

# Uganda Weekly Farming, Food Market, and Weather Report

27 July – 3 August 2026

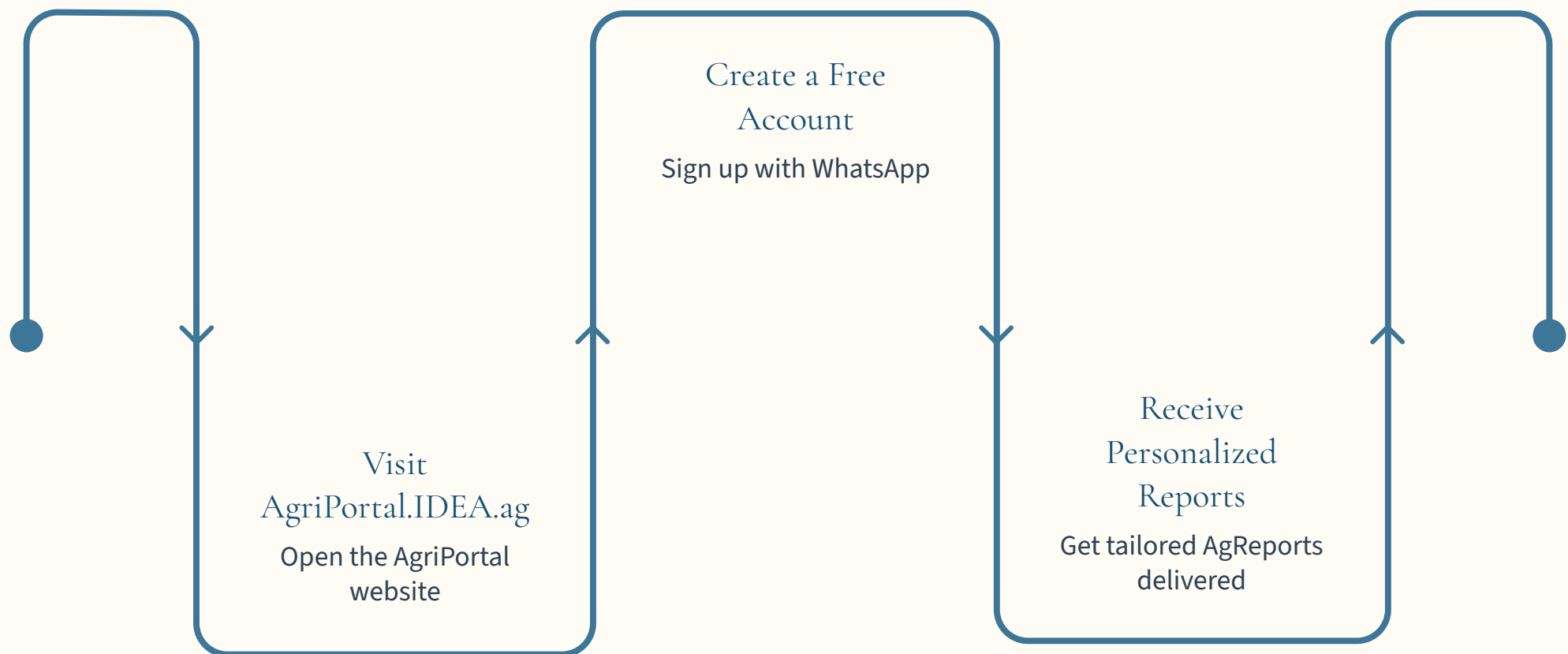
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# Executive Summary

This week (27 July – 3 August 2026), Uganda has two very different farming situations. In most parts of the country, farmers are harvesting their first crops of the year, drying grain, or getting ready to plant again. This is bringing more maize, beans, millet, sorghum, and matooke to markets in the East, West, North, Centre, and Lake Victoria area. Prices at farms and wholesale markets have come down a little. However, prices in towns and shops are still high because of transport and handling costs. Based on July 2026 World Bank figures, average national prices are about UGX 1,845/kg for maize, UGX 3,376/kg for beans, UGX 1,550/kg for sorghum, and UGX 2,862/kg for millet. Beans cost more than they did in July 2025. The other three crops cost less than last year. Karamoja is the exception. Rains have been poor there, crops have failed, and people are depending more on buying food. The government is sending aid, but harvests will be weak and water and pasture are expected to get worse.



## Price Trend

Farm and wholesale prices are falling, but beans and food in town shops are still expensive. Average prices: maize UGX 1,845/kg, beans UGX 3,376/kg, sorghum UGX 1,550/kg, millet UGX 2,862/kg. Check prices at several markets before you sell.



