

CONSUMER PRICES RISE MARGINALLY BY 0.04% IN JANUARY 2026: COSTS FOR FOOD, HOME RENTALS, AND HEALTH UP, FUEL DOWN

Overall National Inflation Rate¹ (All-Items):

For the month of January 2026, the Statistical Institute of Belize’s monthly Consumer Price Index (CPI) survey showed that the All-Items CPI, which summarizes price levels across all categories of consumer goods and services, stood at 119.86. This was an increase from 119.81 reported in January 2025, reflecting a national inflation rate of 0.04 percent (see Figure 1).

While the overall level of consumer prices was virtually unchanged for the month of January 2026, price increases were observed in the categories of ‘Food and Non-Alcoholic Beverages’, ‘Housing, Water, Electricity, Gas and Other Fuels’, ‘Health’, and ‘Restaurants and Accommodation Services’. These were largely offset by lower prices in the ‘Transport’ category when compared to January 2025.

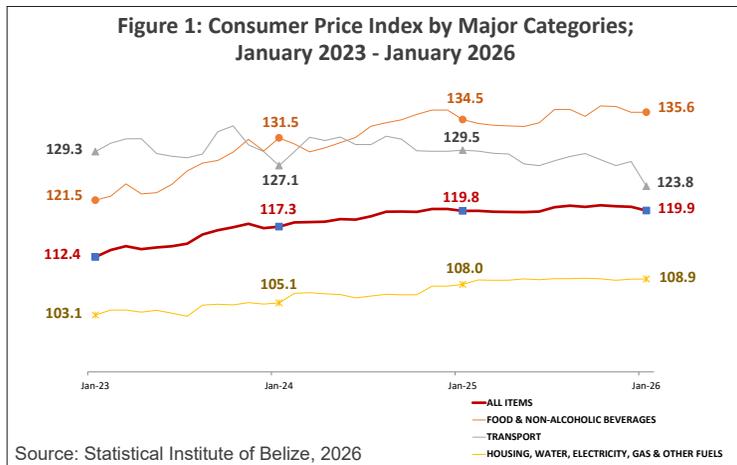
Table 1: Average Prices of Selected Foods and Fuel (BZ \$);
 January 2025 and January 2026

Item	Unit of Measurement	Average Prices		% Change
		Jan. 2025	Jan. 2026	
Flour Tortilla	Pack of 5	\$2.49	\$2.57	3.2%
Hotdog Bread	Pack of 8	\$2.95	\$2.98	1.1%
Ground Beef	1 Lb	\$7.44	\$7.74	3.9%
Beef Steak	1 Lb	\$9.90	\$10.71	8.2%
Stew Pork	1 Lb	\$6.97	\$8.21	17.8%
Whole Chicken	1 Lb	\$3.19	\$3.25	2.0%
Chicken Cuts	1 Lb	\$3.74	\$3.68	-1.4%
Chicken, Legs	1 Lb	\$3.58	\$3.63	1.3%
Chicken, Wings	1 Lb	\$6.90	\$6.99	1.2%
Chicken, Breast	1 Lb	\$4.71	\$4.76	1.0%
Turkey	1 Lb	\$5.54	\$5.76	4.1%
Whole Fish	1 Lb	\$9.06	\$9.51	4.9%
Natural Milk	1 Liter	\$4.15	\$4.28	3.1%
Pineapples	1 Lb	\$1.43	\$1.46	2.5%
Lime	1 Unit	\$0.54	\$0.47	-12.3%
Orange	1 Unit	\$0.31	\$0.32	1.2%
Watermelon	1 Lb	\$1.43	\$1.10	-23.5%
Grapefruits	1 Unit	\$0.64	\$0.68	6.5%
Apples	1 Unit	\$1.26	\$1.30	3.6%
Grapes	1 Lb	\$9.94	\$10.71	7.7%
Broccoli or Cauliflower	1 Lb	\$5.41	\$5.73	5.9%
Lettuce	1 Lb	\$3.45	\$3.41	-1.3%
Cucumber	1 Lb	\$1.18	\$1.33	12.4%
Tomatoes	1 Lb	\$2.60	\$2.56	-1.5%
Okras	1 Lb	\$3.72	\$3.97	7.0%
Carrots	1 Lb	\$2.73	\$2.53	-7.5%
Onion	1 Lb	\$3.25	\$3.08	-5.2%
Corn	Pack Of 3	\$8.23	\$7.44	-9.7%
Irish Potatoes	1 Lb	\$3.23	\$3.05	-5.4%
Plantain	1 Unit	\$0.58	\$0.48	-15.9%
Black Beans	1 Lb	\$2.88	\$2.62	-9.2%
Red Kidney Beans	1 Lb	\$2.78	\$2.89	4.0%
Sugar	1 Lb	\$0.79	\$0.84	5.9%
Dry Soup - Ramen	64 Grams	\$2.02	\$1.90	-5.9%
Salt	500 Grams	\$1.18	\$1.18	-0.1%
Premium Gasoline	1 Gallon	\$13.49	\$12.37	-8.3%
Regular Gasoline	1 Gallon	\$11.98	\$10.96	-8.6%
Diesel	1 Gallon	\$11.93	\$11.41	-4.3%
Liquefied Petroleum Gas (LPG) 100 Lbs		\$125.83	\$130.63	3.8%

