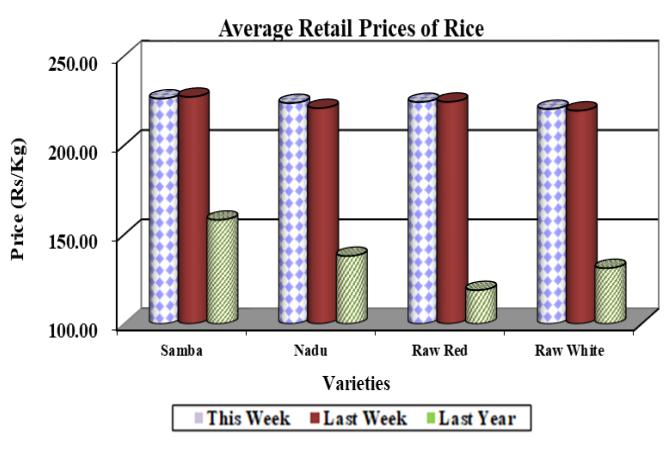


RETAIL MARKET AT A GLANCE**Summary****Rice**

Retail prices of most of the rice varieties have increased with the highest price increase of Rs.4.84/kg for nadu grade I. Compared to the same period of last year, retail prices of all the rice varieties have increased with the highest price increase of 89% for raw red.

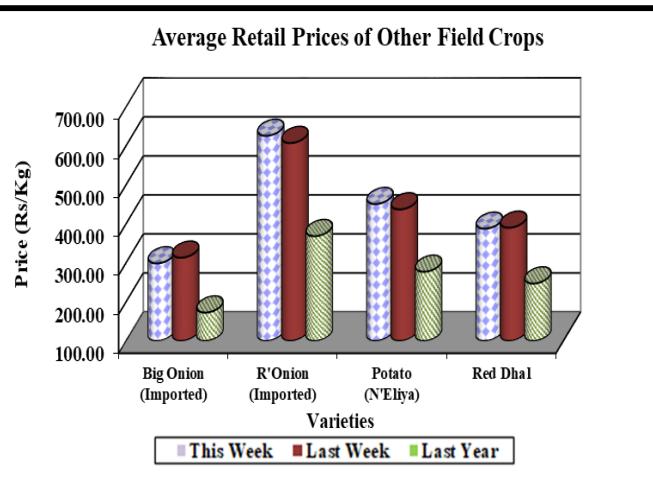
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**Other Field Crops**

Retail prices of imported big onion has decreased by Rs.15.00/kg while the retail price of local big onion increased by Rs.21.00/kg. Retail prices of local potatoes have increased by Rs.4.00/kg and Rs.14.00/kg respectively for Welimada and Nuwara Eliya varieties.



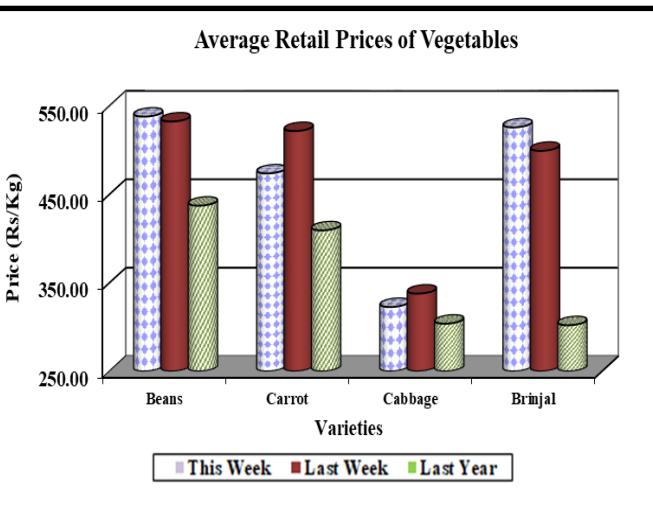
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**Vegetables and Fruits**

Retail price of most of the up country vegetables have increased while the retail price of most of the low country vegetables have decreased.

Retail prices of most of the fruits have increased.

(Page No.04-07)



Rice **Wholesale**

Prices of all types of local rice varieties, except keeri samba have decreased slightly. Price ranges of grade II samba and grade II nadu were Rs.205.00-215.00 and Rs.195.00-205.00/kg. Average prices of grade I samba, grade I nadu and keeri samba were Rs.218.00/kg and Rs.208.00/kg and Rs.233.00/kg respectively. Price ranges of raw red and raw white were Rs.200.00-208.00/kg and Rs.190.00-200.00/kg respectively.

Prices of all types of imported rice varieties have increased due to increased import levies. Price of raw white has increased by 3% and the price ranged from Rs.160.00-165.00/kg. Average prices of ponni samba and imported nadu were Rs.190.00/kg and Rs.167.00/kg respectively.

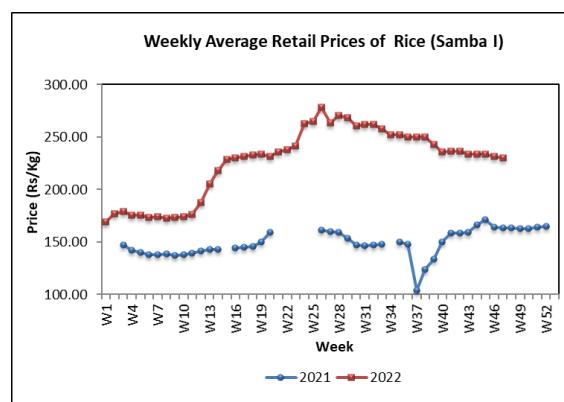
Compared to the same period of last year, prices of all types of local rice varieties have increased in the range of 12%-88% and prices of all types of imported rice varieties have also increased in the range of 33%-46%.

Retail

Prices of nadu I, nadu II and raw white have increased by Rs.1.00-5.00/kg and the

prices ranged Rs.220.00-230.00/kg, Rs.200.00-220.00/kg and Rs.210.00-230.00/kg respectively.

Prices of samba I and samba II have decreased by Rs.1.00/kg and average prices were Rs.230.00/kg and Rs.222.00/kg respectively. Prices of keeri samba and raw red price have not changed significantly and prices ranged Rs.250.00-270.00/kg and Rs.210.00-230.00/kg respectively.



Prices of imported samba and raw white have increased by Rs.8.00/kg and Rs.3.00/kg respectively and prices ranged between Rs.200.00-220.00/kg and Rs.170.00-190.00/kg respectively. Price of imported nadu has not changed significantly and price range was Rs.180.00-200.00/kg.

Compared to the same period of the last year, prices of all the rice varieties have increased in the range of 11%-89%.

