), unprocessed foods (3.8%), sugar confectionery and desserts (3.7%), fish & other seafood (3.4%), cereal products (2.1%), other foods (1.6%), and milk, other dairy products & eggs recorded a decline of 0.8%.

South Africa's food inflation is projected to experience fluctuations in the coming months, influenced by global shifts in key commodity price indices. According to FAO (2025), cereal prices decreased due to the abundant seasonal supplies from the winter wheat harvest in the Northern Hemisphere. Conversely, vegetable oil prices rose, while the meat price index increased, driven by high bovine meat quotations in Australia. The dairy price index declined, primarily due to lower prices for butter and milk powder. Sugar prices also decreased, supported by early forecasts of a likely recovery in global sugar production for the 2025/26 season, fueled by expectations of larger outputs in India and Thailand, alongside favorable weather conditions in key southern growing regions in Brazil. These global trends directly and indirectly impact the current and future state of South African food prices.

Furthermore, as of July 2025, the local price of white maize averaged at R4904 per ton, marking a 5.55% decrease from June 2025. Similarly, the price of yellow maize averaged at R4187 per ton, reflecting a 0.29% increase compared to the previous month. On the other hand, sunflower seed prices averaged at R9515 per ton, indicating a 3.01% 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 July 2025

**Table 1** presents a comparative analysis of expenses associated with selected food items in both urban and rural areas during July 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 R8.52, followed by peanut butter (R2.10), sunflower oil (R1.50), white sugar (R0.96), bananas (0.31), and white bread (R0.25) in comparison to their rural counterparts. On average, urban consumers paid R1.27 more for these nine (9) 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 July 2025 (R/unit)	Rural Food Prices July 2025 (R/unit)	The price difference (R/unit)
Full cream milk - long life 1ℓ	20.05	20.83	-0.78
Brown bread 700g	17.40	17.41	-0.01
White bread 700g	18.94	18.69	0.25
Bananas per kg	16.16	15.85	0.31
Maize meal 2.5kg*	43.26	n/a	n/a
Margarine spread 500g*	40.15	n/a	n/a
Peanut butter 400g	48.45	46.35	2.10
Rice 2kg	43.37	44.74	-1.37
Sunflower oil 750mℓ	36.59	35.09	1.50
Ceylon/black tea 250g	62.33	53.81	8.52
White sugar 2.5kg	66.57	65.61	0.96
			<b>1.27</b>

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

### 3. The NAMC food basket: July 2025 vs July 2024

In this section, the cost of NAMC's 28-item urban food basket is explained through a comparison of average food prices in July 2025 and July 2024. The cost of the NAMC's 28-item urban food basket increased by 5.8% in July 2025 when compared to the same period last year, reaching R1351.21. When compared to the cost of R1342.01 recorded in June 2025, the food basket increased by 0.7%. **Table 2** presents nominal prices of the 28 food items that comprise the NAMC's urban food basket. Between July 2025 and July 2024, among these 28 items, only 9 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 27.2%, followed by beef mince (23.2%), tomatoes (15.0%), instant coffee (12.0%), beef offal (10.2%), Ceylon/black tea (9.1%), onions (8.5%), polony (7.7%), and brick margarine (7.6%).

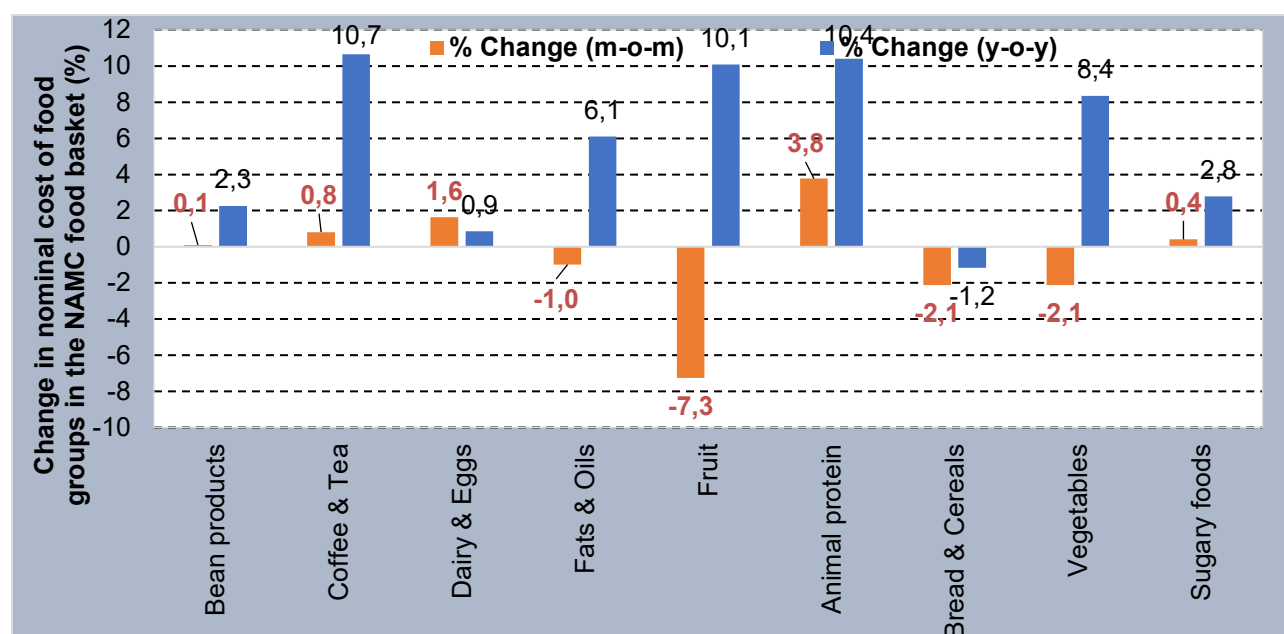
**Table 2: Percentage change in the price of a basic NAMC food basket (28-item)**