## Rainfall Hazard

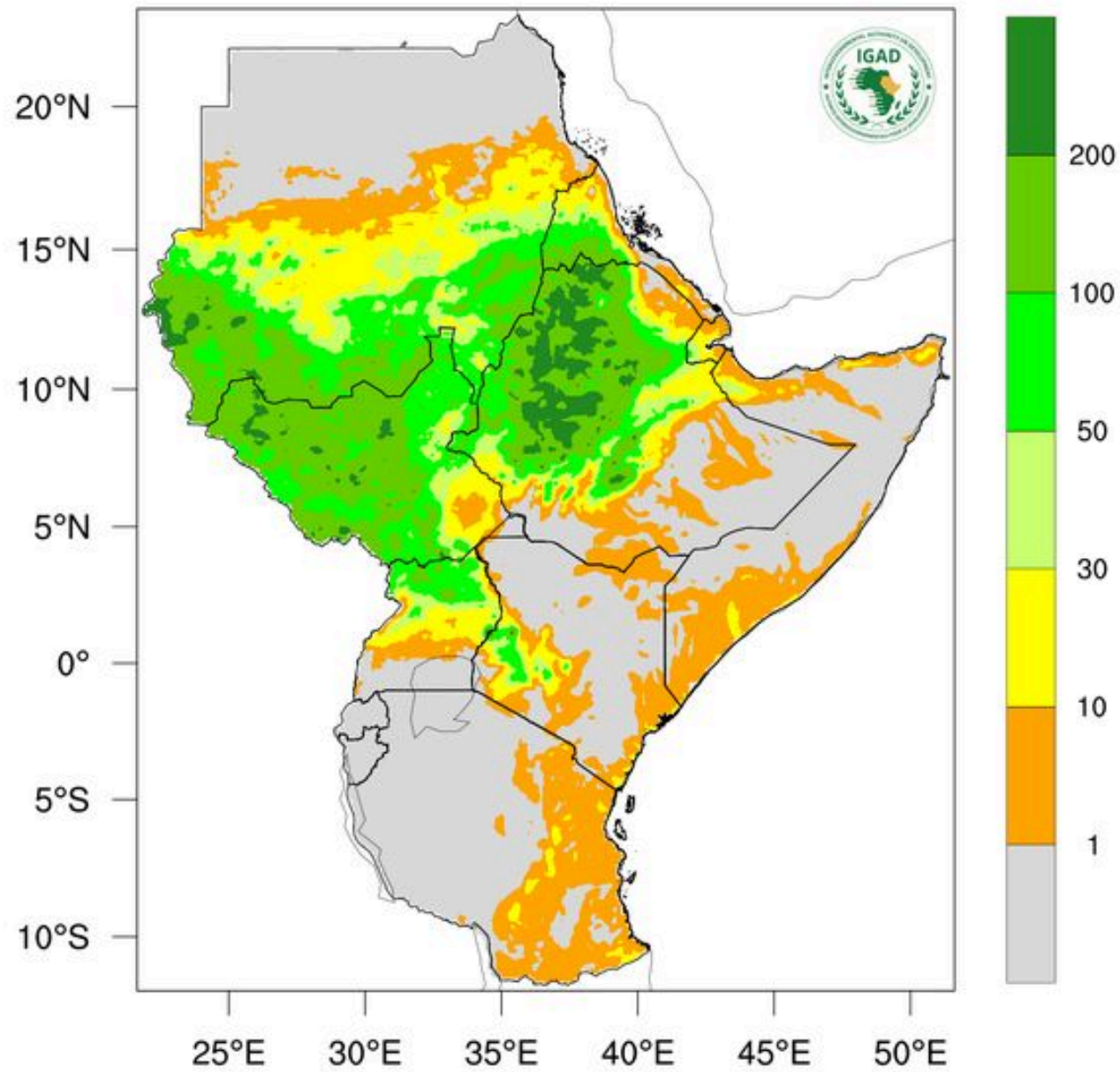
Northern Uganda has had heavy rain (30–80 mm more than normal). Karamoja and most of the south are dry with little rain. Eastern Uganda is mixed, and some central and eastern areas may get less rain than usual.



## Farmer Action

Dry your grain well, sort it, and store it safely. In Karamoja, try to save what you can from damaged crops. Prepare for your next planting — but do not plant after just one shower. Check the soil moisture in your field and listen to your district weather forecast first.

### Total Rainfall (mm) for 21-28 Jul 2026



# Weather: Karamoja

## 7-Day Forecast

**Rain:** 5–25 mm

**Temperature:** 18–32 °C

Expect light, scattered showers — not steady rain across all areas. Hot afternoons will dry out crops faster and stress livestock. Use any rain that falls to protect crops and refill water points for animals.



**Alert:** The rainy season is still below normal. A few showers will not fix the damage already done. Reports show 50 to 70 percent of crops in the area have already failed. Do not assume one rain event means conditions are improving.

## What This Means for You

Harvest any surviving crops now before they are lost. Keep water stored for your animals and stretch out your fodder supply. Do not plant new crops in fields that have already failed — it is too late in the season and resources are too scarce.

# Weather: Northern

## 7-Day Forecast

**Precipitation:** 30–80 mm

**Temperature:** 18–30 °C

Northern Uganda will get more rain than usual this week. The heaviest rain is likely in West Nile, Acholi, and parts of the northern Kyoga area. Expect warm days, humid nights, and regular showers.



**Alert & Anomaly:** Watch out for short but heavy downpours, lightning, waterlogged fields, and crops falling over when they are nearly ready to harvest. Rain will not fall evenly — some farms and districts will get much more than others.

## Short Implication

Harvest, thresh, and move grain in the morning or during dry spells. Have tarpaulins and covered drying space ready before storms arrive.

\*From one of IDEA's partners



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# Weather: Eastern

## 7-Day Forecast

**Rainfall:** 15–45 mm

**Temperature:** 17–31 °C

Expect scattered rain and thunderstorms, mostly near Lake Kyoga, Mount Elgon, and eastern Lake Victoria. Nights will be cool in the hills. Afternoons will be warm in the lowlands. Some days may have little or no rain between storms.