Paddy

The average farm gate prices of most of the major paddy varieties have further decreased in main producing area. Accordingly, the average price of short grain paddy has decreased by Rs.2.00-6.00/kg and prices ranged between Rs.95.00-108.00/kg. Further, the average farm gate price of keeri samba paddy also has decreased by Rs.7.00/kg, Rs.2.00/kg and Rs.1.00/kg respectively in Anuradhapura, Polonnaruwa and Dehiattakandiya areas and prices ranged between Rs.95.00-105.00/kg. Likewise, price decrease of Rs.2.00-5.00/kg was also reported for long grain white (nadu) paddy and price range was between Rs.90.00-105.00/kg. Subsequently, a price decrease of Rs.3.00-5.00/kg and price range of Rs.114.00-118.00/kg was also reported for long grain red paddy in major producing areas in Southern province. However, the average farm gate price of both short grain and long grain white paddy has increased by Rs.5.00/kg and Rs.4.00/kg respectively in Kurunegala area.

Compared to the same period of last year, the average farm gate prices of short grain, long grain white and red paddy varieties have increased by 23%-75% and the highest was reported for long grain red paddy. However, the average price of

keeri samba paddy has decreased by 5%-10%.

Dried Chilies

Wholesale

Price of imported dried chilies has decreased by 3% and the price ranged Rs.1550.00-1585.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 218%.

Retail

Price of imported dried chilies has decreased by Rs.97.00/kg and price range was Rs.1700.00-1900.00/kg.

Compared to the same period of last year, prices of imported dried chilies has increased by 207%.

Onion

Wholesale

Price of imported red onion has increased by 3% due to availability of high quality stocks and the price ranged Rs.530.00-550.00/kg. Price of vedalan has decreased by 1% and the average price was Rs.569.00/kg.

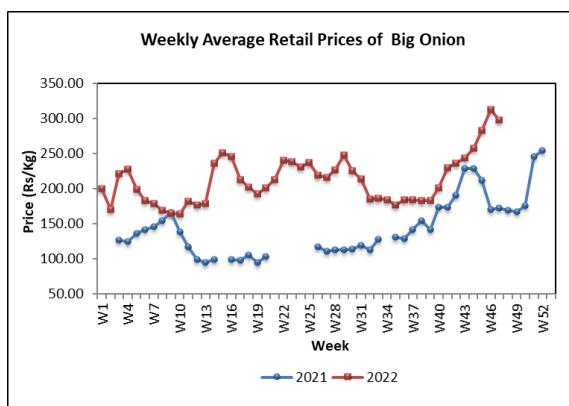
Price of imported big onion has decreased by 21% due to reduction of imported levy on big onion by Rs.20.00/kg and the price was ranged Rs.185.00-260.00/kg.

Compared to the same period of last year, prices of vedalan and imported red onions have increased by 145% and 117% respectively. Price of imported big onion also increased by 64%.

Retail

Price of vedalan red onion has decreased by Rs.3.00/kg and price range was between Rs.580.00-700.00/kg. Price of imported red onion has increased by Rs.18.00/kg and price range was between Rs.580.00-680.00/kg.

Price of imported big onion has decreased by Rs.15.00/kg and price range was between Rs.250.00-360.00/kg. Price of local big onion has increased by Rs.21.00/kg and price range was Rs.280.00-380.00/kg.



Compared to the same period of last year, prices of vedalan and imported red onions have increased by 112% and 70% respectively while prices of imported local big onions have increased by 73% and 68% respectively.

Potato

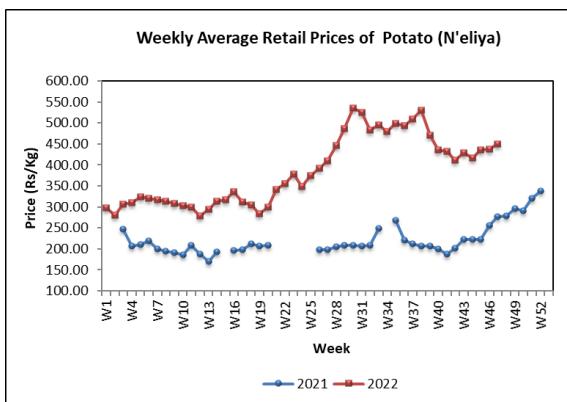
Wholesale

Prices of Welimada and Nuwara Eliya potatoes have increased by 12% and 11% respectively due to decreased supply and their price ranges were Rs.330.00-340.00/kg and Rs.350.00-370.00/kg respectively. Price of imported potato has also increased by 8% due availability of high quality Indian stocks and the price ranged Rs.160.00-300.00/kg (Price ranges were Rs.160.00-170.00/kg for Pakistan stocks, Rs.190.00-200.00/kg for Chinese stocks and Rs.280.00-300.00/kg for Indian stocks.)

Compared to the same period of last year, prices of Welimada and Nuwara Eliya potatoes have increased by 79% and 68% respectively and price of imported potato also increased by 9%.

Retail

Price of Welimada and Nuwara Eliya potatoes have increased by Rs.4.00/kg and Rs.14.00/kg respectively and prices ranged between Rs.340.00-400.00/kg and Rs.380.00-480.00/kg respectively. Price of imported potato has decreased by Rs.15.00/kg and price ranged between Rs.190.00-300.00/kg.



Compared to the same period of the last year, prices of Welimada, Nuwara Eliya and imported potatoes have increased by 69%, 63% and 28% respectively.

Pulses

Wholesale

Price of green gram has decreased by 7% and price ranged Rs.900.00-1050.00/kg. Prices of white cowpea and red dhal have decreased slightly and their average prices were Rs.933.00/kg and Rs.355.00/kg respectively. Price of red cowpea has increased by 12% due to limited supply and the price ranged Rs.1000.00-1150.00/kg.

Compared to the same period of last year, prices of all types of pulses have increased in the range of 58%-282% and the highest price increase was reported for red cowpea.

Retail

Prices of green gram and red dhal have decreased by Rs.19.00/kg and Rs.3.00/kg respectively and prices ranged between Rs.1100.00-1300.00/kg and Rs.360.00-420.00/kg respectively. Prices of white cowpea and red cowpea have increased by Rs.21.00/kg and Rs.15.00/kg respectively and both prices ranged Rs.1100.00-1200.00/kg.

Compared to the same period of last year, prices of green gram, white cowpea, red cowpea and red dhal have increased by 115%, 98%, 213% and 57% respectively.

Vegetable

Wholesale

Prices of most of the vegetable varieties have increased due to decreased market supply in the off season.

Considering up country vegetables, the highest price increase was reported for leeks by 34% due to decreased market supply from Nuwara Eliya area. Price of raddish has increased by 15% due to high quality stocks received from Nuwara Eliya area. Further, price of beans has increased by 12% due to decreased supply from Balangoda and Bandarawela areas. Further, prices of carrot, beetroot and knolkhol have increased in the range of

1%-4%. However, price of cabbage has decreased by 9% due to sufficient stocks received from most of the main producing areas.

Meanwhile, price of tomato has decreased by 24% due to increased supply from Embilipitiya and Sooriyawewa areas. However, price of capsicum has increased by 9% due to sufficient stocks not received from any producing area.

Considering low country vegetables, Price of ladies fingers, brinjals and cucumber have increased by 21%, 17% and 14% respectively due to decreased supply from Embilipitiya and Sooriyawewa areas. Further, price of long beans has increased by 31% due to decreased market supply from Puttalam and Balangoda areas.

