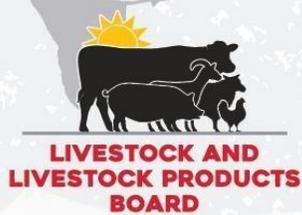




# Weekly Beef Consumer Prices

(Khomas, Kavango East,  
Oshana, Zambezi)

DATE: 20 March 2026

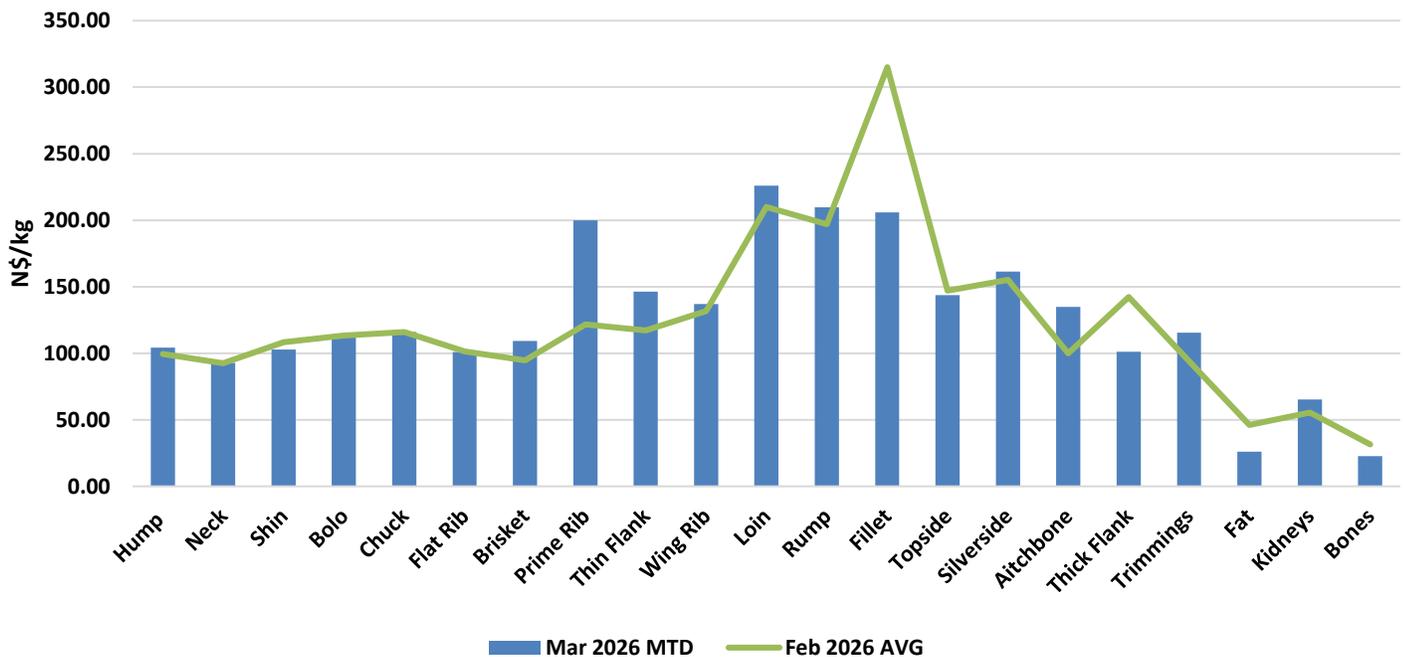


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**WEEKLY BEEF CONSUMER PRICES (KHOMAS)**