**Alert:** Overall, rainfall is expected to be lower than normal across central and eastern Uganda. However, short bursts of heavy rain are still possible. Be careful not to start planting after just one shower — the soil may dry out quickly before the next rain.

## What This Means for Farmers

If your first-season crops are ready, harvest them now while the weather is dry. Hold off on planting second-season crops until rain comes steadily and regularly — not just once or twice.

# Weather: Western

## 7-Day Forecast

**Rainfall:** 5–30 mm

**Temperature:** 13–31 °C

Mostly sunny with a few light showers near the Rwenzori hills, Lake Albert, and the southwest. Nights in Kabale can be cold (13–15 °C). Days in Kasese and lower areas can be hot (up to 31 °C).



**Alert & Warning:** July is normally dry in Western Uganda. Rainfall is low or below normal, and temperatures are warmer than usual. Watch out for bush fires, dry spells that stress young crops, and cold nights in hilly areas.

## What This Means for Farmers

This is a good time to harvest, dry crops, move goods to market, and prepare land. Water young banana plants, vegetables, and nursery seedlings by hand. Use mulch to keep soil moisture in.

# Weather: Central

## 7-Day Forecast

**Precipitation:** 5–25 mm

**Temperature:** 18–29 °C

Expect mostly dry days with some short, heavy showers. Kampala, Wakiso, Mukono, and nearby areas may get some rain, but it will not be widespread.



**Alert & Anomaly:** Central Uganda is in the dry season (June to August). Rainfall is likely to be normal or below normal. Short heavy rains can cause water to run off quickly from bare fields and may disrupt outdoor drying.

## Short Implication

Keep harvested grain covered in case of sudden rain. Water and mulch high-value crops to protect them. Prepare fields for the next season, but avoid leaving bare soil exposed — it can wash away easily.

# Weather: Lake Victoria Crescent

## 7-Day Forecast

**Rainfall:** 10–35 mm

**Temperature:** 19–28 °C

Expect scattered showers and thunderstorms, especially near Entebbe, Masaka, Mukono, Buvuma, and other lake shore areas. It will be very humid close to the lake. As of 27 July, no severe weather was reported on Lake Victoria and conditions were safe for small boats.



**Alert:** Sudden storms and lightning can strike even when the morning looks clear. Lake weather changes fast. High humidity makes it hard to dry grain, even on days without rain. Always check for storm updates at landing sites.

## Key Advice

Harvest and dry crops during dry spells. Keep drains clear around banana plants. If you hear thunder, move farmers and fishers to safety right away.

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# What Farmers in Karamoja Should Do Now

## → Harvest What You Can

Pick your maize, sorghum, and millet as soon as the grain is ready. Sort out damaged grain from good grain before threshing.

## → Check for Fall Armyworm

Look at your maize and sorghum plants twice this week. If 1 in 5 young plants or 2 in 5 older plants are attacked, ask your local extension worker for help controlling the pest.

## → Do Not Add Fertilizer to Dry Crops

Do not put fertilizer on crops that are already suffering from drought. Without enough water, fertilizer will not help and may cause more damage.

## → Do Not Replant Now

Do not use your remaining seeds or fertilizer to replant crops that have already failed. The growing season is over in the worst-hit areas.

## → Store Grain Properly

Dry your maize well before storing it. Make sure it is not too wet. Store it in clean, sealed bags or airtight containers. Keep bags off the floor and away from walls.

## → Care for Your Animals

Make sure your animals have enough water. Ration your stored animal feed. Cut crop leftovers to use as feed. Do not let too many animals graze in one area.

# Practical Implications: Northern

## → Harvest on Dry Days

Harvest ripe maize, beans, sorghum, and millet on dry days. Do not leave cut crops in the field when rain is coming.

## → Clear Field Drains

Clear your field drains and outlets before heavy rain. This is especially important in low-lying fields and plots near refugee settlements.

## → Apply Fertilizer at the Right Time

For maize that has not yet flowered, apply the recommended nitrogen fertilizer when the soil is moist. Do not apply just before heavy rain.

## → Dry Your Grain Well

Use tarpaulins, raised racks, or shelters to dry your grain. If rain wets the grain, dry it again before putting it in bags. Wet grain grows mold and aflatoxin.

## → Prepare for the Next Season

Till lightly and leave crop residues on the soil. Only plant after a good rain has soaked 15–20 cm into the soil. Do not plant after a light surface shower.

## → Check Beans for Disease

Check your beans for spots, rust, rot, and other diseases. Remove badly infected plants. Do not use seed from diseased fields for next season's planting.

# Practical Implications: Eastern

## → Harvest First

Harvest ripe maize, beans, millet, and sorghum before storms arrive. Move everything under cover the same day you cut it.

## → Prepare Land for Next Season

Start preparing land for the second season in Busoga, Teso, Bukedi, and lower Elgon areas. Wait for good, soaking rain before planting large areas.

## → Check for Pests and Disease

After rain, check maize for fall armyworm and beans for leaf diseases. Count affected plants in five spots across the field — don't just look at one edge.