However, prices of most of the vegetable varieties have decreased due to low quality stocks received to the market and the highest price decrease was reported for drumstick by 19%. Price of pumpkin has decreased by 13% due to increased market supply from Monaragala and Jaffna areas. Further, prices of bitter gourd, snake gourd, luffa and ash plantain have decreased slightly in the range of 1%-2%.

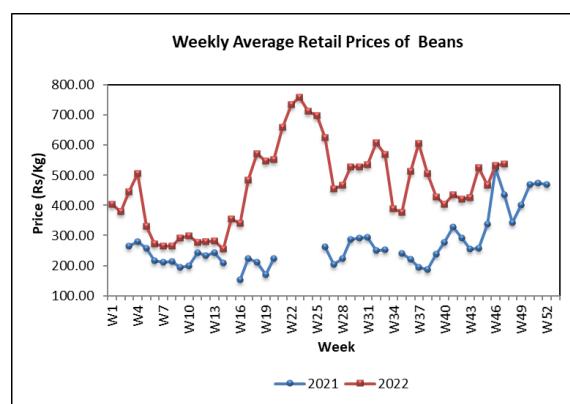
Meanwhile, price of green chilies has decreased by 8% and price of lime has also decreased by 38% due to decreased supply.

Compared to the same period of last year, wholesale prices of most of the vegetable varieties have increased with the highest price increase of 292% was reported for ash plantain.

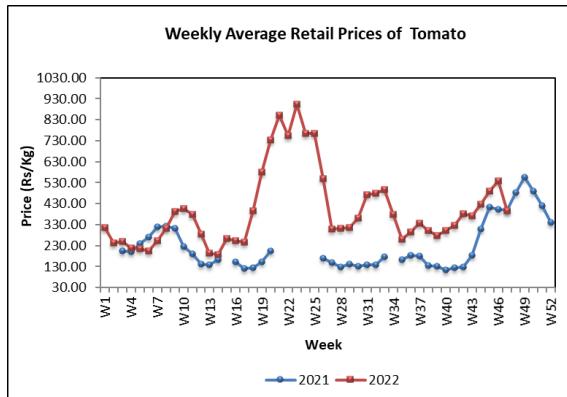
Retail

In line with the wholesale prices, retail prices of most of the up country varieties have increased and prices of most of the low country varieties have decreased.

Considering up country varieties, the highest price increase was reported for leeks as Rs.48.00/kg followed by knolkhol as Rs.19.00/kg. Further, prices of beans, beetroot and radish have increased by Rs.5.00-10.00/kg. However, price of carrot has decreased by Rs.48.00/kg followed by cabbage as Rs.15.00/kg.



Price of tomato has decreased by Rs.142.00/kg and price of capsicum has increased by Rs.28.00/kg.



Considering low country varieties, the highest price decrease was reported for drumstick as Rs.25.00/kg followed by bitter gourd as Rs.11.00/kg. Further, prices of pumpkin, cucumber, snake gourd and ash plantain have decreased Rs.3.00-9.00/kg. However, price of brinjal has decreased by Rs.27.00/kg followed by luffa as Rs.25.00/kg.

Further, prices of green chilies and lime have decreased by Rs.11.00/kg and Rs.126.00/kg respectively.

Compared to the same period of last year, prices of all varieties have increased and the highest was reported for ash plantain as 111%.

Coconut

Wholesales

Prices of both large and small nuts have decreased by 1%. Their prices ranged

between Rs.85.00-90.00/nut for large nut and Rs.76.00-78.00/nut for small nut.

Compared to the same period of last year, wholesale prices of both large and small nuts have increased by 16% and 18% respectively.

Retail

Prices of large and small nuts have decreased by Rs.5.00/nut and Rs.2.00/nut respectively. Price ranges were Rs.100.00-120.00/nut for a large nut and Rs.80.00-90.00/nut for a small nut.

Compared to the same period of last year, prices of a large and a small nut have increased by 10% and 13% respectively.

Fruits

Wholesale

Prices of most of fruit varieties have increased with limited supply. The highest price increase was reported for papaw by 23%. The price of orange and avocado have increased by 19% and 15% respectively with limited supply. Further, price of wood apple has increased by 13% and passionfruit by 8% due to the availability of good quality stocks. Prices of mango vilad and karthakolomban have increased in the range of 5%-15% due to the end of harvesting season. Price of king

coconut has increased by 7% and price of imported grapes has increased by 9% due to the availability of limited stocks.

However, price of all the sizes of pineapple have decreased in the range of 3%-10% due to the low demand. Price of slime apple was decreased by 3% due to the availability of raw fruits. Further, price of all the varieties of banana has slightly decreased in the range of 1%-6% with low demand.

Compared to the same period of last year, wholesale prices of all the fruits have increased with the highest price increase of 296% was recorded for passionfruit.

Retail

Retail price of most of the fruits have increased in line with the increased wholesale prices. The highest price increase of Rs.106.00/kg was reported for imported grapes due to insufficient stocks. A price increase of Rs.31.00/kg was reported for papaw due to limited supply. Prices of mango varieties vilad and karthakolomban have increased by Rs.23.00/fruit and Rs.6.00/fruit respectively due to limited supply. Prices of avocado and orange have increased by Rs.17.00/fruit and Rs.12.00/fruit respectively due to insufficient stocks. Further, price of king coconut wood apple

and passionfruit have increased in the range of Rs.1.00-3.00/fruit.

However, the price of slime apple has decreased by Rs.45.00/fruit due to availability of low quality stocks. Prices of all the sizes of pineapple have decreased in the range of Rs.6.00-18.00/fruit due to low demand. Prices of banana varieties seeni, kolikuttu and ambul have decreased in the range of Rs.1.00-6.00/kg due to low demand.

Compared to the same period of last year, prices of all the fruits have increased and the highest price increase of 163% was reported for pineapple small.

Fresh Fish

Wholesale

Wholesale prices of most of the fresh fish types have increased due to decrease in wholesale supply compared to demand. The highest price increase of 28% was noted for hurulla due to low supply from Kalpitiya and Mullaitivu areas and the price ranged between Rs.600.00-720.00/kg. The price increase of 23% was noted for kelawalla due to low supply from Southern areas and the price ranged between Rs.1200.00-1400.00/kg. A price increase of 19% was noted for salaya due to low supply from Kalpitiya, Mannar and Walachchenai areas, and the price ranged between Rs.360.00-600.00/kg. Likewise,

a price increase of 6% was noted for mora due to low supply from Northern areas and the price ranged between Rs.800.00-900.00/kg. In addition, price of shrimps has increased by 3% and prices of balaya and paraw have increased by 2%.