Category	Product	July-24 R/unit	June-25 R/unit	July-25 R/unit	Change year-on-year (%)	Change month-on-month (%)
Beans	Baked beans - tinned 410g	16.12	15.97	15.88	-1.49%	-0.56%
	Beans - dried 500g	34.11	35.12	34.74	1.85%	-1.08%
	Peanut butter 400g	46.65	47.88	48.45	3.86%	1.19%
Coffee & Tea	Ceylon/black tea 250g	57.12	61.43	62.33	9.12%	1.47%
	Instant coffee 250g	66.47	74.23	74.43	11.98%	0.27%
Dairy & Eggs	Cheddar cheese per /kg	152.99	153.99	158.32	3.48%	2.81%
	Eggs 1.5 dozen	68.06	65.29	64.85	-4.72%	-0.67%
	Full cream milk - long life 1ℓ	20.09	20.04	20.05	-0.20%	0.05%
Fats & Oils	Brick margarine 500g	29.31	32.12	31.53	7.57%	-1.84%
	Sunflower oil 750ml	34.89	36.68	36.59	4.87%	-0.25%
Fruit	Apples per kg	21.89	28.00	27.84	27.18%	-0.57%
	Bananas per kg	16.52	19.32	16.16	-2.18%	-16.36%
	Oranges per kg	20.60	22.73	20.96	1.75%	-7.79%
Animal Protein	Beef mince per kg	102.95	117.92	126.79	23.16%	7.52%
	Beef offal per kg	51.56	54.77	56.82	10.20%	3.74%
	Chicken giblets / per kg	47.72	46.64	48.10	0.80%	3.13%
	Fish (excl tuna) - tinned 400g	27.60	28.43	28.46	3.12%	0.11%
	IQF chicken portions 2kg	93.16	96.38	97.87	5.06%	1.55%
	Polony 1kg	54.30	57.24	58.49	7.72%	2.18%
Bread & Cereals	Brown bread 700g	17.28	17.42	17.40	0.69%	-0.11%
	White bread 700g	18.68	18.94	18.94	1.39%	0.0%
	Rice 2kg	47.46	43.88	43.37	-8.62%	-1.16%
	Maize meal 5kg	72.42	77.13	74.32	2.62%	-3.64%
Vegetables	Cabbage each	22.43	23.93	23.16	3.25%	-3.22%
	Onions per kg	25.26	27.00	27.40	8.47%	1.48%
	Potatoes per kg	19.72	21.32	20.7	4.97%	-2.91%
	Tomatoes per kg	26.68	31.91	30.69	15.03%	-3.82%
Sugary foods	White sugar 2.5kg	64.76	66.30	66.57	2.79%	0.41%
<b>Total Rand Value</b>		<b>1 276.80</b>	<b>1 342.01</b>	<b>1 351.21</b>	<b>5.8%</b>	<b>0.7%</b>

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 July 2025 with July 2024 (year-on-year) and July 2025 with June 2025 (month-on-month). When examining year-on-year price differences, the food group that contributed most significantly to the observed food inflation was coffee & tea, experiencing a substantial increase of 10.7%. Following this were animal protein, which increased by 10.4%, fruits by 10.1%, vegetables by 8.4%, fats & oils by 6.1%, sugary foods by 2.8%, bean

products by 2.3%, and dairy & eggs by 0.9%. In contrast, bread & cereals decreased by 1.2%. When reviewing month-on-month changes, animal protein showed a significant increase of 3.8%, followed by dairy & eggs, which increased by 1.6%, coffee & tea (0.8%), sugary foods (0.4%), and bean products (0.1%). In contrast, fats & oils, vegetables, bread & cereals, and fruits decreased by 1.0%, 2.1%, 2.1%, and 7.3%, respectively.



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

Source: Stats SA data. 2025; NAMC calculations

In conclusion, during July 2025, overall global food inflation increased and was 7.6% higher than the same period in 2024. The month-to-month increase in global food inflation was mainly driven by rising prices of meat and vegetable oils, which outweighed the price decreases in cereals, dairy products, and sugar. During this period, the price indices for meat, and vegetable oils increased by 1.2%, and 7.1%, respectively. Domestically, South Africa's overall inflation increased to 3.5%, while food and non-alcoholic beverage inflation rose to 5.7% in July 2025. Fruits, vegetables, and processed foods were key contributors to the observed increase. The NAMC 28-item urban food basket showed a 5.8% year-on-year increase, with noticeable urban-rural price differences for essential food items such as tea and peanut butter. There was also a 0.7% month-on-month increase in the food basket's cost.



### **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.

Compiled by:

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