Description	06/03/2026	13/03/2026	20/03/2026	27/03/2026	% Δ w/w	Mar 2026 MTD	Feb 2026 AVG
Hump	104.34	104.34	104.34		0.00	104.34	99.45
Neck	92.65	92.65	92.65		0.00	92.65	92.56
Shin	102.89	102.88	102.89		0.01	102.89	108.30
Bolo	113.76	114.48	113.76		-0.63	114.00	113.31
Chuck	115.93	115.93	115.93		0.00	115.93	115.86
Flat Rib	108.11	97.38	97.38		0.00	100.96	101.39
Brisket	109.17	109.17	109.17		0.00	109.17	94.66
Prime Rib	199.99	199.99	199.99		0.00	199.99	121.73
Thin Flank	145.64	145.64	147.82		1.49	146.37	117.11
Wing Rib	136.95	136.95	136.95		0.00	136.95	131.69
Loin	226.08	226.08	226.08		0.00	226.08	210.05
Rump	213.03	213.03	203.25		-4.59	209.77	197.09
Fillet	193.03	193.03	231.30		19.82	205.79	315.03
Topside	143.82	143.82	143.82		0.00	143.82	147.09
Silverside	162.31	160.86	160.86		0.00	161.34	155.06
Aitchbone	126.08	139.12	139.12		0.00	134.77	99.99
Thick Flank	106.51	104.05	93.18		-10.45	101.25	142.38
Trimmings	118.83	117.38	110.14		-6.17	115.45	94.19
Fat	26.08	26.08	26.08		0.00	26.08	46.08
Kidneys	65.21	65.21	65.21		0.00	65.21	55.46
Bones	22.89	22.60	22.60		0.00	22.70	31.49