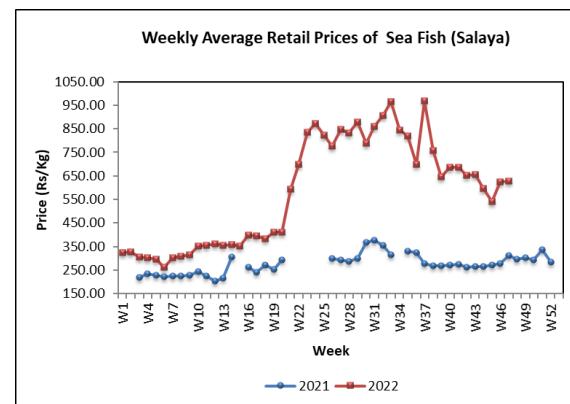
However, a price decrease of 11% was noted for thlapath due to high supply from Negombo, Walachchenai and Kalmunai areas and the price ranged between Rs.1500-2100/kg. In addition, price of thora has decreased by 2%.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 13%-154% and the highest price increase was noted for salaya.

Retail

Retail prices of all types of fresh fish except thalapath have increased in line with increased wholesale prices. The highest price increase of Rs.88.00/kg was reported for mora followed by Rs.58.00/kg for thora. The rest has increased in the range of Rs.6.00-33.00/kg.

However, price of thalapath has decreased by Rs.117.00/kg due to low demand with recorded highest price.



Compared to the same period of last year, prices of all types of fresh fish have increased in the range of 25%-101% and the highest price increase was reported for salaya.

Dried Fish

Wholesale

Due to decrease of local dried fish supply, prices of most of the local dried fish types have increased. The highest price increase of 21% was noted for local salaya due to low supply from Mannar and Chilaw areas and the price ranged between Rs.720.00-850.00/kg. A price increase of 13% was noted for local sprats due to low supply from Trincomalee and Negombo areas and the price ranged between Rs.950.00-1250.00/kg. Likewise, prices of local maduwa and local mora have increased by 2%-3% respectively.

However, a price decrease of 5% was noted for imported sprats due to high supply from Iran and Thailand and the price ranged between Rs.800.00-

1050.00/kg. Likewise, a price decrease of 4% was noted for imported anguluwa due to high supply from Oman and Pakistan and the price ranged between Rs.1650.00-1750.00/kg.

Compared to the same period of last year, wholesale prices of most of the dried fish types have increased and the highest price increase was reported for local salaya as 159%.

Retail

In line with increased wholesale prices, retail prices of most types of dried fish have also increased. The highest price increase of Rs.63.00/kg was reported for kattawa due to limited supply. Prices of local sprats, mora and maduwa have increased in the range of Rs.7.00-25.00/kg.

However, price of imported sprat has decreased by Rs.74.00/kg with high supply. Further, prices of anguluwa and balaya have decreased by Rs.60.00/kg and Rs.47.00/kg respectively.

Compared to the same period of last year, the prices of all types of dried fish have increased in the range of 52%-121% and the highest price increase was reported for imported sprats.

Eggs

Wholesale

The price of a brown egg has not changed significantly, while the price of a white egg has decreased by 1%. Average price of a brown egg was Rs.50.00 and a white egg price ranged Rs.49.00-50.00.

Compared to the same period of last year, prices of both brown and white eggs have increased by 127% and 146% respectively.

Retail

Prices of both brown and white eggs have decreased by Rs.3.00/egg and Rs.1.00/egg respectively due to not lifting the maximum retail price for eggs. The price range of a brown egg was between Rs.50.00-53.00 and Rs.49.00-52.00 for a white egg.

Compared to the same period of last year, prices of both brown and white eggs have increased by 127% and 146% respectively.

Meat

Retail

Prices of most types of meat have decreased with low demand. Price of mutton has decreased by RS.25.00/kg. Price of skin less broiler chicken has also decreased by Rs.10.00/kg. Further, prices of beef and pork have not changed

significantly. Price range of skin less curry chicken was between Rs.1500.00-1600.00/kg and was available in few markets.

Compared to the same period of last year, price of all types of meat have increased in the range of 46%-115% and the highest price increase was reported for skin less curry chicken.

EXPLANATORY NOTE

The Food Commodities Bulletin is a weekly publication containing information relating to wholesale and retail prices of selected food commodities in nine selected markets in and around Colombo and main markets in the major producing areas.

The information is analyzed and presented as prevailing prices, price ranges, averages, and a comparison of weekly prices. The changes in prices reported are always with price prevailed during the previous week unless otherwise stated.

The frequency of collection of wholesale price information is twice a week (i.e. Tuesday and Friday) while with retail prices, it is thrice a week (i.e. Friday, Monday, and Tuesday).

Table 01: Selected Markets: Wholesale Price of Rice (Rs/50Kg Bag)

Week 47: 18 - 24 November 2022

Table 04: Selected Markets: Wholesale Price of Subsidiary Food (Rs/50Kg)

Week 47: 18 - 24 November 2022

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	180.00 - 300.00	180.00 - 200.00	140.00 - 180.00	150.00 - 350.00	120.00 - 140.00	100.00 - 110.00
Meegoda (DEC)	280.00 - 300.00	180.00 - 220.00	120.00 - 150.00	170.00 - 200.00	120.00 - 130.00	170.00 - 170.00
Moneragala	320.00 - 350.00	80.00 - 100.00	200.00 - 250.00	200.00 - 250.00	160.00 - 180.00	-
Dambulla (DEC)	200.00 - 240.00	180.00 - 200.00	80.00 - 100.00	130.00 - 150.00	100.00 - 120.00	100.00 - 110.00
Keppetipola (DEC)	230.00 - 250.00	180.00 - 190.00	170.00 - 190.00	180.00 - 200.00	100.00 - 120.00	80.00 - 100.00
Norochchhole (DEC)	220.00 - 250.00	120.00 - 150.00	80.00 - 120.00	-	120.00 - 150.00	110.00 - 140.00
Nuwara Eliya	240.00 - 260.00	190.00 - 210.00	200.00 - 230.00	180.00 - 200.00	120.00 - 140.00	90.00 - 100.00
Kandy	250.00 - 270.00	150.00 - 190.00	120.00 - 180.00	180.00 - 200.00	120.00 - 140.00	100.00 - 110.00
Hambantota	150.00 - 250.00	100.00 - 140.00	130.00 - 150.00	250.00 - 300.00	100.00 - 160.00	80.00 - 130.00
Thambuththegama (DEC)	300.00 - 330.00	130.00 - 160.00	80.00 - 120.00	100.00 - 130.00	110.00 - 130.00	100.00 - 130.00
Tissamaharama	160.00 - 180.00	130.00 - 140.00	110.00 - 130.00	230.00 - 250.00	130.00 - 140.00	90.00 - 110.00
Jaffna	400.00 - 520.00	120.00 - 150.00	120.00 - 160.00	330.00 - 370.00	130.00 - 170.00	120.00 - 160.00
Bandarawela	-	-	160.00 - 180.00	-	120.00 - 130.00	90.00 - 100.00
Veyangoda	270.00 - 300.00	190.00 - 200.00	120.00 - 150.00	150.00 - 180.00	120.00 - 130.00	120.00 - 160.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	55.00 - 60.00	55.00 - 60.00	200.00 - 240.00	85.00 - 90.00	76.00 - 78.00
Meegoda (DEC)	70.00 - 70.00	70.00 - 70.00	-	95.00 - 95.00	85.00 - 90.00
Norochchhole (DEC)	50.00 - 60.00	50.00 - 60.00	120.00 - 140.00	80.00 - 83.00	65.00 - 73.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	25.00 - 30.00	20.00 - 25.00	75.00 - 80.00	65.00 - 67.00
Kandy	45.00 - 50.00	50.00 - 55.00	210.00 - 220.00	85.00 - 90.00	68.00 - 70.00
Hambantota	40.00 - 50.00	40.00 - 50.00	60.00 - 60.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	-	75.00 - 80.00	60.00 - 70.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	45.00 - 50.00	80.00 - 85.00	60.00 - 65.00
Jaffna	55.00 - 60.00	30.00 - 35.00	100.00 - 120.00	65.00 - 90.00	50.00 - 60.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	45.00 - 50.00	80.00 - 85.00	60.00 - 65.00
Bandarawela	-	-	-	-	-
Veyangoda	40.00 - 45.00	40.00 - 50.00	54.00 - 60.00	85.00 - 100.00	-