## → Protect Slopes

On Mount Elgon and other hilly areas, keep earth barriers, grass strips, and crop remains in place before storms. This slows water runoff and keeps soil in place.

## → Apply Fertilizer Carefully

Only add nitrogen fertilizer to late-planted maize that is still growing well and the soil is moist. Stop applying nitrogen once the maize starts flowering.

## → Dry, Clean, and Sell Wisely

Dry grain until it is safe to store. Remove broken and moldy grain. Clean your storage space. Then compare prices in Busia, Mbale, Soroti, Jinja, and with local buyers before you sell.

# Practical Implications: Western

## → Harvest & Storage

Use the dry days to harvest maize and beans. Shell, sort, and store them quickly. Keep drying produce covered and protected from the few light showers expected near the highlands and Rwenzori area.

## → Save Soil Moisture

Put mulch around young banana plants and vegetables to keep the soil moist. Keep the mulch away from the stem. Water only at the roots, in the cool morning or evening.

## → Check Bananas for Pests

Look for signs of weevil damage, wilting, falling plants, and weak roots in your banana garden. Clean your cutting tools between plants to stop disease from spreading.

## → Banana Management

Harvest ripe banana bunches carefully. Cut down the old banana stems in small sections after harvest. Leave clean plant leftovers as mulch where there is no disease.

## → Prepare Fields for Next Season

Get your southwestern fields ready by keeping crop leftovers on the soil, shaping rows along the slope, and removing weeds early. Do not plant yet — wait for reliable rain in August or September.

## → Check Prices Before Selling

Prices may be low right now at harvest time. Work out whether drying your grain and storing it for a short time could earn you more money before you accept a low offer.

# Practical Implications: Central

## → Finish First-Season Harvest

Harvest ripe maize and beans quickly. Keep movable covers nearby, as short rains around Kampala may interrupt drying.

## → Get Fields Ready for Season Two

Lightly dig fields, add compost, and remove weeds early. Do not plant yet — wait until the rains are reliable.

## → Check Stored Grain Weekly

Look through stored maize and beans every week. Check for insects, heat, bad smells, or dampness. If grain feels wet, dry it again right away.

## → Prepare Your Store

Clean your store before bringing in new grain. Fix any roof leaks, stack bags on pallets, and keep air moving to stop moisture buildup.

## → Water Only What Needs It

Water vegetables, seedling nurseries, and young banana plants directly at the roots. Do not water the whole field.

## → Compare Prices Carefully

Check prices at retail markets, wholesale markets, and on-farm separately. Kampala shop prices are much higher than what farmers are paid at the gate.

# Practical Implications: Lake Victoria Crescent

## → Harvest & Drying

Harvest ripe maize and beans during dry spells. Near the lake, air stays humid even without rain, so drying takes longer than usual.

## → Stagger Planting

Get your fields and seeds ready now, but do not plant all at once. Wait until rain has fallen steadily for several days and the soil is moist.

## → Banana Disease & Pests

Check banana plants regularly for wilt, weevils, and weak stems. Remove sick plants following advice from an extension worker, and clean tools between plants.

## → Drainage Maintenance

Keep drainage channels clear around banana and other crops. This stops rainwater from pooling and damaging roots after short, heavy storms.

## → Soil Protection

Cover bare soil with mulch or cover crops. Use contour strips to slow runoff from heavy storms and to hold moisture during dry periods.

## → Fisher & Lakeshore Safety

Stop working in the field or on the water as soon as you hear thunder or see a squall coming, even if the morning forecast looked fine.

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# Crop Calendar & Growth Stages: Karamoja



## Maize

**Stage:** Late growth, near-ripe, ready for early harvest, or failed due to drought

- Harvest good cobs quickly. Remove any shriveled or moldy grain.
- Do not add fertilizer late. Do not replant if the crop has already failed.



## Beans

**Stage:** Harvest done or nearly done in wetter areas. Dry fields may have lost their crop.

- Pick dry pods before they split open. Separate seed from grain for eating.
- Do not keep seed that looks diseased, shriveled, or eaten by insects.



## Sorghum

**Stage:** Grain forming, early harvest, or green harvest. Drought areas have lower yields.

- Guard heads from birds. Harvest when the grain is hard and fully grown.
- Dry heads on a clean surface. Keep the best local seed for next season.



## Millet

**Stage:** Grain forming to harvest in wetter and northern parts of the region

- Harvest mature heads before they fall or birds eat them.
- Thresh, clean, and dry grain well before storing in sealed containers.



## Bananas

**Stage:** Small stands being maintained with some harvesting

- Keep soil moist using mulch. Remove dead leaves.
- Check for disease, weevils, and falling plants. Clean tools between each plant.

# Crop Calendar & Growth Stages: Northern



## Maize

**Stage:** First harvest and post-harvest work; second planting season starting in parts of Northern and West Nile

- Harvest when maize is fully ripe. Dry cobs or grain until moisture is low enough for safe storage.
- Get second-season seed and fields ready. Only plant after good rains arrive.



## Beans

**Stage:** First harvest, drying, and seed selection; second planting starts in July or August depending on location

- Pick dry pods before rain comes. Thresh on a clean surface.
- Choose healthy seed to keep. Do not save seed from plants that had disease.



