



CONSUMER PRICE INDEX

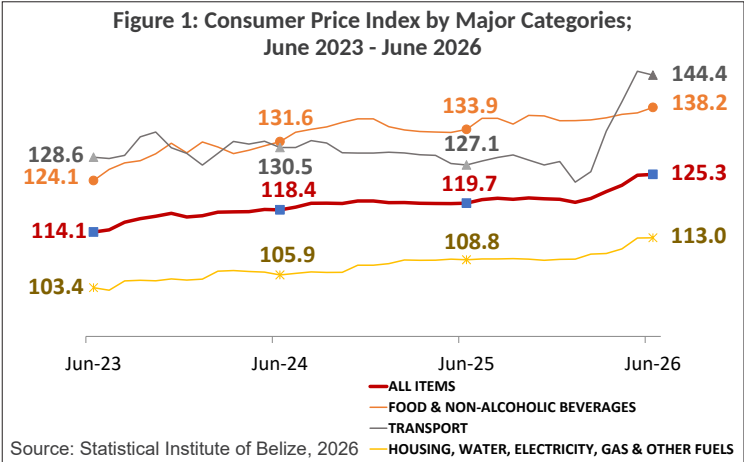
CPI RELEASE FOR:
JUNE 2026
PUBLISHED ON:
JULY 29TH, 2026

CONSUMER PRICES UP 4.6% IN JUNE 2026: COSTS UP FOR FUEL, FOOD, ELECTRICITY, WATER, RENT AND LPG

Overall National Inflation Rate¹ (All-Items):

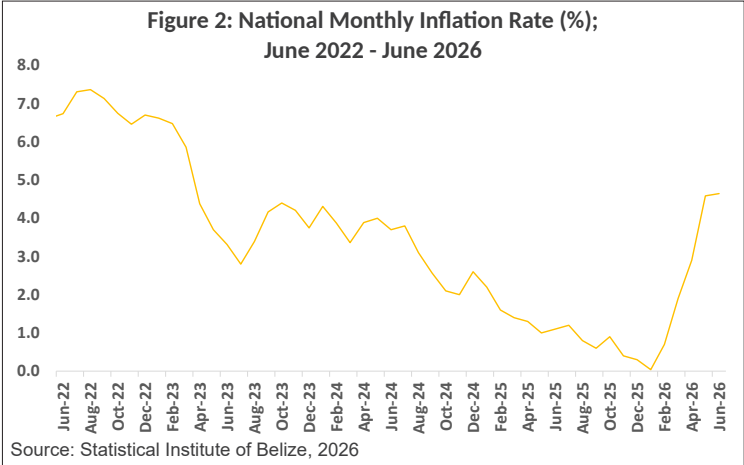
The Statistical Institute of Belize's most recent monthly Consumer Price Index (CPI) survey showed that, for the month of June 2026, the All-Items CPI, which measures overall price levels across all categories of consumer goods and services, stood at 125.3. This was an increase from 119.7 in June 2025, reflecting a national monthly inflation rate of 4.6 percent (see Figure 1).

The 'Transport' category remained the largest contributor to overall inflation, a position it has held since March 2026. This category, together with 'Food and Non-Alcoholic Beverages' and 'Housing, Water, Electricity, Gas and Other Fuels', accounted for just over three-fourths of the overall increase in consumer prices for the month. In contrast, 'Insurance and Financial Services' was the only CPI category that did not see an increase, remaining virtually unchanged compared to last June.



Transport:

Prices within the 'Transport' category were 13.6 percent higher than they were in June of last year (see Figure 3), mainly driven by increases across all types of motor vehicle fuels. Diesel recorded the largest increase, with the average price per gallon rising by \$3.91, from \$11.42 in June 2025 to \$15.33 in June 2026. Premium gasoline was up by \$2.33, from \$13.21 to \$15.55 per gallon, while regular gasoline rose by \$2.22, from \$11.56 in June of last year to \$13.78 per gallon in June of this year (see Table 1). Additionally, costs for passenger transport services were up by 15.5 percent, primarily reflecting higher bus and taxi fares, as well as increased international airfares.



Food and Non-Alcoholic Beverages:

The 'Food and Non-Alcoholic Beverages' category recorded an inflation rate of 3.2 percent for the month (see Figure 3). This was primarily attributed to a 3.4 percent rise in the 'Food' sub-category, reflecting higher costs for fresh meats (3.5 percent), brown and white sugar (17.9 percent), fruit-bearing vegetables (4.5 percent), and bread and bakery products (2.5 percent). Within the 'Non-Alcoholic Beverages' sub-category, prices were up by 2.1 percent, mainly due to increased costs for instant coffees (13.7 percent) and fruit and vegetable juices (2.9 percent).