Colombo, Meegoda, Norochchhole, Jaffna and Kandy - Gotukola Price Rs/Kg

Table 13: Selected Markets: Retail Price of Meat (Rs/Kg)

Week 47: 18 - 24 November 2022

LOCATIONS	Meat		Meat (Chicken)		Meat	
	Beef		Broiler	Curry	Mutton	Pork
Colombo	2000.00	– 2200.00	1080.00	– 1220.00	1500.00	– 1600.00
Gampaha	–		1200.00	– 1250.00	1200.00	– 1200.00
Kurunegala	1800.00	– 1900.00	1100.00	– 1200.00	–	
Nikaweratiya	1800.00	– 1800.00	940.00	– 1090.00	–	–
Dambulla	–		1150.00	– 1200.00	–	–
Anuradhapura	1900.00	– 2000.00	960.00	– 1100.00	–	1500.00
Thambuththegama	1800.00	– 2000.00	950.00	– 1150.00	–	1500.00
Polonnaruwa	1850.00	– 2000.00	1250.00	– 1380.00	1500.00	– 1500.00
Kaluthara	–		1180.00	– 1200.00	1280.00	– 1300.00
Badulla	1800.00	– 2000.00	1250.00	– 1380.00	1500.00	– 1550.00
Keppetipola	1900.00	– 2000.00	1150.00	– 1250.00	1250.00	– 1320.00
Moneragala	1800.00	– 1800.00	1000.00	– 1100.00	–	
Kegalle	1850.00	– 1900.00	1280.00	– 1320.00	–	2800.00
Ampara	–		–	–	–	–
Dehiattakandiya	–		1080.00	– 1200.00	1300.00	– 1300.00
Nuwaraeliya	2000.00	– 2200.00	1100.00	– 1260.00	1250.00	– 1360.00
Kandy	1900.00	– 2000.00	1080.00	– 1100.00	–	2600.00
Puttalam	2000.00	– 2000.00	1100.00	– 1200.00	–	2800.00
Hambantota	–		1170.00	– 1200.00	–	–
Rathnapura	1800.00	– 1820.00	1030.00	– 1080.00	1500.00	– 1600.00
Matara	–		1170.00	– 1180.00	–	–
Galle	2000.00	– 2000.00	1100.00	– 1250.00	1500.00	– 1600.00
Tissamaharama	–		1200.00	– 1200.00	–	2800.00
Meegoda	–		980.00	– 1100.00	–	1650.00
Embiliptiya	2100.00	– 2200.00	900.00	– 1100.00	1150.00	– 1200.00
Jaffna	1450.00	– 1500.00	1500.00	– 1600.00	1400.00	– 1500.00
Vavuniya	1800.00	– 1850.00	1350.00	– 1400.00	–	2600.00
Mannar	1400.00	– 1600.00	1300.00	– 1300.00	–	–
Killinochchi	1800.00	– 1800.00	1400.00	– 1400.00	1800.00	– 1800.00
Mullaittivu	1600.00	– 1600.00	1500.00	– 1500.00	–	–
Batticaloa	–		1400.00	– 1500.00	1500.00	– 1600.00
Trincomalee	1600.00	– 1700.00	1100.00	– 1150.00	–	–
Veyangoda	1900.00	– 1900.00	1100.00	– 1100.00	1200.00	– 1200.00
Galenbindunuwewa	1700.00	– 1750.00	1140.00	– 1150.00	–	–
Bandarawela	2000.00	– 2200.00	1200.00	– 1300.00	1400.00	– 1500.00
Matale	–		–	–	–	–

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/Kg)

Week 47: 18 - 24 November 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	230.00	-	230.00	230.00	-	230.00	230.00	-	230.00
Samba 2	220.00	-	230.00	220.00	-	220.00	220.00	-	230.00
Keeri Samba	260.00	-	270.00	260.00	-	260.00	260.00	-	260.00
Nadu 1	230.00	-	230.00	220.00	-	230.00	230.00	-	230.00
Nadu 2	220.00	-	220.00	220.00	-	220.00	220.00	-	220.00
Raw (Red)	220.00	-	230.00	210.00	-	220.00	220.00	-	230.00
Raw (White)	210.00	-	230.00	210.00	-	220.00	210.00	-	230.00
Imported									
Samba	210.00	-	220.00	200.00	-	210.00	210.00	-	220.00
Nadu	180.00	-	200.00	180.00	-	180.00	180.00	-	200.00
Raw (Red)	-		-	-		-	-		-
Raw (White)	170.00	-	190.00	180.00	-	180.00	180.00	-	180.00
Dried Chillies									
Imported	1700.00	-	1700.00	1900.00	-	1900.00	1900.00	-	1900.00
Red Onion									
Sinnan	-		-	-		-	-		-
Vedalan	580.00	-	700.00	700.00	-	700.00	700.00	-	700.00
Imported	580.00	-	600.00	600.00	-	680.00	600.00	-	680.00
Big Onion									
Imported	250.00	-	260.00	300.00	-	320.00	280.00	-	300.00
Local	280.00	-	300.00	-		-	280.00	-	300.00
Potato									
Welimada	360.00	-	360.00	-		360.00	-	360.00	-
N'Eliya	380.00	-	440.00	480.00	-	480.00	440.00	-	440.00
Imported	190.00	-	220.00	300.00	-	300.00	240.00	-	220.00
Pulses									
Green Gram	1200.00	-	1200.00	1200.00	-	1200.00	1200.00	-	1200.00
Cowpea (White)	1100.00	-	1200.00	1200.00	-	1200.00	1100.00	-	1200.00
Cowpea (Red)	1100.00	-	1200.00	1100.00	-	1200.00	1100.00	-	1200.00
Red Dhal	360.00	-	380.00	400.00	-	400.00	380.00	-	400.00

Annex 03 - Colombo Markets: Retail Prices of Fruits (Rs/Fruit)