## Sorghum

**Stage:** Near or at harvest for first-season crops; second planting possible in some areas

- Harvest mature heads before they fall over or birds eat the grain.
- Keep the best local seed. Remove old crop remains and unwanted plants before planting again.



## Millet

**Stage:** Ripe and ready to harvest across the main northern growing season

- Cut mature heads during dry weather. Dry them on raised or covered surfaces.
- Only store grain after it is fully dry, cool, and free of insects.



## Bananas

**Stage:** Growing and producing fruit in West Nile and other humid areas

- Remove extra shoots to keep each plant clump at a manageable size. Add mulch to keep the soil moist.
- Harvest bunches when ripe. Clean tools between plants to stop the spread of disease.

# Crop Calendar & Growth Stages: Eastern



## Maize

**Stage:** Main harvest in lowland areas; crops at higher elevations still growing; time to prepare land for the second season

- Harvest dry, mature cobs and keep them away from rain.
- Wait until the soil is well soaked before planting your second crop.



## Beans

**Stage:** Harvest time in most lowlands; crops at higher elevations still flowering or forming pods

- Pick dry pods quickly and remove any diseased seeds.
- For later crops, allow good airflow and check plants after rain for rust, leaf spot, and anthracnose disease.



## Sorghum

**Stage:** Grain filling to harvest in Teso, Bukedi, and savanna areas

- Keep birds away from heads and harvest when the grain is hard.
- Dry grain well and store food grain separately from seed you plan to plant.



## Millet

**Stage:** Near harvest or already harvesting, depending on when you planted and your location

- Harvest mature heads before the grain falls off or rain causes damage.
- Clean and dry grain on tarpaulins or raised surfaces.



## Bananas

**Stage:** Growing and harvesting in Busoga, Elgon, and other high-rainfall areas

- Keep mulch and drainage good around plants and remove weak side shoots.
- Watch for wilt disease and weevil damage, and clean your tools between plants.

# Crop Calendar & Growth Stages: Western



## Maize

**Stage:** Harvesting now in Lake Albert and mid-western areas; getting fields ready for the next crop in the southwest and highlands

- Harvest, shell, and dry the grain while the weather is dry.
- Get your seed and fields ready, but wait for steady rain before planting.



## Beans

**Stage:** Harvesting the first crop in many mid-western areas; getting ready for the next season in the southwest

- Dry pods and grain well before storing them.
- Choose good seed, plan for fertilizer, and do not add nitrogen to crops that are already mature.



## Sorghum

**Stage:** Harvesting in lower, drier areas; planning the next planting in southwestern areas where the season starts later

- Harvest ripe heads and save good seed for next time.
- Clear weeds and leave crop leftovers on fields you plan to plant soon.



## Millet

**Stage:** Harvesting or finishing harvest in most areas; getting ready to plant again in suitable southwestern areas

- Dry, clean, and store the grain properly.
- Test saved seed to make sure it will sprout before the next planting time.



## Bananas

**Stage:** Harvesting all year round; good supply coming from Greater Mbarara and nearby growing areas

- Cut mature bunches carefully so you do not harm the next shoot.
- Keep mulch around each plant, remove extra shoots, clean your tools, and make sure water drains well.

# Crop Calendar & Growth Stages: Central



## Maize

**Stage:** First-season harvest and drying; getting ready for the second season

- Harvest ripe maize and dry the grain well before storing.
- Prepare your field and seed, but don't plant after just one rain shower.



## Beans

**Stage:** Harvest, drying, storage, and planning for the next planting season

- Choose dry, healthy seed and store it in a separate, safe place.
- Use a soil test to plan fertilizer — don't add nitrogen to crops that are already mature.



## Sorghum

**Stage:** Small or local first-season harvest and post-harvest handling

- Harvest ripe heads and dry the grain before storing.
- Only keep seed from healthy plants that look true to their variety.



## Millet

**Stage:** Small or local harvest, storage, or preparing fields for next season

- Clean and dry the grain well.
- Clear weeds and protect the soil from erosion before the rains start.



## Bananas

**Stage:** Ongoing harvest, sucker management, and keeping plants watered in the dry season

- Harvest ripe bunches and manage the young shoots growing around each plant.
- Add mulch, keep water draining well, and watch for signs of disease, pests, or weak plants.

# Crop Calendar & Growth Stages: Lake Victoria Crescent



## Maize

**Stage:** First season harvest is done. Second season planting starts in August and September.

- Harvest ripe cobs and dry the grain well, even when it is humid.
- Prepare your field and seed early. Plant after good rains begin.



## Beans

**Stage:** Harvesting, drying, picking seed, and getting ready for the next season.

- Pick and shell dry pods before the rains come.
- Keep clean seed aside. Plan to use inoculant and phosphorus for the next crop.



## Sorghum

**Stage:** Late harvest or post-harvest work in drier areas.

- Harvest ripe heads and dry them under shelter if rain is coming.
- Save good local seed. Remove and dispose of diseased crop leftovers.



## Millet

**Stage:** Late crop ripening, harvest, or storage.

- Keep ripe heads safe from birds and rain.
- Thresh, clean, and store only dry grain in a cool place.



## Bananas

**Stage:** Growing and harvesting all year. July is a busy harvest and selling period.

- Harvest full, ripe bunches. Keep a good number of young shoots growing.
- Mulch around plants, keep drainage clear, clean your tools, and watch for wilt and weevil damage.



