Prices stable

Bahrain food inflation eases despite heavy reliance on imports

Mohammed Darwish
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Food prices in Bahrain have stayed relatively steady in 2025 even though the Kingdom imports about 90 per cent of its basic food needs and is closely tied to swings in world markets, according to recent economic data.

Trading Economics figures show that Bahrain's food inflation rate fell by 0.60 per cent year-on-year in September 2025.

Prices of food and non-alcoholic drinks dropped by 1.7 per cent in March 2025, while the general level of food prices between January and May 2025 was down by around 1.6 per cent.

Economic front

On the wider economic front, overall inflation in November 2024 stood at about 0.4 per cent.

This reading was linked to a 2 per cent fall in food and non-alcoholic drink prices, alongside price control and market supervision measures applied by the government.

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Data from Prices in Bahrain and Numbeo show that basic food items stayed within a narrow price band in 2025.

A litre of milk cost about BD0.62, 500 grammes of white bread around BD0.50, a kilogram of white rice roughly BD0.99, a dozen eggs about BD0.95 and a kilogram of chicken roughly BD2.66.

1.6pct

Food prices between January and May 2025.

A report on the Zawya website notes that seasonal offers in local supermarkets also played a part in lowering shelf prices.

One example is a cut in the price of a carton of long-life milk from BD1.955 to BD1.390.

Bahraini traders say the domestic market has been partly shielded from swings in world food costs by the exemption of more than 94 basic goods from value added tax, a step they argue has helped keep prices in check and supported household purchasing power.

World prices

Bahrain's food bill is closely linked to world prices because of its reliance on imports.

The global food price index rose by 8.2 per cent in February 2025 as sugar, vegetable oils and dairy products became more expensive, then eased by 1.6 per cent in October 2025 as grain and vegetable supplies increased. Movements in world markets pass through directly to Bahrain.

Asian nightclub manager jailed

Three years for human trafficking

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The High Criminal Court sentenced an Asian nightclub manager to three years in prison and fined him BD2,000 after convicting him of trafficking two Asian women and coercing one of them into sexual activity.

The court also ordered his deportation from Bahrain following the completion of his sentence and required him to cover the victims' repatriation costs.

According to case details, the defendant brought the two women to Bahrain in 2025 under the pretext of employing them as singers and dancers at a hotel nightclub he managed.

Upon arrival, he confiscated their passports, confined them to the hotel, and forced them to work daily without breaks.

Investigations revealed that he later pressured the victims to engage in prostitution, threatening to prevent one from returning to her country or re-entering Bahrain if she refused.

Exploiting her financial vulnerability, he coerced her into prostitution and collected the proceeds.

Bahrain residential land allocation up for housing

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Residential land in Bahrain edged up in October 2025, with areas set aside for housing increasing by 108,000 square metres compared with September, a rise of 0.13 per cent.

Land allocated to Housing Ministry projects grew by 61,500 square metres over the same month, an increase of 0.31 per cent.

Data from the Urban Planning Authority show that the total residential area in the kingdom reached 80.52 million square metres by the end of October 2025, up from 80.41 million square metres in September.

The total area assigned to Housing Ministry projects rose to 20.19 million square metres, compared with 20.13 million square metres a month earlier.

By governorate, the Northern Governorate recorded almost all of the additional residential land, adding 102,800 square metres, an increase of 0.28 per cent.

Governorate

Its total rose from 37.23 million square metres in September to 37.33 million square metres in October, keeping it as the largest governorate in terms of residential space, with 46.4 per cent of Bahrain's total.

The Capital Governorate came next, with its residential area increasing by 8,200 square metres, or 0.05 per cent, from 16.57 million to 16.58 million square metres over the month.

Muharraq Governorate saw only a small rise of 137 square metres, with its residential area steady at 9.79 million square metres.

'Bridge 26' concludes

Riyadh

The Royal Bahraini Naval Force, concluded the joint naval exercise "Bridge 26," conducted with the Royal Saudi Naval Forces, represented by the Eastern Fleet, which took place in Saudi Arabia.

This joint naval exercise forms part of the ongoing "Bridge" series, conducted regularly within the framework of the strong military cooperation between the Bahrain Defence Force (BDF) and the Armed Forces of Saudi Arabia. It aims to further strengthen operational integration.

Memorial service for Dr. Araya today

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A memorial service will be held for Dr. Gebreslassie Araya, an Eritrean who faithfully served the royal family for 46 years, at the Salmabad Christian Cemetery at 2 p.m. today.

Lovingly known as Dr. G. Araya, he lived a life marked by purpose, integrity, and devotion—to his work, his faith, his family, and his deep love for animals.

Dr. Gebreslassie Araya

Born on September 29, 1949, in Asmara, Eritrea, he began his education there before continuing his studies at the Agricultural Technical High School in Jimma, Kaffa.