STATISTICAL INSTITUTE OF BELIZE

CPI
CONSUMER PRICE INDEX

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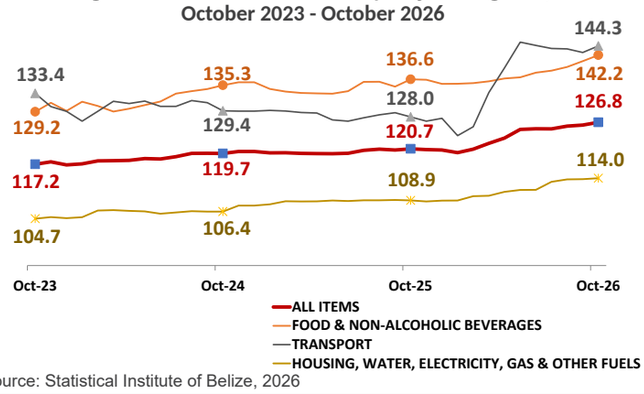
CONSUMER PRICES UP 5.0% IN OCTOBER 2026: COSTS FOR TRANSPORTATION, FOOD, RENT, ELECTRICITY AND WATER UP

OVERALL NATIONAL INFLATION RATE[1] (All-Items):

For the month of October 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 that are regularly purchased by Belizeans households, stood at 126.8. This was an increase from the 120.7 recorded in October 2025, representing a national monthly inflation rate of 5.0 percent (see Figure 1).

The leading contributors to inflation were the categories of 'Transport', 'Food and Non-Alcoholic Beverages', and 'Housing, Water, Electricity, Gas and Other Fuels', which together accounted for more than three-fourths of the overall increase in consumer prices for the month. This reflected higher costs for fuel, passenger transport services, food and non-alcoholic beverages, electricity, rent, and water supply. 'Insurance and Financial Services' was the only CPI category that did not record an increase, remaining virtually unchanged compared to October of last year.

Figure 1: Consumer Price Index by Major Categories; October 2023 - October 2026

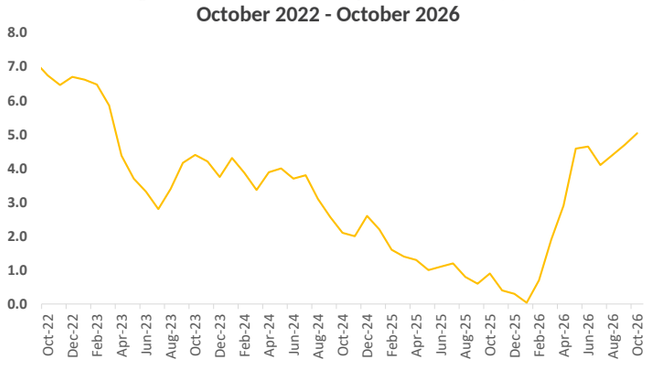


Source: Statistical Institute of Belize, 2026

Transport:

Prices within the 'Transport' category were 12.7 percent higher than they were in October 2025 (see Figure 3), primarily attributed to increases across all types of motor vehicle fuels. Diesel reported the largest increase, with the average price per gallon rising by $4.07, from $11.63 in October 2025 to $15.70 in October 2026. Regular gasoline was up by $2.62, from $11.73 per gallon to $14.35 per gallon, while Premium gasoline rose by $1.42, from $13.20 per gallon in October of last year to $14.62 per gallon in October of this year (see Table 1). Additionally, the cost of passenger transport services went up by 15.2 percent, reflecting higher bus and taxi fares, as well as increases in international airfares.

Figure 2: National Monthly Inflation Rate (%); October 2022 - October 2026



Source: Statistical Institute of Belize, 2026

Food and Non-Alcoholic Beverages:

The 'Food and Non-Alcoholic Beverages' category rose by 4.1 percent for the month of October 2026. This was due largely to the 'Food' sub-category, which was up by 4.2 percent, reflecting increased prices for meats, such as poultry (6.4 percent); white and brown sugar (18.0 percent); vegetables, such as habanero peppers, sweet peppers, onions, and potatoes (3.8 percent); bread and bakery products (1.7 percent); and fruits (6.6 percent). The 'Non-Alcoholic Beverages' sub-category rose by 3.1 percent, the result of higher prices for instant coffees (13.9 percent) and fruit and vegetable juices (4.8 percent).