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# Input & Technical Advice

## Fertility Recommendations

|                                                                                                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Maize (Late Growth Stage)</p> <p>If your maize is 30–40 days old and not yet flowering, add topdress fertilizer (up to 50 kg urea per acre) only when the soil is wet. Place it beside the row, not touching the stem. Cover it with soil. Do not apply before heavy rain or during a dry spell.</p> |
| <p>Beans</p> <p>Do not add nitrogen to beans that are almost ready to harvest. For your next planting, if the soil is low in phosphorus, use up to 50 kg DAP per acre at planting time. Add Rhizobium inoculant if you can get it locally.</p>                                                          |
| <p>Sorghum &amp; Millet</p> <p>Use 20–40 kg of nitrogen per hectare (about 9–18 kg per acre) only on fields that respond well and have reliable water. Skip fertilizer on crops that are already stressed by drought or expected to give a very low yield.</p>                                          |
| <p>Maize (Next Season)</p> <p>On soils low in phosphorus, use 50 kg DAP per acre at planting time. Put the fertilizer beside and below the seed — not touching it. Always check with your local extension officer or do a soil test to confirm the right amount.</p>                                    |
| <p>Bananas</p> <p>Before the rains become reliable, put 10–20 kg of well-rotted manure or compost around each producing plant. Spread it in a wide ring away from the stem, then cover it with soil or mulch.</p>                                                                                       |

## Integrated Pest Management

|                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Fall Armyworm</p> <p>Check at least five spots in your field. Get help from an extension officer if 1 in 5 young plants is affected, or 2 in 5 older plants. Remove egg masses and worms by hand where you can. Do not spray routinely once the crop is flowering.</p>      |
| <p>Beans</p> <p>After rain, check for leaf spots, rust, rot, and aphids. If 1 in 10 plants looks sick, report it for a closer check. Remove badly diseased plants, allow air to move between plants, and always use clean seed.</p>                                            |
| <p>Bananas</p> <p>If you see wilting, tunneling in the base, broken stems, or fast-spreading damage, act quickly — clean up the area and call your extension officer. Always clean your cutting tools between plants and never move sick planting material to a new field.</p> |
| <p>Stored Grain</p> <p>Remove any grain that is moldy, broken, or eaten by insects. Dry grain well before storing, clean your store first, and use pallets or sealed bags. Never mix wet new grain with dry old grain.</p>                                                     |

## Soil Amendments & Moisture

|                                                                                                                                                                                   |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Agricultural Lime</p> <p>Only use lime if a soil test shows your soil is too acidic and gives you the right amount to apply. Do not guess the quantity from a general map.</p> | <p>Compost &amp; Crop Residues</p> <p>If preparing for the next season, add 2–5 tonnes of mature compost per hectare, especially on worn-out, sandy, or low-quality soil. Leave clean crop leftovers on the soil to protect it.</p> | <p>Slopes &amp; Drainage</p> <p>On sloped land, use barriers along the contour, grass strips, less digging, and crop cover to stop erosion. On heavy or waterlogged soil, focus on draining water away rather than adding more.</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Tech Tip of the Week:** For every batch of grain you harvest, write down: the crop, the field, the harvest date, drying dates, moisture reading, grade, buyer offers, and final sale price. This simple record helps you spot quality problems versus low prices — and gives your group stronger proof when bargaining with buyers. Take a photo of the record and moisture reading before the grain leaves your farm.

# Livestock & Ranching



## Karamoja Water & Feed

Check all water sources every day. Give animals shade during the hottest hours. Move them before water runs out. Start using saved hay and crop leftovers now to make feed last into September.



## Tick & Pest Watching

Check cattle, goats, and sheep at least twice this week. Look in the ears, under the tail, between the legs, and around the udder. Write down any sudden rise in ticks, fever, or drop in milk. Tell your vet right away if you see a problem.



## Feed Management

Save maize stalks, bean plants, sorghum, and millet leftovers for feed. Throw away anything moldy. Chop thick stalks and mix with other feed. Do not change animal feed suddenly.



## Poultry Heat & Cleanliness

Always give chickens clean water, shade, and good airflow. Keep the floor dry. Separate sick birds right away. If birds die suddenly, report it — do not guess and treat on your own.