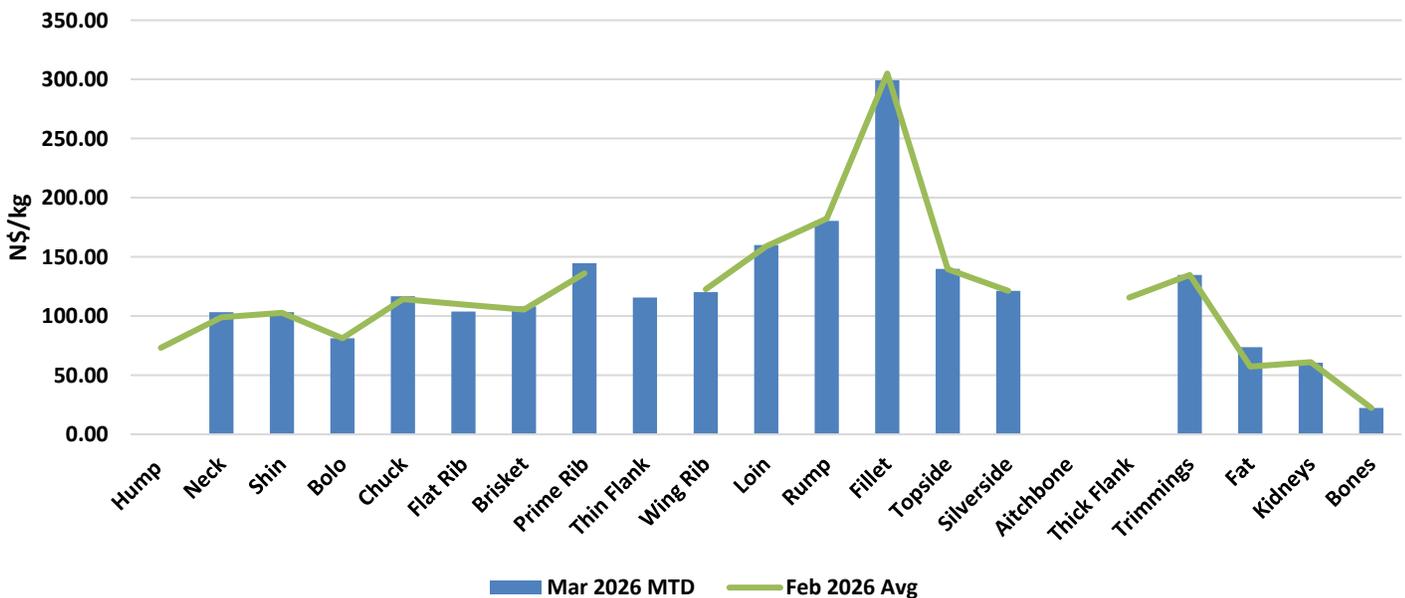
**Beef Consumer Prices**



**WEEKLY BEEF CONSUMER PRICES (KAVANGO EAST)**

Description	06/03/2026	13/03/2026	20/03/2026	27/03/2026	% Δ w/w	Mar 2026 MTD	Feb 2026 Avg
Hump					n/a		73,03
Neck	104.17	104.17	101.03		-3.01	103.12	98,95
Shin	104.93	104.93	100.00		-4.70	103.28	102,59
Bolo	81.25	81.25	81.25		0.00	81.25	81,25
Chuck	120.89	120.89	108.13		-10.55	116.63	114,18
Flat Rib	105.64	105.64	99.99		-5.35	103.76	109,67
Brisket	111.96	111.96	100.53		-10.21	108.15	105,48
Prime Rib	153.03	153.03	127.82		-16.48	144.63	136,19
Thin Flank	115.58	115.58	115.58		0.00	115.58	
Wing Rib	119.86	119.86	121.09		1.03	120.27	122,59
Loin	168.04	168.04	144.12		-14.23	160.07	158,83
Rump	182.53	182.53	176.44		-3.33	180.50	182,31
Fillet	305.33	305.33	287.50		-5.84	299.39	305,00
Topside	139.76	139.76	140.12		0.26	139.88	139,46
Silverside	121.26	121.26	121.26		0.00	121.26	121,26
Aitchbone					n/a		
Thick Flank					n/a		115,63
Trimmings	134.63	134.63	134.63		0.00	134.63	134,77
Fat	74.88	74.88	71.62		-4.35	73.80	57,14
Kidneys	61.03	61.03	59.56		-2.42	60.54	60,93
Bones	22.01	22.01	22.57		2.54	22.20	22,25