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

Item	Unit of Measurement	Average Prices		% Change
		June 2025	June 2026	
Flour Tortilla	Pack of 5	\$2.31	\$2.33	1.0%
Hotdog Bread	Pack of 8	\$3.01	\$2.98	-0.9%
Ground Beef	1 Lb	\$7.41	\$8.20	10.6%
Beef Steak	1 Lb	\$10.34	\$10.75	4.0%
Stew Pork	1 Lb	\$8.17	\$8.70	6.5%
Whole Chicken	1 Lb	\$3.23	\$3.32	2.8%
Chicken Cuts	1 Lb	\$3.68	\$3.82	3.7%
Chicken, Legs	1 Lb	\$3.60	\$3.81	5.9%
Chicken, Wings	1 Lb	\$6.89	\$7.07	2.5%
Chicken, Breast	1 Lb	\$4.85	\$4.84	-0.2%
Turkey	1 Lb	\$5.85	\$6.38	9.1%
Whole Fish	1 Lb	\$9.21	\$10.10	9.6%
Natural Milk	1 Liter	\$4.21	\$4.26	1.1%
Pineapples	1 Lb	\$1.32	\$1.38	4.9%
Lime	1 Unit	\$0.57	\$0.62	8.0%
Orange	1 Unit	\$0.33	\$0.32	-2.1%
Watermelon	1 Lb	\$0.90	\$0.95	5.4%
Grapefruits	1 Unit	\$0.63	\$0.65	2.3%
Apples	1 Unit	\$1.30	\$1.37	4.9%
Grapes	1 Lb	\$10.11	\$10.92	8.1%
Broccoli or Cauliflower	1 Lb	\$5.36	\$5.76	7.5%
Cucumber	1 Lb	\$1.26	\$1.50	18.6%
Tomatoes	1 Lb	\$2.21	\$2.55	15.4%
Okras	1 Lb	\$3.92	\$3.70	-5.7%
Carrots	1 Lb	\$2.72	\$2.58	-4.9%
Onion	1 Lb	\$2.82	\$2.60	-7.9%
Corn	Pack of 3	\$6.31	\$6.52	3.4%
Irish Potatoes	1 Lb	\$2.90	\$2.93	1.1%
Plantain	1 Unit	\$0.53	\$0.50	-6.1%
Black Beans	1 Lb	\$2.86	\$2.60	-9.2%
Red Kidney Beans	1 Lb	\$2.82	\$2.84	0.5%
Sugar	1 Lb	\$1.22	\$1.49	22.1%
Dry Soup - Ramen	64 Grams	\$1.92	\$1.85	-4.0%
Salt	500 Grams	\$1.16	\$1.22	5.4%
Premium Gasoline	1 Gallon	\$13.21	\$15.55	17.7%
Regular Gasoline	1 Gallon	\$11.56	\$13.78	19.2%
Diesel	1 Gallon	\$11.42	\$15.33	34.3%
Liquefied Petroleum Gas (LPG)	100 Lbs	\$128.46	\$138.35	7.7%

Source: Statistical Institute of Belize, 2026

Housing, Water, Electricity, Gas and Other Fuels:

For the month of June 2026, the 'Housing, Water, Electricity, Gas, and Other Fuels' category increased by 3.9 percent when compared to June 2025 (see Figure 3). Much of this increase was due to the higher electricity and water tariffs that came into effect during the first half of the year. Prices for liquefied petroleum gas (LPG) were also up, with the average cost of a 100-pound cylinder of this product rising by \$9.89, from \$128.46 in June 2025 to \$138.35 in June 2026 (see Table 1), while higher home rental costs also contributed to the overall increase in this category.

Restaurants and Accommodation Services:

'Restaurants and Accommodation Services' went up by 3.4 percent, driven by higher prices for restaurants and café services (see Figure 3).

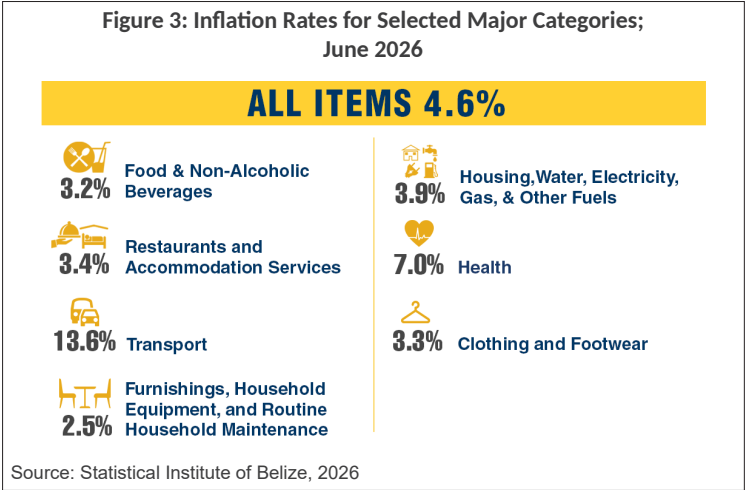
Health:

The 'Health' category had an inflation rate of 7.0 percent, reflecting increased prices for medical services such as hospitalization fees and surgery fees (see Figure 3).

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

Clothing and Footwear:

Increases in the cost of garments for both males and females led to a 3.3 percent rise in the ‘Clothing and Footwear’ category compared to June of last year (see Figure 3).

