

Weekly update on commodity and consumer food prices

23–27 March 2026

By  **CECAM**

+237 242 233 001 

www.legecam.cm 

@legecam    

Introduction

The week of 23 to 27 March 2026 has been dominated by the conflict in the Middle East, which has caused massive disruptions to global energy supplies, with a direct and volatile impact on commodity prices.

Overall, there is downward pressure on commodities linked to Cameroonian exports (cocoa, timber, rubber) and on agricultural inputs (fertilisers, rice), whilst certain base metals and soya are holding firm and rising slightly.

1. Trends in commodity prices

Commodities	Average price (previous year)	Average price N	Change Y/Y	Highest price	Lowest price	Comment
March 2026	16 to 20	23 to 27	%	H	B	
Energy						
Brent crude oil (tonne)	105.07	104.77	-0.29%	114.27	99.11	▼ Slight fall
Metals						
Gold (g)	154.22	143.60	-6.88%	145.4	141.8	▼ Sharp fall
Silver (kg)	2417.05	2258.49	-6.56%	2301.6	2217.4	▼ Sharp fall
Steel (tonne)	1013.20	1030.20	1.68%	1,047	1,009	▲ A sustained rise
Aluminium (tonne)	2,764.00	2,824.00	2.17%	2824	2824	▲ A sustained increase
Exported products						
Cocoa (tonnes)	3,304.60	3,175.40	-3.91%	3,235	3,133	▼ Sharp fall
Cotton (tonne)	25.06	25.06	0.00%	25.4	24.62	▶ stable
Coffee (tonne)	6,684.42	6,838.74	2.31%	6,437.5	6569.8	▲ A sustained rise
Rubber	33.73	33.60	-0.40%	34.40	32.80	▼ Sharp fall
Wood	321.2	314	-2.24%	318.00	310.00	▼ Sharp fall
Imported products						
Beans (tonne)	169.79	170.45	0.39%	172.0	169.4	▲ A modest rise
Soya (tonne)	418.01	428.24	2.45%	431.6	424.3	▲ A sustained rise
Rice (tonne)	415.29	405.51	-2.35%	412.9	401.8	▼ Sharp fall
Wheat (tonne)	219.83	219.92	0.04%	222.3	217.6	▲ A modest increase
Fertiliser (tonne)	3,558.43	3,461.11	-2.74%	3540.6	3,358.1	▼ Sharp fall
Copper (tonne)	12,357.40	12,011.70	-2.80%	12,135.0	11,878.5	▼ Sharp fall

- Marked decline in precious metals (gold and silver): approximately -6.5% to -6.9%.
- Moderate decline in several strategic export and import commodities: Cocoa (-3.91%), Rice (-2.35%), Fertiliser (-2.74%), Copper (-2.80%), Timber (-2.24%), Rubber (-0.40%), Brent crude oil (-0.29%).
- Stability or a slight increase in industrial metals (Steel + 1.68%, Aluminium +2.17%), and certain imported food products (Soya +2.45%, Wheat +0.04%, Maize +0.39%).
- Cotton remains perfectly stable (0.00%).

2. Mass-market agricultural products

Products	Market price in CFA francs (N-1)	Market price in CFA francs (N)	Comments
March 2026	16 to 20	23 to 27	
Tomatoes (crate)	2,500–3,500	2,500–3,500	Stable
Cassava (net)	10,000–12,000	10,000–12,000	Stable
Potato (net)	10,000 – 12,000	10,000 – 12,000	Stable
Mackerel (Fillet)	18,000 – 22,000	18,000–20,000	Slight fall
Onions (100 kg bag)	29,000–32,000	29,000–32,000	Stable
Garlic (100 kg bag)	170,000 - 180,000	170,000–180,000	Low availability due to the period of scarcity and seasonality.
Garoua groundnuts (100 kg bag)	60,000 – 70,000	60,000 – 70,000	Price increases due to high demand and transport costs
Salt (bag)	5,000–6,000	5,000–6,000	Stable
Potatoes (15L)	4,000 – 4,500	4,000 – 4,500	Stable
Sugar (kg)	800–1,000	800–1,000	Stable
Fish (mackerel in kg)	1,800 – 2,200	1,800 – 2,200	Stable
Red beans (15L)	8,000–9,500	8,000–9,500	Stable
White beans (15L)	17,000–18,500	17,000–18,500	Stable
Refined oil (1L)	1,400–1,500	1,400–1,500	Stable
Red palm oil (1L)	800 – 1,000	800 – 1,000	Stable
Maize (15L)	3,500–4,000	3,500–4,000	Stable