Source: Statistical Institute of Belize, 2026

Health:

Prices within the ‘Health’ category rose by 4.3 percent for the month, reflecting increases in the cost of outpatient care services, such as doctors’ office visits (11.0 percent); medicines and health products, including medical supplies (6.5 percent); and medical services such as surgery fees (5.9 percent) (see Figure 3).



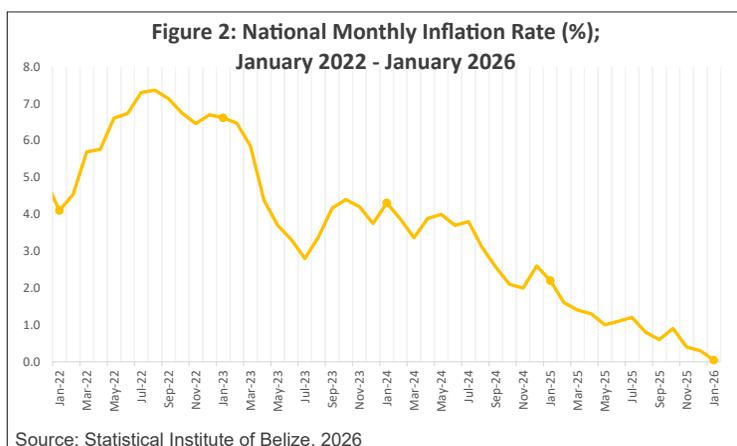
Source: Statistical Institute of Belize, 2026

Food and Non-Alcoholic Beverages:

The inflation rate for ‘Food and Non-Alcoholic Beverages’ stood at 0.9 percent (see Figure 3), primarily attributed to a 0.6 percent rise in ‘Food’ prices and a 2.4 percent increase in prices for ‘Non-Alcoholic Beverages’. Within the ‘Food’ sub-category, prices were up for fresh meats (2.3 percent) as well as cereal products, including bread and bakery products (1.3 percent). Within the ‘Non-Alcoholic Beverage’ subcategory, prices rose for instant coffee (9.7 percent), fruit and vegetable juices (2.3 percent), purified water (1.9 percent), and soft drinks (1.3 percent).

Housing, Water, Electricity, Gas and Other Fuels:

The ‘Housing, Water, Electricity, Gas, and Other Fuels’ category had an inflation rate of 0.8 percent (see Figure 3), driven by higher home rental costs in January 2026 compared to January 2025. Additionally, liquefied petroleum gas (LPG) prices were up for the month, with the average cost of a 100-pound cylinder of this product increasing by \$4.81, from \$125.83 in January 2025 to \$130.63 in January 2026 (see Table 1).

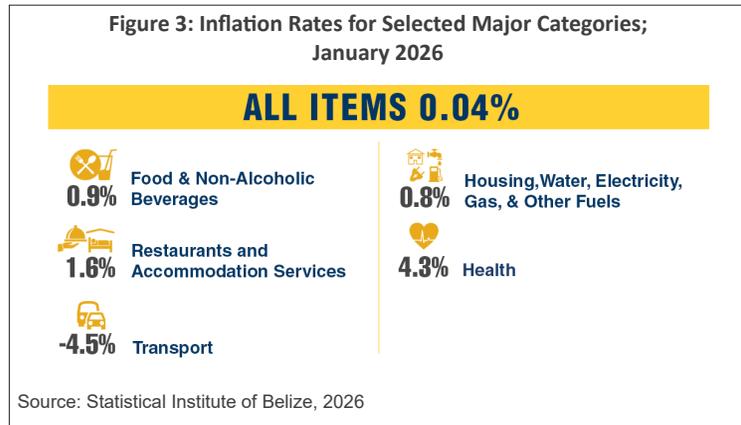


Source: Statistical Institute of Belize, 2026

¹ The national inflation rate for the month measures the percent change in the CPI between January 2025 and January 2026.