Week 47: 18 - 24 November 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	140.00	-	160.00	250.00	-	260.00	220.00	-	260.00
Kolikuttu (Rs/Kg)	400.00	-	420.00	440.00	-	450.00	440.00	-	450.00
Seeni (Rs/Kg)	130.00	-	150.00	180.00	-	200.00	200.00	-	220.00
Anamalu	20.00	-	22.00	25.00	-	28.00	28.00	-	30.00
Ambun	25.00	-	28.00	32.00	-	35.00	34.00	-	35.00
<u>Pineapple</u>									
Large	500.00	-	550.00	550.00	-	600.00	500.00	-	600.00
Medium	400.00	-	450.00	400.00	-	460.00	450.00	-	480.00
31 Small	280.00	-	350.00	350.00	-	350.00	350.00	-	350.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakoloman	120.00	-	140.00	180.00	-	180.00	120.00	-	160.00
Vilad	80.00	-	90.00	-	-	-	80.00	-	100.00
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	30.00	-	40.00	50.00	-	60.00	50.00	-	60.00
Orange	140.00	-	160.00	120.00	-	150.00	120.00	-	150.00
Avocado	100.00	-	150.00	150.00	-	180.00	180.00	-	200.00
Slime Apple	70.00	-	80.00	100.00	-	120.00	150.00	-	160.00
Grapes (Rs/Kg)	-	-	2000.00	-	2000.00	2000.00	-	2300.00	-
Papaw (Rs/Kg)	330.00	-	380.00	380.00	-	400.00	300.00	-	350.00
Passion	38.00	-	42.00	50.00	-	54.00	50.00	-	54.00
King Coconut	110.00	-	120.00	130.00	-	150.00	130.00	-	140.00

Annex 04 - Colombo Markets: Retail Prices of Sea Fish and Dried Fish (Rs/Kg)

Week 47: 18 - 24 November 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Sea Fish</i>									
Salaya	680.00	750.00	520.00	600.00	760.00	800.00	800.00	600.00	500.00
Hurulla	850.00	920.00	700.00	720.00	840.00	900.00	1000.00	800.00	800.00
Balaya	800.00	820.00	1400.00	1440.00	-	-	-	1400.00	-
Kelawalla	1560.00	1740.00	2600.00	2600.00	2000.00	2600.00	2200.00	-	2000.00
Thora	2200.00	2400.00	2720.00	2720.00	-	3400.00	3400.00	2800.00	3100.00
Paraw	1440.00	1560.00	2000.00	2200.00	-	2600.00	2600.00	-	-
Mora	1020.00	1200.00	1720.00	1760.00	-	-	-	1000.00	1400.00
Shrimps Small	1800.00	2200.00	1600.00	1720.00	1900.00	1800.00	1800.00	1600.00	1700.00
Talapath	2400.00	2600.00	2800.00	2800.00	2700.00	3000.00	2800.00	2400.00	2800.00
32 <i>Eggs (Rs/Egg)</i>									
Brown	-	-	-	-	-	-	-	53.00	50.00
White	50.00	50.00	50.00	50.00	50.00	50.00	-	52.00	50.00
<i>Dried Fish</i>									
Sprats	1500.00	1800.00	1800.00	1800.00	2200.00	1600.00	2000.00	1800.00	2500.00
Kattawa	2200.00	2600.00	2800.00	2800.00	-	2700.00	3000.00	2600.00	2700.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2300.00	2800.00	2800.00	2800.00	2600.00	2600.00	2400.00	2300.00	2700.00
Balaya	1200.00	1400.00	1800.00	1800.00	1500.00	1600.00	1200.00	1300.00	1800.00
Anguluwa	2200.00	2200.00	2800.00	2800.00	2800.00	-	-	-	-
Salaya	900.00	1200.00	-	-	1500.00	1500.00	1100.00	1400.00	1100.00
<i>Meat</i>									
Beef (without Bones)	-	2000.00	2000.00	2200.00	2200.00	-	2100.00	2000.00	-
Chicken (Broiler)	1180.00	1180.00	1150.00	1150.00	1180.00	1180.00	1150.00	1150.00	1220.00
Chicken (Curry)	1600.00	1600.00	-	-	1550.00	1550.00	-	1600.00	1500.00
Mutton	-	2800.00	2800.00	2900.00	3000.00	-	3200.00	2800.00	3200.00
Pork	-	1800.00	1800.00	2000.00	2000.00	-	-	1650.00	1450.00

Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq (μ g/100g)		Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate (μ g/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc(mg/100g)
				Vit B2 (mg/100g)	Vit B6 (mg/100g)								
Rice													
Rice - (white Kekulu - normal)	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22	1.5	
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92	1.7	
Rice - (Red Kekulu - normal)	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88	1.84	
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18	1.49	
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64	1.61	
Dried chilies													
Dried chilies	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65	
Onion													
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25	
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28	
Potatoes													
Potatoes	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29	
Pulses													
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15	2.86	
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04	3.57	
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95	3.4	
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45	3.34	
Vegetables													
Beans	46	3.95	0.15	6.64	0.1	0.3	45.2	7.02	35.68	45.56	0.7	0.59	
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59	0.25	
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49	0.43	
Beetroot	31	2.12	0.15	1.52	0.01	0.09	108	4.51	20.29	34.88	0.77	0.29	

Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23	0.18
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38	0.16
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33	0.16
Tomatoes	20	0.88	0.56	165	0.03	0.09	20.16	25.58	9.69	14.93	0.31	0.12
Ladies fingers	26	2.06	0.19	12.41	0.08	0.28	70.62	24.48	92.26	55.23	0.96	0.44
Brinjal (Pandora Striped)	29	1.49	0.31	23	0.12	0.09	30.99	1.49	18.95	18	0.32	0.19
Brinjal (Chinese eggplant)	24	1.28	0.33	16.83	0.12	0.11	32.94	3.37	14.4	21.18	0.28	0.16
Capsicum	23	1.22	0.34	38.96	0.03	0.29	28.65	49.63	12.65	11.21	0.21	0.31
Pumpkin (Common)	31	0.86	0.3	30.41	0.02	0.09	17.72	8.73	18.75	9.93	0.49	0.25
Cucumber	19	0.98	0.24	0.58	0.01	0.08	19.66	4.08	22.1	18.22	0.67	0.21
Bitter gourd	19	1.47	0.23	55.08	0.05	0.06	53.1	46.89	25.19	35.81	1.75	0.26
Snake gourd (Dark green)	11	0.82	0.25	10.41	0.03	0.12	18.09	3.54	26.83	25.84	0.41	0.11
Snake gourd (Pale green)	11	0.89	0.25	5.14	0.03	0.07	16.52	2.85	27.11	21.77	0.47	0.2
Drumstick	30	2.48	0.12	3.13	0.06	0.12	60.48	92.33	22.27	28.51	0.5	0.26
Watakolu	12	0.86	0.15	59.33	0.01	0.07	25.48	6.41	14.67	14.01	4.42	0.45
Long beans	24	3.36	0.3	-	0.06	0.11	99.98	8.93	44.22	33.17	1.01	0.08
Ash Plantain	76	2.84	0.56	0.06	0.02	0.07	6.82	4.49	5.19	22.55	0.39	0.21
Green chillies	39	2.28	0.76	38.16	0.08	0.25	21.29	98.61	20.25	36.91	1.25	0.29
Limes	26	0.66	0.26	0.36	0.01	0.05	12.1	38.05	26	15.25	0.12	0.05
Kekiri	17	1.01	0.25	0.76	0.01	0.07	17.34	8.07	25.72	26.2	0.63	0.22
Ash pumpkin (Ash guord)	18	0.8	0.15		0.01	0.15	14.17	9.14	19.27	23.62	0.48	0.13
Cho-Cho	19	0.58	0.12	0.3	0.04	0.07	63.81	23.76	20.55	13.02	0.49	0.12
Thalana batu (Little prince)	21	1.28	0.39	24.33	0.12	0.09	38.63	2.4	12.38	19.62	0.31	0.22
Thalana batu (Thai eggplant)	21	1.45	0.26	18.33	0.11	0.09	31.18	2.71	17.24	37.22	0.37	0.24
Thibbatu	61	1.66	1.96	15.89	0.03	1.02	72.39	10.8	105	57.46	1.06	0.59
Kohila yams	27	0.64	0.16	1.72	0.01	0.14	4.64	1.67	52.33	33.95	0.61	1.62
Kehel muwa	19	1.36	0.63	4.27	0.02	0.12	40.51	8.16	35.09	31.43	0.38	0.39
Ambaralla	37	0.73	0.44	3.36	0.01	0.1	44.49	35.51	20.7	9.28	0.7	0.12