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

Item	Unit of Measurement	Average Prices		% Change
		Oct. 2025	Oct. 2026	
Flour Tortilla	Pack of 5	$2.29	$2.51	9.8%
Hotdog Bread	Pack of 8	$3.03	$3.05	0.4%
Ground Beef	1 Lb	$7.63	$8.53	11.7%
Beef Steak	1 Lb	$11.44	$11.56	1.1%
Stew Pork	1 Lb	$8.31	$8.46	1.8%
Whole Chicken	1 Lb	$3.22	$3.54	9.9%
Chicken Cuts	1 Lb	$3.70	$4.08	10.2%
Chicken, Legs	1 Lb	$3.65	$4.00	9.8%
Chicken, Wings	1 Lb	$6.99	$7.19	3.0%
Chicken, Breast	1 Lb	$4.90	$5.31	8.4%
Turkey	1 Lb	$5.90	$6.43	9.0%
Whole Fish	1 Lb	$9.75	$9.30	-4.7%
Natural Milk	1 Liter	$4.28	$4.32	1.0%
Pineapples	1 Lb	$1.47	$1.39	-5.2%
Lime	1 Unit	$0.55	$0.53	-3.2%
Orange	1 Unit	$0.30	$0.35	16.7%
Watermelon	1 Lb	$1.16	$1.10	-4.6%
Grapefruits	1 Unit	$0.60	$0.88	45.8%
Apples	1 Unit	$1.27	$1.37	8.2%
Grapes	1 Lb	$10.61	$11.16	5.2%
Broccoli or Cauliflower	1 Lb	$5.65	$5.72	1.2%
Cucumber	1 Lb	$1.49	$1.28	-14.1%
Tomatoes	1 Lb	$3.55	$3.92	10.6%
Okras	1 Lb	$3.84	$3.53	-8.1%
Carrots	1 Lb	$3.08	$3.06	-0.7%
Onion	1 Lb	$3.14	$3.49	11.4%
Corn	Pack of 3	$6.27	$6.17	-1.5%
Irish Potatoes	1 Lb	$3.12	$3.38	8.6%
Plantain	1 Unit	$0.50	$0.50	0.5%
Black Beans	1 Lb	$2.65	$2.41	-9.0%
Red Kidney Beans	1 Lb	$2.79	$2.70	-3.3%
Sugar	1 Lb	$0.81	$1.03	26.3%
Dry Soup - Ramen	64 Grams	$1.87	$1.87	0.3%
Salt	500 Grams	$1.16	$1.22	5.9%
Premium Gasoline	1 Gallon	$13.20	$14.62	10.7%
Regular Gasoline	1 Gallon	$11.73	$14.35	22.4%
Diesel	1 Gallon	$11.63	$15.70	35.0%
Liquefied Petroleum Gas (LPG)	100 Lbs	$129.33	$137.25	6.1%

Source: Statistical Institute of Belize, 2026

Housing, Water, Electricity, Gas and Other Fuels:

For the month of October 2026, 'Housing, Water, Electricity, Gas and Other Fuels' recorded an inflation rate of 4.7 percent compared to October 2025 (see Figure 3). This was primarily the result of higher electricity costs, resulting from an increase in the price per kilowatt-hour and the introduction of the Cost of Power Adjustment during the year. Water tariffs were also up, with the cost of water for a household consuming 4,500 gallons per month, for example, increasing from $86.38 in October 2025 to $91.13 in October 2026. Additionally, home rental costs rose by 2.3 percent compared to the same month last year.

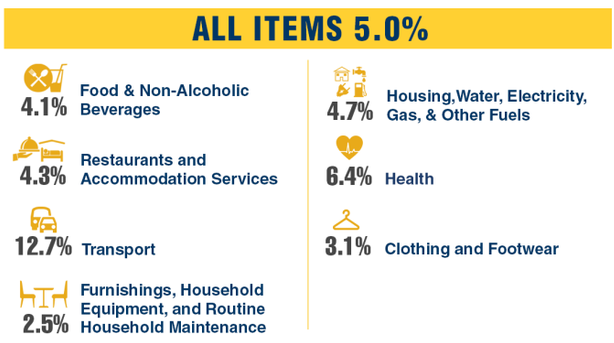
[1] The national inflation rate for the month measures the percent change in the CPI between October 2025 and October 2026.

Restaurants and Accommodation Services:
'Restaurants and Accommodation Services' increased by 4.3 percent, mainly due to higher prices for restaurants and café services (see Figure 3).

Health:
The 'Health' category had an overall inflation rate of 6.4 percent for the month, reflecting an increase in the cost of inpatient care services, such as hospitalization fees and surgery fees (see Figure 3).

Clothing and Footwear:
'Clothing and Footwear' was up by 3.1 percent, the result of a rise in the cost of clothing for both males and females in October 2026 when compared to the same month in 2025 (see Figure 3).

