Staple Food Markets in East Africa: White maize is the main staple grain consumed in Tanzania, Kenya, and Ethiopia. In Uganda, white maize is grown mainly as a commercial crop for export in the region. Imported rice is a major staple for Somalia, which mainly consume belem—the imported red rice. Tanzania is also a major producer and source of rice in the region while Kenya and Uganda are minor producers. Both red and white sorghum are produced and consumed in the region. This is an important staple in Sudan and Somalia as well as in other marginal agricultural areas of the region. It is also a substitute cereal among the rural poor. Red sorghum is mainly grown in Ethiopia, Sudan, and Somalia. Beans are an important source of protein and a complementary food crop grown in the high potential agricultural areas of Kenya, Uganda, Tanzania, Rwanda, Burundi and Ethiopia. It is consumed across household types. Maize and beans are the most heavily traded commodities in the region. The cooking banana—matoke is the primary staple in Uganda. Uganda is also a main source of cooking and other types of bananas traded in the region especially in Southern Sudan. However, bananas are not traded nearly as heavily as maize or beans.

MAIZE: The markets below represent the major producer and consumer markets in countries where white maize is heavily consumed as the staple.
Maize Grain (White): Nominal Wholesale Prices in Nairobi, Kenya

Maize Grain (White): Nominal Wholesale Prices in Eldoret, Kenya

Maize Grain (White): Nominal Wholesale Prices in Addis Ababa, Ethiopia

Maize Grain (White): Nominal Wholesale Prices in Dire Dawa, Ethiopia

Maize Grain (White): Nominal Wholesale Prices in Tororo, Uganda

Maize Grain (White): Nominal Wholesale Prices in Masindi, Uganda

Maize Grain (White): Nominal Wholesale Prices in Dar es Salaam, Tanzania

Maize Grain (White): Nominal Wholesale Prices in Songea, Tanzania

5-year average 2014 - 2018  2-year average 2017 - 2018  Previous year 2018  Current year 2019
RICE: These are the main retail markets in Somalia where rice is heavily consumed. Local rice is produced mostly in Kenya, Uganda and Tanzania. With the exception of Tanzania, most countries in the region are net importers of local rice, which has high demand in urban areas.
SORGHUM: Sorghum is an important consumption and production staple for many households in the region. These markets demonstrate the variety of places it is produced and consumed.
**BEANS**: Beans are a primary protein source throughout the region, especially in Kenya, Uganda and Tanzania. It is also a staple food in northern Sudan as well as in Rwanda and Burundi. These represent the capital city markets in Kenya, Uganda and Tanzania as well as the main production areas.
MATOKE/BANANA: These are the wholesale and retail prices for matoke, cooking banana, in the markets of Uganda.

MIXED TEFF: These are retail prices of mixed teff in Ethiopia.