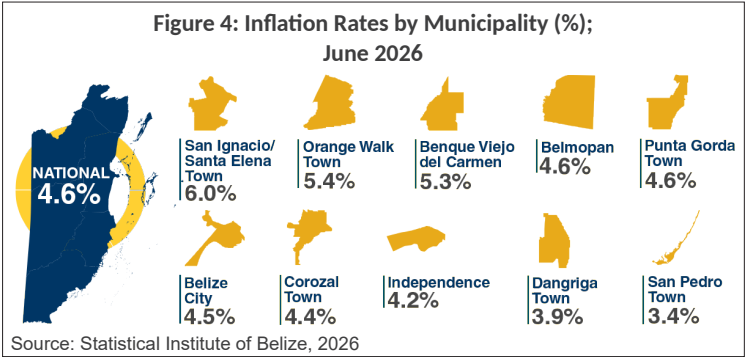


Furnishings, Household Equipment and Routine Household Maintenance:

‘Furnishings, Household Equipment and Routine Household Maintenance’ costs went up by 2.5 percent, reflecting higher prices for laundry products, soaps and detergents, including laundry bar soaps, liquid detergents, soap powders, dishwashing liquids, and bleach. In addition, the cost of domestic and household services, such as lawn cutting services, also increased during the period (see Figure 3).

Inflation Rates by Municipality:

Among the municipalities, San Ignacio/Santa Elena Town saw the largest increase in consumer prices, with an inflation rate of 6.0 percent in June 2026, when compared to the same month in 2025. Consumers in these communities experienced above-average price increases across a wide range of goods and services, including passenger transport services; grocery items such as bread and bakery products, brown and white sugar, fruit-bearing vegetables, dairy products, and purified water; electricity and rent; medical services; restaurant and café services; clothing and footwear for both males and females; and cigarettes.



Meanwhile, San Pedro Town recorded the smallest increase in consumer prices during the month, with an inflation rate of 3.4 percent. Consumers in this municipality experienced below-average price increases for sea fares, restaurant and café services, LPG, and medical services (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 inflation rate, which reflects the percentage change in prices between consecutive months.

The month-over-month inflation rate for June 2026, when compared to one month prior in May 2026, was 0.1 percent, indicating that, overall, consumer prices remained virtually unchanged during the one-month period (see Table 2). The most notable increase was in the ‘Food and Non-Alcoholic Beverages’ category, which rose by 0.8 percent, primarily due to higher food prices. This increase was partially offset by a 0.5 percent decline in the ‘Transport’ category, largely attributable to a drop in the average price of regular gasoline, which fell by \$1.18 over the one-month period between May and June.

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

	Inflation Rate
ALL ITEMS	0.1%
Food and Non-Alcoholic Beverages	0.8%
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	-0.5%
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

Year-to-Date Inflation Rate³:

The year-to-date inflation rate for the first six months of the year 2026, when compared to the first six months of 2025, was 2.5 percent. While most major CPI categories were up during this period, the overall increase was largely the result of higher prices for ‘Transport’, ‘Food and Non-Alcoholic Beverages’, and ‘Housing, Water, Electricity, Gas and Other Fuels’.

The ‘Transport’ category had a year-to-date inflation rate of 5.3 percent, mainly due to higher prices across all types of motor vehicle fuels, along with an increase in costs for passenger transport services. The ‘Food and Non-Alcoholic Beverages’ category rose by 2.1 percent, as higher prices were recorded for several grocery items, most notably fresh meats, sugar, fruit and vegetable juices, and instant coffee. Meanwhile, costs for ‘Housing, Water, Electricity, Gas and Other Fuels’ were up by 2.1 percent, reflecting higher prices for electricity and home rentals. ‘Restaurants and Accommodation Services’ were 2.9 percent more costly during the first six months of this year than they were during the first six months of last year, the result of higher prices for restaurant and café services. Other notable increases included the ‘Health’ category (4.7 percent), driven by higher prices for doctor consultation fees, medical products, and medical services, and ‘Clothing and Footwear’ (2.5 percent), reflecting higher prices for men’s and women’s garments as well as men’s footwear.

In contrast, the ‘Information and Communication’ category declined by 0.5 percent, as prices for cellular phones and television sets were lower during the first six months of 2026 than they were during the corresponding period in 2025 (see Table 3).

Table 3: Year-to-Date Inflation Rates by Category (%); June 2026

	Inflation Rate
ALL ITEMS	2.5%
Food and Non-Alcoholic Beverages	2.1%
Alcoholic Beverages, Tobacco and Narcotics	1.7%
Clothing and Footwear	2.5%
Housing, Water, Electricity, Gas and Other Fuels	2.1%
Furnishings, Household Equipment and Routine Household Maintenance	1.2%
Health	4.7%
Transport	5.3%
Information and Communication	-0.5%
Recreation, Sport and Culture	0.7%
Education Services	0.7%
Restaurants and Accommodation Services	2.9%
Insurance and Financial Services	0.0%
Personal Care, Social Protection and Miscellaneous Goods and Services	0.4%

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.

³ The year-to-date inflation rate as of June 2026 measures the percent change in the average CPI for the first six months of 2026 compared to the average CPI for the first six months of 2025.