Figure 3: Inflation Rates for Selected Major Categories; October 2026

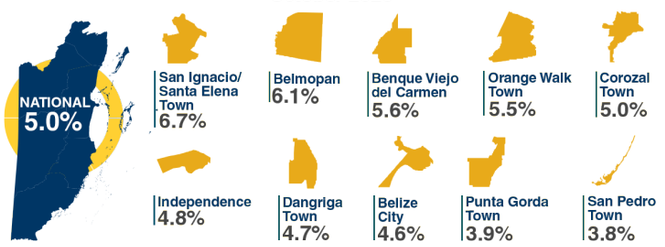


Source: Statistical Institute of Belize, 2026

Furnishings, Household Equipment and Routine Household Maintenance:
The 'Furnishings, Household Equipment and Routine Household Maintenance' category rose by 2.5 percent, mainly due to higher prices for household cleaning and maintenance products, such as 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 month (see Figure 3).

Inflation Rates by Municipality:
At the municipality level, San Ignacio/Santa Elena Town recorded the highest increase in consumer prices for October 2026, with an inflation rate of 6.7 percent. Residents of this municipality experienced above-average price increases for a variety of goods and services, including passenger transport services such as bus and taxi fares; food items such as meats, cereal products, sugar, fresh fruits, eggs, and vegetables; home rentals; inpatient care services; restaurant and café services; recreational services; clothing and footwear; and household cleaning and maintenance items such as laundry products.

Figure 4: Inflation Rates by Municipality (%); October 2026



Source: Statistical Institute of Belize, 2026

On the other hand, San Pedro Town had the lowest inflation rate among the municipalities for the month, at 3.8 percent (see Figure 4). Residents of this municipality saw below-average price increases for passenger transport services, including bus and taxi fares; food products such as meats; medical services; and garments for both males and females.

MONTH-OVER-MONTH INFLATION RATES[2]:
While inflation rates are generally calculated as the percent change in prices for specific items between the current time period and the same period of the previous year, another useful measure for tracking short-term changes in consumer prices is the month-over-month or inter-monthly inflation rate, which measures the percent change in prices between the previous month and the current month.

For the one-month period between September and October 2026, consumer prices rose by a marginal 0.5 percent on average (see Table 2). During this period, the 'Food and Non-Alcoholic Beverages' category rose by 1.0 percent, mainly due to higher prices for food items such as vegetables, coupled with a $0.57 increase in the average price of regular gasoline between September and October. Meanwhile, all the other major CPI categories remained virtually unchanged during the one-month period.

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

	Inflation Rate
ALL ITEMS	**0.5%**
Food and Non-Alcoholic Beverages	1.0%
Alcoholic Beverages, Tobacco and Narcotics	0.0%
Clothing and Footwear	0.0%
Housing, Water, Electricity, Gas and Other Fuels	0.2%
Furnishings, Household Equipment and Routine Household Maintenance	0.0%
Health	0.0%
Transport	1.1%
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

YEAR-TO-DATE INFLATION RATE[3]:
The year-to-date inflation rate for the first ten months of 2026 stood at 3.3 percent, when compared to the first ten months of 2025. While costs were up across most major CPI categories during this period, the overall increase was mainly driven by higher prices in the categories of 'Transport', which rose by 7.9 percent, 'Food and Non-Alcoholic Beverages', which was up by 2.6 percent, and 'Housing, Water, Electricity, Gas and Other Fuels', which increased by 3.1 percent.

Within the 'Transport' category, costs were up across all types of motor vehicle fuels, as well as for passenger transport services such as bus fares, and taxi fares. The 'Food and Non-Alcoholic Beverages' category saw price increases for most food items, particularly for meats, sugar, and cereal products, as well as for non-alcoholic beverages such as instant coffees and fruit and vegetable juices. In the 'Housing, Water, Electricity, Gas and Other Fuels' category, both electricity rates and home rental costs were higher than they were during the first ten months of 2025.

In contrast, the 'Information and Communication' category decreased by a marginal 0.1 percent, mainly due to lower prices for cellular phones and television sets during the period (see Table 3).

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

	Inflation Rate
ALL ITEMS	**3.3%**
Food and Non-Alcoholic Beverages	2.6%
Alcoholic Beverages, Tobacco and Narcotics	1.4%
Clothing and Footwear	2.8%
Housing, Water, Electricity, Gas and Other Fuels	3.1%
Furnishings, Household Equipment and Routine Household Maintenance	1.7%
Health	5.5%
Transport	7.9%
Information and Communication	-0.1%
Recreation, Sport and Culture	1.0%
Education Services	1.4%
Restaurants and Accommodation Services	3.4%
Insurance and Financial Services	0.0%
Personal Care, Social Protection and Miscellaneous Goods and Services	0.7%

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 October 2026 measures the percent change in the average CPI for the first ten months of 2026 compared to the average CPI for the first ten months of 2025.