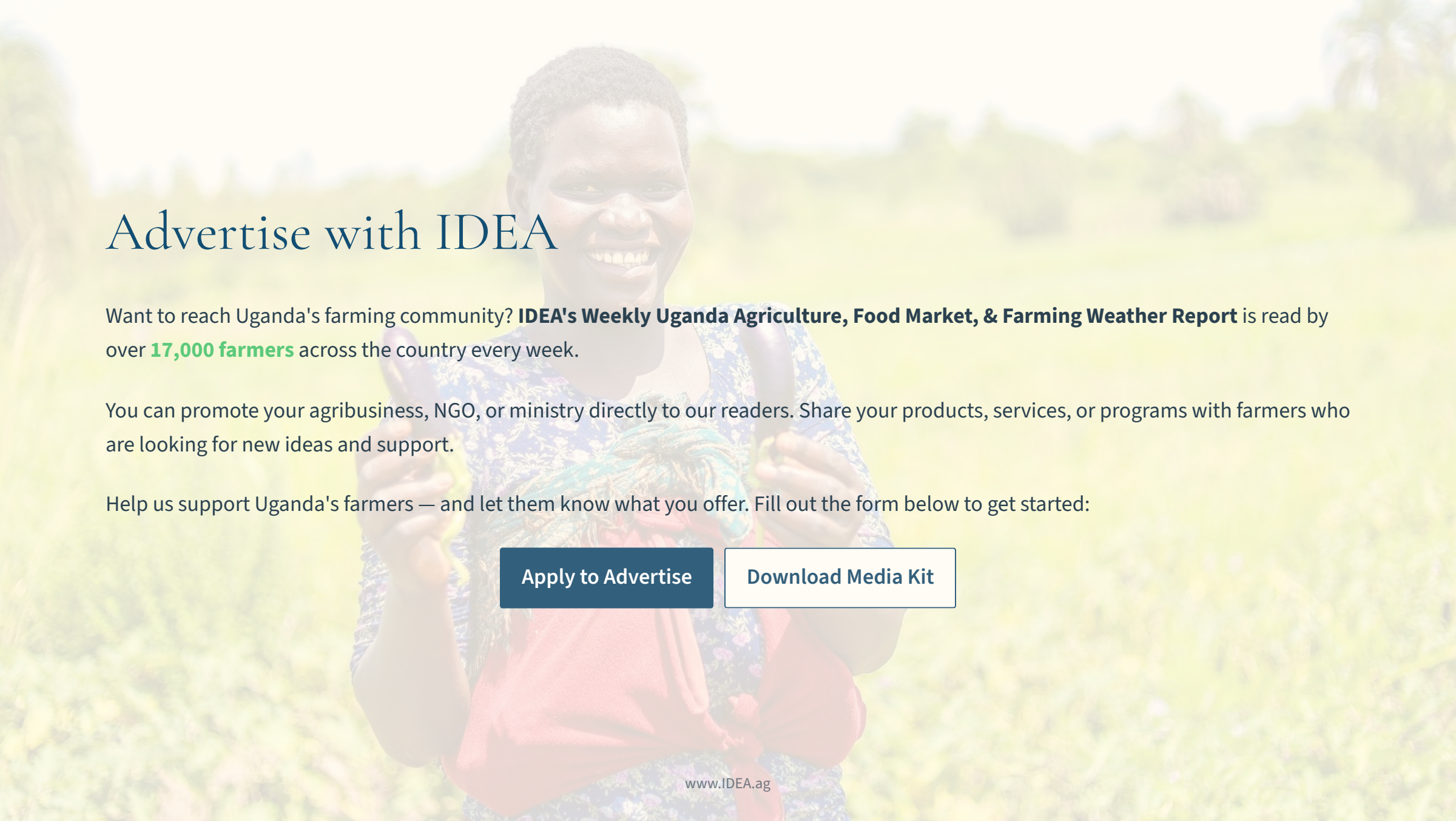
## Regional Livestock Notes

| Region                 | Key Actions                                                                                                                                                                                                                                                             |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Karamoja               | Check all water points every day. Give animals shade in the heat of the day. Start using saved hay and crop leftovers. Move animals before water runs out. Do not let too many animals graze the same area. Check vaccination records with your District Vet this week. |
| Northern               | Keep animal shelters, calf pens, and chicken houses dry and well drained. Change wet bedding quickly to stop breathing problems, hoof issues, and gut illness. Use dry morning hours to check vaccination records.                                                      |
| Eastern                | Keep shelters dry after rain. Collect and store crop leftovers for animal feed. Use dry periods to check herd vaccination records with your District Vet this week.                                                                                                     |
| Western                | Use the dry period to check vaccination records and treat any worm problems. Move animals to save pasture. Protect breeding animals so they stay in good body condition.                                                                                                |
| Central                | Protect dairy sheds from dust and heat. Keep chopping and mixing feed for dairy farms near towns. Keep any new or returning animals separate for at least 14 days before mixing them with your herd.                                                                    |
| Lake Victoria Crescent | Keep chicken houses dry and raised above rainwater after lake storms. Increase fly control near homes and manure piles. Keep livestock away from the lakeshore when there is thunder.                                                                                   |

# Market Analysis: Regional Average Price Matrix

Compared to last year, maize prices are down 10.0%, beans are up 9.5%, sorghum is down 12.9%, and millet is down 29.5%.

| Commodity | Karamoja  | Northern  | Eastern   | Western   | Central   | Lake Victoria Crescent |
|-----------|-----------|-----------|-----------|-----------|-----------|------------------------|
| Maize     | UGX 1,762 | UGX 1,846 | UGX 1,787 | UGX 1,802 | UGX 2,251 | UGX 1,970              |
| Beans     | UGX 3,893 | UGX 3,618 | UGX 3,554 | UGX 3,164 | UGX 4,175 | UGX 3,633              |
| Sorghum   | UGX 1,728 | UGX 1,747 | UGX 1,987 | UGX 2,921 | UGX 4,136 | UGX 4,049              |
| Millet    | UGX 2,583 | UGX 3,024 | UGX 2,831 | UGX 3,848 | UGX 3,705 | UGX 4,382              |
| Bananas   | UGX 4,739 | UGX 4,739 | UGX 4,739 | UGX 4,739 | UGX 4,739 | UGX 4,739              |

A smiling woman with short dark hair, wearing a blue patterned top and a red cloth tied around her waist, stands in a lush green field. She is holding several purple eggplants and a yellow pepper. The background is a soft-focus view of a rural landscape with trees and a bright sky.