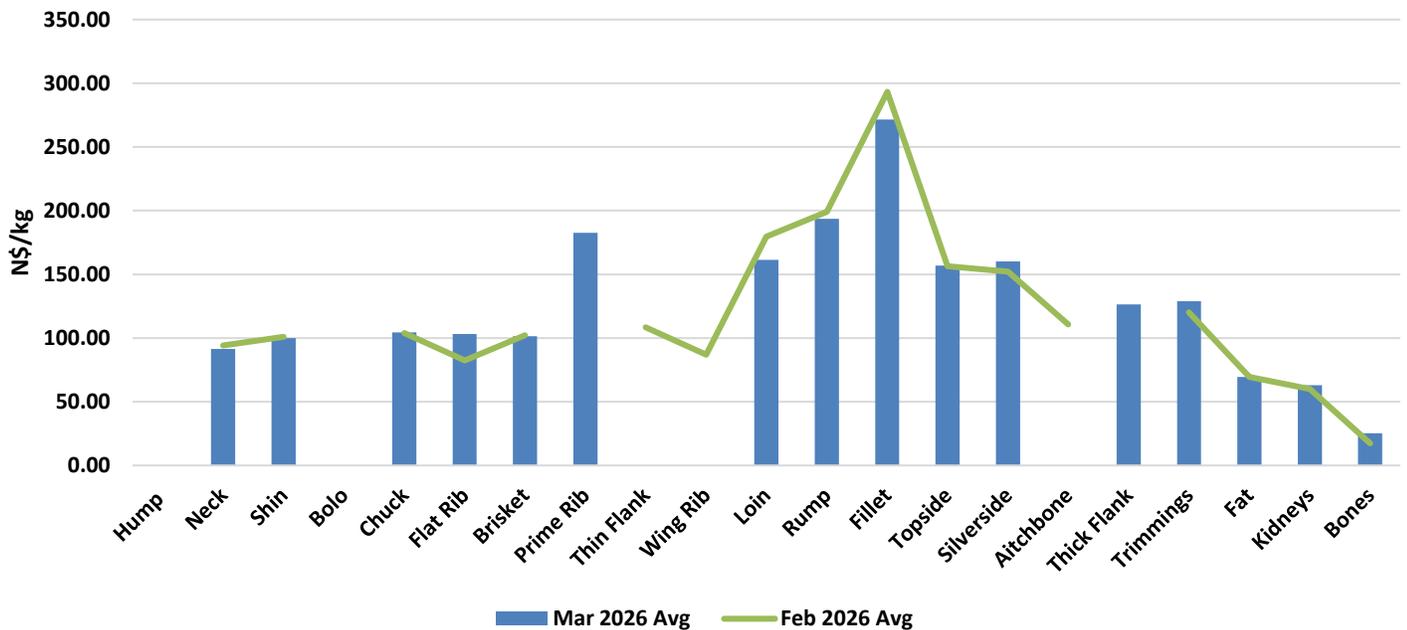
**Beef Consumer Prices**



**WEEKLY BEEF CONSUMER PRICES (OSHANA)**

Description	06/03/2026	13/03/2026	20/03/2026	27/03/2026	% Δ w/w	Mar 2026 Avg	Feb 2026 Avg
Hump					n/a		
Neck	93.25	93.25	88.03		-5.59	91.51	94.30
Shin	100.86	101.38	97.38		-3.95	99.88	100.95
Bolo					n/a		
Chuck	106.08	106.08	100.86		-4.92	104.34	103.90
Flat Rib	105.43	105.43	98.90		-6.19	103.25	82.60
Brisket	102.60	102.60	99.12		-3.39	101.44	102.17
Prime Rib		182.60			n/a	182.60	
Thin Flank					n/a		108.51
Wing Rib					n/a		86.95
Loin	161.73	161.73	160.86		-0.54	161.44	179.56
Rump	196.51	196.51	187.82		-4.42	193.61	199.12
Fillet	278.08	278.08	258.25		-7.13	271.47	293.27
Topside	160.86	160.86	149.27		-7.21	157.00	156.51
Silverside	162.31	160.86	157.60		-2.03	160.26	152.17
Aitchbone					n/a		110.60
Thick Flank	126.37	126.37	126.37		0.00	126.37	
Trimmings	128.98	128.98	128.98		0.00	128.98	120.28
Fat	69.56	69.56	69.56		0.00	69.56	69.56
Kidneys	61.08	63.69	63.99		0.48	62.92	59.99
Bones	16.73	28.25	31.12		10.16	25.37	17.35

**Beef Consumer Prices**



**WEEKLY BEEF CONSUMER PRICES (ZAMBEZI)**

Description	06/03/2026	13/03/2026	20/03/2026	27/03/2026	% Δ w/w	Mar 2026 MTD	Feb 2026 Avg
Hump	86.96	86.96	60.87		-30.00	78.26	88.58
Neck	84.19	84.20	82.75		-1.72	83.71	82.74
Shin	87.39	93.91	93.91		0.00	91.73	92.42
Bolo	92.17	102.89	92.17		-10.42	95.74	96.84
Chuck	86.37	86.52	86.52		0.00	86.47	86.12
Flat Rib	113.73	106.60	88.69		-16.80	103.01	101.78
Brisket	85.36	85.36	82.46		-3.40	84.39	83.91
Prime Rib	86.52	74.78	77.68		3.88	79.66	88.91
Thin Flank	71.72	71.72	69.54		-3.03	70.99	68.46
Wing Rib	110.87	110.87	106.52		-3.92	109.42	106.52
Loin	156.16	156.16	137.03		-12.25	149.78	153.55
Rump	157.04	153.56	147.47		-3.96	152.69	147.65
Fillet	178.69	158.40	179.27		13.18	172.12	177.60
Topside	122.81	122.81	101.43		-17.41	115.68	122.27
Silverside	126.78	126.78	126.78		0.00	126.78	126.34
Aitchbone	147.82	152.17	152.17		0.00	150.72	139.12
Thick Flank	117.82	117.82	117.82		0.00	117.82	117.82
Trimmings	86.95	84.78	93.47		10.26	88.40	90.21
Fat	8.70	8.70	8.70		0.00	8.70	8.70
Kidneys	58.78	58.78	60.86		3.55	59.47	58.78
Bones	16.23	16.21	14.34		-11.52	15.59	17.02

**Beef Consumer Prices**