Restaurants and Accommodation Services:

'Restaurants and Accommodation Services' rose by 1.6 percent, driven by higher prices for restaurants and café services (see Figure 3).



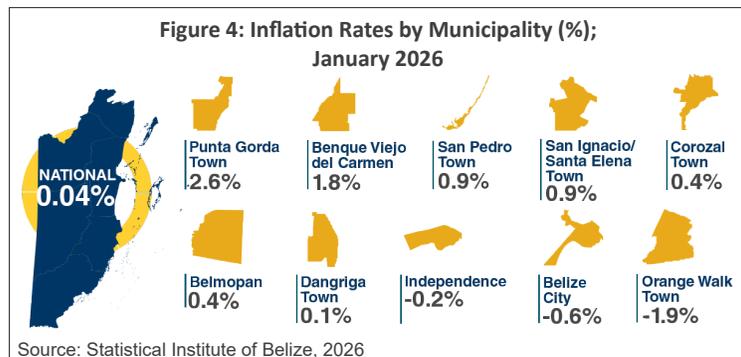
Transport:

In contrast, the 'Transport' category recorded a 4.5 percent decline in January 2026 when compared to January 2025 (see Figure 3), mainly due to lower prices across all types of motor vehicle fuel. The average price per gallon of premium gasoline fell by \$1.12, from \$13.49 to \$12.37, while regular gasoline decreased by \$1.03, from \$11.98 to \$10.96, and diesel dropped by \$0.52, from \$11.93 in January 2025 to \$11.41 in January 2026.

Inflation Rates by Municipality:

Among the municipalities, Punta Gorda Town recorded the highest increase in consumer prices, with an inflation rate of 2.6 percent for the month of January 2026. Residents within this municipality experienced above-average price increases for a variety of goods and services, including food items, such as cereal products, meats, and fish; restaurant and café services; school uniforms; men's footwear; LPG; domestic and household services; personal care products; cigarettes; and medicinal products.

Conversely, Orange Walk Town reported the lowest inflation rate for the month, at -1.9 percent. Residents of this community experienced above-average reductions in the prices of fuel; food products, such as tomatoes, carrots, onions, beans, and watermelons; and women's garments. However, residents of this municipality did see increases in the cost of doctor's office visits and maintenance and repair services for dwellings, such as carpentry, masonry, and plastering (see Figure 4).



Month-Over-Month Inflation Rates²:

Inflation rates are typically calculated as the percentage change in prices for specific items between the current period and the same period in the previous year. However, another valuable indicator for monitoring short-term price fluctuations is the month-over-month, or inter-monthly, inflation rate, which reflects the percentage change in prices between consecutive months.

The month-over-month inflation rate showed that consumer prices declined by a marginal 0.5 percent on average between December 2025 and January 2026. Prices within the 'Transport' category were down by 3.1 percent over the one-month period, mainly due to decreases across all types of motor vehicle fuels, while prices remained virtually unchanged across all other major CPI categories.

Table 2: Month-Over-Month Inflation Rates by Category (%); January 2026

Category	Inflation Rate
ALL ITEMS	-0.5%
Food and Non-Alcoholic Beverages	0.0%
Alcoholic Beverages, Tobacco and Narcotics	0.0%
Clothing and Footwear	0.0%
Housing, Water, Electricity, Gas and Other Fuels	0.0%
Furnishings, Household Equipment and Routine Household Maintenance	0.0%
Health	0.0%
Transport	-3.1%
Information and Communication	0.0%
Recreation, Sport and Culture	0.0%
Education Services	0.0%
Restaurants and Accommodation Services	0.0%
Insurance and Financial Services	0.0%
Personal Care, Social Protection and Miscellaneous Goods and Services	0.0%

Source: Statistical Institute of Belize, 2026

² The month-over-month inflation rate measures the percent change in prices between the previous month and the current month. It is useful for capturing short-term price changes but is also affected by seasonal price movements.