



**Western Cape  
Government**

Agriculture

**FOR YOU**

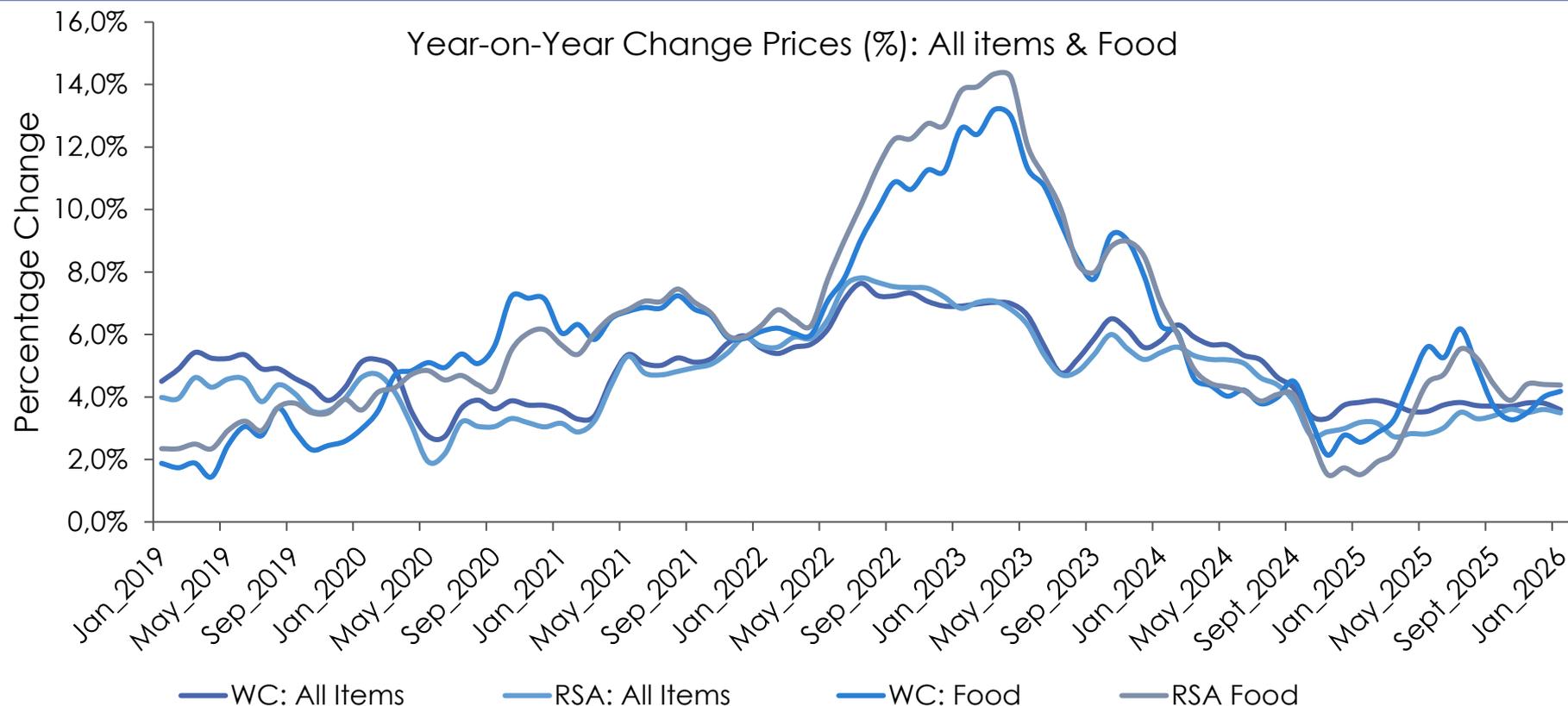
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Department of Agriculture

# Western Cape Food Inflation: January 2026

Sibulali : 25 –February 2026

# WC vs RSA Food Inflation: Jan\_2019 to Jan\_2026 (Year-on-Year Change %)



- WC headline inflation was 3.6% in January 2026 (y-on-y), slightly lower than the National 3.5%
- The WC Food inflation recorded 4.2% (y-on-y) while the country reached 4.4%
- Food inflation declined over the recent months, improving households purchasing power.

# WC Food Inflation for selected food basket (Year-on-Year)

❑ Fish and other seafood had the highest (1.8%) price increase between December 2025 and January 2026 (m-on-m) in Western Cape

❑ Followed by meat at 1.8% (m-on-m) this could be attributed to the increase festive demand and other factors

Food Product Items	RSA Y/Y(%):2025-2026	RSA M/M (%):Dec-Jan, 2025/6	WC Y/Y(%):2025-2026	WC M/M(%):Dec-Jan, 2025/6
Fish & other seafood	3,6%	0,3%	7,9%	1,9%
Meat	13,5%	1,6%	12,6%	1,8%
Vegetables	-3,2%	0,5%	-2,4%	1,0%
Other food	3,4%	0,5%	5,3%	0,9%
Wine	4,8%	0,1%	3,9%	0,2%
Non-alcoholic beverages	3,5%	-0,1%	3,9%	0,2%
Tobacco	4,5%	0,1%	4,5%	0,1%
Alcoholic beverages	4,6%	0,4%	3,9%	-0,1%
Sugar, confectionery & deserts	3,5%	0,4%	4,0%	-0,2%
Milk, other dairy products & eggs	-0,5%	0,1%	0,3%	-0,3%
Fruit & nuts	-6,3%	-0,1%	-9,6%	-0,4%
Cereals(Incl.Bread)	0,6%	-0,9%	0,3%	-0,5%
Oils & fats	4,0%	0,1%	2,3%	-1,1%

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Thank you

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