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# Looking Ahead & Reminders

## National Priorities

|                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>First-Season Harvests</p> <p>Grain and beans will keep arriving at markets through August in most areas. Farm prices may drop a little more, but shop prices will likely stay higher because of transport and handling costs.</p> | <p>Prepare for Second Season</p> <p>Farmers with two seasons should pick good seeds, clean storage spaces, check soil, make compost, and fix erosion before the next rains come. Plant only after good steady rain — not just one shower.</p> |
| <p>Karamoja Needs Support</p> <p>Karamoja will have very little food from its own harvest. Grazing land and water will come under stress after August. Food, livestock, and livelihood support will still be needed.</p>             | <p>Watch the Markets</p> <p>There is a chance to sell grain in Eastern, Western, and Northern surplus areas. Before selling, compare what you get selling now versus drying, sorting, and storing your grain first.</p>                       |

## Regional Action Reminders

|                               |                                                                                                                                                                                                                                      |
|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Karamoja</b>               | Harvest what you can and keep good grain separate from damaged grain. Protect water points and save crop leftovers as animal feed. Scout for fall armyworm and storage pests twice a week.                                           |
| <b>Northern</b>               | Harvest and dry crops between storms. Keep tarpaulins and covered drying space ready. Clear drains and keep field paths clear before heavy rain. Get second-season fields and seeds ready, but wait for steady rain before planting. |
| <b>Eastern</b>                | Finish harvesting quickly in low-lying areas and protect crops from scattered storms. Keep soil cover on slopes to stop erosion. Check prices at the border, at markets, and on the farm before deciding where to sell your grain.   |
| <b>Western</b>                | Use dry weather to dry, sort, store, and move grain. Look after banana plants with mulch, clean tools, good sucker management, and watering where needed. Prepare fields for next season without leaving bare soil exposed.          |
| <b>Central</b>                | Clean and fix storage before adding new grain. Water nurseries, vegetables, and young trees as needed. Get seeds, compost, and field drainage ready before the next rainy period.                                                    |
| <b>Lake Victoria Crescent</b> | Dry grain under cover when humidity or lake-area showers slow drying. Look after banana plants — drainage, mulch, and disease checks. Watch weather updates at landing sites and stop outdoor work when thunder starts.              |

# Government & NGO Updates



## Karamoja Food Relief — Office of the Prime Minister

On 21 July 2026, the Prime Minister's Office started sending over 9.4 million kg of maize flour and beans to 313,987 families across 480 parishes in Karamoja. By 23 July, food was confirmed to be reaching people.

**Why it matters this week:** Local leaders, farmer groups, and market monitors should check that food is arriving safely, watch for any effects on local markets, and identify families who have not yet received help.



## Karamoja Food Security Monitoring — Office of the Prime Minister

The Prime Minister's Office will keep watching food conditions in Karamoja and nearby districts. It is also coordinating longer-term support through the Karamoja Regional Development Plan.

**Why it matters this week:** Relief work should connect to other needs — water, livestock, seeds, storage, and income — not just food handouts.



## WFP Early Action & Refugee Cash Support

The World Food Programme shared its Uganda early-action plan on 25 June 2026. The EU and WFP also announced 3 million euros in mobile cash support for 336,000 of the most vulnerable and newly arrived refugees in Uganda.

**Why it matters this week:** Cash payments help families buy food and support local markets. But food supply, prices, phone access, and fraud prevention still need to be watched closely.



## Climate-Smart Farming Programs — MAAIF

The Ministry of Agriculture is continuing its Uganda Climate-Smart Agricultural Transformation Project and related farmer support programs.

**Why it matters this week:** Districts should make sure farmer training, water use, post-harvest handling, and weather information match what farmers need right now in this season.

# Recent Publications & Links



Uganda Food Security Outlook, June 2026 to January 2027 — FEWS NET (June 2026)

This report warns that Karamoja will face a serious food crisis through January 2027. Crop harvests in Karamoja are expected to be 50–70% below normal. Most other farming areas should have near-normal harvests. Refugees also face high food needs. [Read more](#)



WFP Global Outlook, Mid-Year Update 2026 — World Food Programme (7 July 2026)

This update shows that millions of people around the world still need food help. It explains how funding shortages, supply chain problems, and rising food prices affect Uganda — including refugees and people facing hunger. [Read more](#)



Global Report on Food Crises 2026 — FAO, WFP & GNAFC (2 July 2026)

This is the tenth annual report on food crises worldwide. It looks at the main causes of hunger — including conflict, bad weather, and displacement — and the health risks that come with them. [Read more](#)



2026 Anticipatory Action Activations — World Food Programme (25 June 2026)

This report covers early action taken before disasters hit — including Uganda's activation in May 2026. It shows how weather forecasts can trigger food assistance before conditions get worse. [Read more](#)



Consumer Price Index, June 2026 — Uganda Bureau of Statistics (30 June 2026)

Uganda's overall prices rose by 3.7% over the past year. This gives useful background on the cost of transport, food, farming inputs, and how much households can afford. [Read more](#)

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