Mango	50	0.75	0.09	14.5	0.02	0.14	34.89	91.63	28.56	17.74	0.5	0.09
Mushroom	27	2.54	0.42	-	0.15	0.13	7.81	11.56	0.9	14.42	1.32	0.79
Dambala	21	1.84	0.2	38.74	0.08	0.4	33.69	19.82	68.24	31.38	1.2	0.44
Coconuts nuts	390	3.67	39.92	-	0.05	0.11	14.86	-				
Root Crop												
Sweet potato	108	1.27	0.33	NA	0.04	0.09	14.44	22.2	28.93	21.05	0.51	0.14
Manioc	78	0.92	0.19	NA	0.07	0.2	0.1	1.95	25.31	19.08	19.78	23.73
Nelum ala/Lotus root	79	1.94	0.93	NA	0.05	0.19	26.49	26.63	37.71	26.58	3.34	0.35
Kiriala	87	3.96	0.15	1.19	0.03	0.16	20.17	2.71	30.79	41.52	0.6	0.42
Iniala	103	3.2	0.3	33.14	0.01	0.22	22.19	13.03	40.99	28.98	1.31	0.29
Leafy Vegetables												
Mukunuwanna	28	3.15	0.55	92.25	0.09	0.27	96.14	3.24	135	45.38	1.7	1.03
Gotukola	15	0.64	0.47	226	0.07	0.23	70.11	6.74	96.31	41.42	1.25	0.66
Kankun	15	0.47	0.37	1614	0.08	0.4	33.69	19.82	49.21	18.35	1.32	0.44
Kathurumurunga	70	8.01	1.35	2097	0.33	0.22	120	121	901	96.64	4.36	0.53
Nivithi	22	2.2	0.47	959	0.06	0.11	74.05	10.26	163	61.37	1.49	0.67
Thampala	32	3.55	0.72	1474	0.21	0.22	74.27	82	258	209	3.5	1.4
Sarana	20	2.42	0.21	1149	0.03	0.13	58.54	9.89	59.57	42.93	0.13	0.75
Kohila leaves	33	4.1	0.83	300	0.02	0.17	56.76	5.56	19.5	20.32	0.25	0.3
Onion leaves	27	2.01	0.26	NA	0.04	0.18	56.8	23.38	35.21	74.95	3.15	0.77
Cabbage leaves	30	3.63	0.27	8.66	0.05	0.24	63.46	40.76	170	18.47	2.67	0.35
Salad leaves	19	1.05	0.24	NA	0.1	0.06	37.48	11.64	58.23	36.89	2.07	0.27
Cauliflower	23	2.09	0.48	0.14	0.06	0.11	46.67	50.17	22.44	18.52	0.76	0.27
Jackfruit pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42

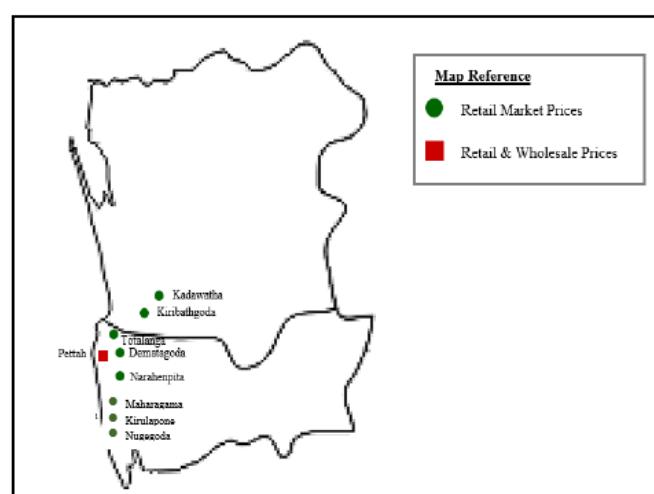
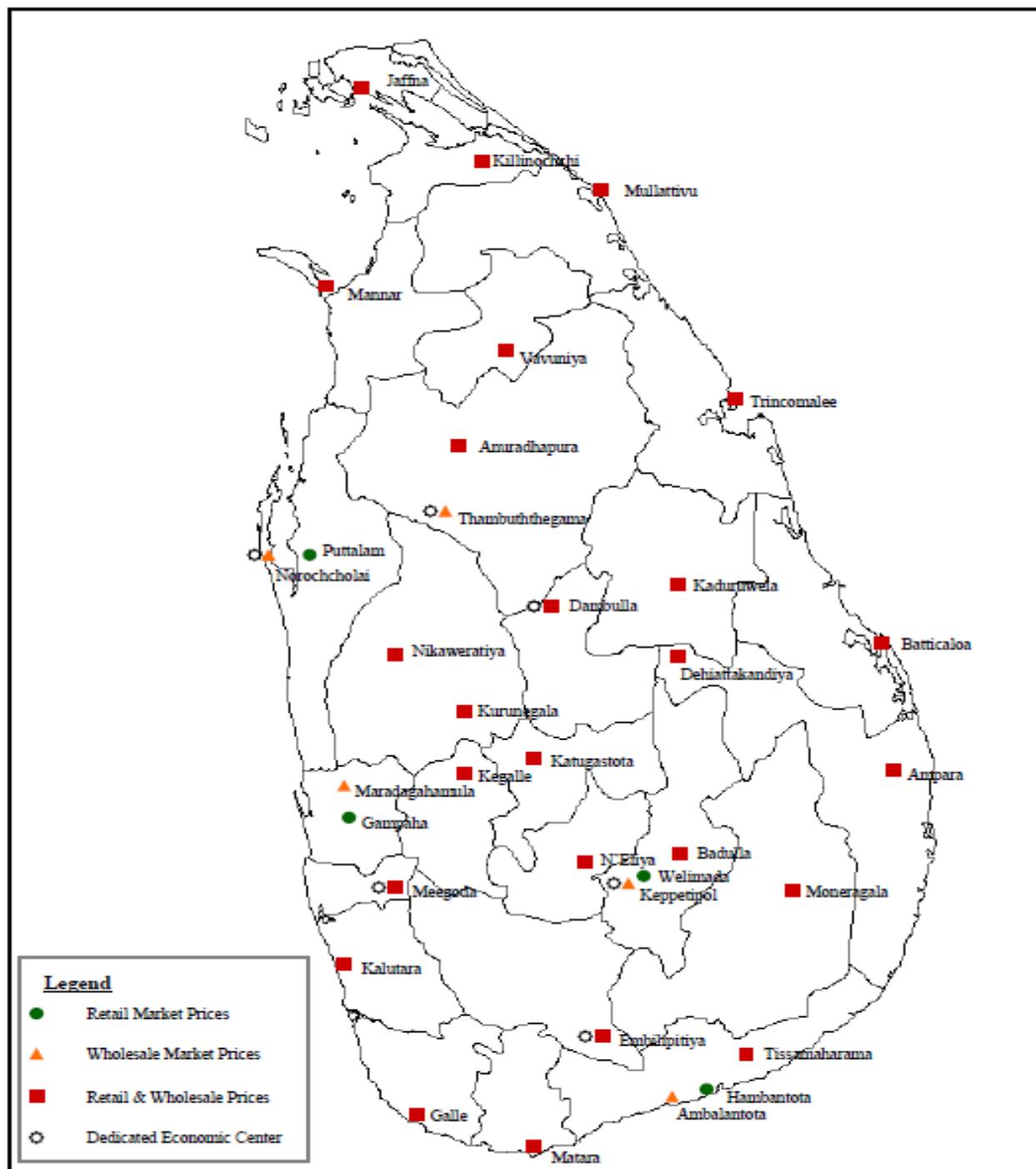
Meat

Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74
Shark	95	21.6	0.83	1.11	0.04	0.11	8.57		8.44	32.58	0.41	0.74
Paraw	87	20.02	0.7	1.49	0.02	0.16	6.77		8.17	31.68	0.67	0.41
Thalapath	91	16.04	2.88	12.03	0.1	0.13	78.22		7.64	24.89	0.71	0.67
Kelawalla	109	21.47	2.55	15.95	0.17	0.73	77.39		13.35	33.82	0.68	0.64
Haedaella	87	19.88	0.78	12.18	0.04	0.06	11.7		36.6	53	0.54	0.65
Hurulla	88	17.08	2.18	10.02	0.14	1.66	61.66		103	35.45	1.24	1.05
Karalla / Katuwalla	97	21.8	1.06	1.25	0.02	0.1	14.38		37.06	39.05	0.24	0.42
Kumbala / Angila	101	21.51	1.53	16.34	0.1	0.1	7.13		31.27	37.46	1.46	0.67
Salaya / Sudaya Theppli / Telapiya / Korali	100	19.5	2.39	15.41	0.18	1.39	60.87		435	42.83	1.4	2.3
Prawns	83	18.48	1.08	17.14	0.18	0.18	8.29		99.39	24.96	2.84	0.88
Crabs	65	14.85	0.56	1.24	0.03	0.1	15.37		37.81	30.5	0.73	1.1
Cuttle fish	45	10	0.55	8.33	0.14	0.18	13.83		37.81	45.93	0.73	1.1
Linna	76	16.82	0.93	1.93	0.02	0.04	6.22		8.73	35.46	0.62	1.3
Coppara	112	20.3	3.37	15.78	0.23	0.68	59.78					
Ray (Maduwa)	97	22.89	0.56	21.51	0.04	0.12	8.08		7.2	30.08	1.2	0.58
Dried sprats	97	23.98	0.68	7.55	0.02	0.21	25.59		9.16	24.61	0.74	0.44
Dried Fish												
Dried sprats	259	51.16	5.92	12.83	0.25	0.62	438		1178	162	3.06	4.2

Dried keeramin	311	49.6	12.42	12.92	0.13	2.41	144	555	166	2.58	3.19
Dried thalapath	289	54.68	8.04	9.38	0.04	0.43	97.8	62.75	110	1.96	1.45
Dried katta	275	50.04	8.31	2.48	0.03	0.35	80.4	86.55	92.17	1.47	1.16
Dried balaya	282	63.79	3.37	14.32	0.12	1.98	213	83.48	83.45	3.6	1.44
Dried shark / keelan	267	55.03	5.25	10.31	0.04	0.32	187	42.24	92.94	1.48	0.66
Eggs											
Hen eggs (Country)	170	13.14	13	208	0.08	0.18	54.6	50.14	11.04	1.64	1.12
Hen eggs (Table)	135	13.55	9.03	200	0.19	0.19	49.46	63.3	12	2.39	1.73
Quail eggs	153	12.39	11.46	153	0.11	0.17	54.86	60.67	11.21	2.55	1.51
Fruits											
Banana Embul	109	1.11	1.09	9.68	0.05	0.64	32.98	13.61	9.39	25.67	0.51
Anamaalu	102	1.04	0.72	16.4	0.04	0.65	21.07	3.66	8.06	27.02	0.51
Koli kuttu	107	1.38	0.34	8.8	0.03	0.47	18.12	7.71	8.56	38	0.32
Pineapple	37	0.41	0.17	5.76	0.04	0.12	17.86	39.36	10.37	10.71	0.3
Papaya	26	0.42	0.16	171	0.11	0.04	54.85	48.62	16.77	8.9	0.23
Mangoes (Karthakolomban)	79	0.8	0.92	259	0.01	0.1	35.52	17.74	3.12	6.72	0.1
Mangoes (Vilad)	44	0.76	0.58	146	0.05	0.26	67.6	29.97	16.93	14.79	0.65
Apple	62	0.29	0.64	0.36	0.02	0.08	3.43	2.9	3.12	6.72	0.1
Avacado	144	2.95	13.86	2	0.08	0.18	67.17	9.36	28.48	48.14	0.81
Wood apple	78	3.09	3.62	0.46	0.01	0.14	6.07	13.58	59.15	25.16	0.45
Orange	46	1.07	0.37	23.44	0.01	0.28	14.46	20.19	31.18	20.36	0.81
Guava	39	1.53	0.38	19.67	0.01	0.11	25.24	30.88	6.59	12.02	0.53
Grapes	49	0.95	10.69	3.22	0.04	0.1	7.07	20.51	7.27	6.86	0.28
Melon	19	0.65	0.16	130	0.02	0.11	6	8.24	4.05	9.76	0.15

Source: Sri Lanka Food Composition Tables, Ministry of Health - 2021.

Price Collecting Areas





HARTI



Ministry of Agriculture

Food Systems and Market Research Division & Information Division

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