

Average Monthly Prices of 53 Essential Items for the month of January 2020

S. No.	Description	Unit	Islamabad	Rawalpindi	Gujranwala	Sialkot	Lahore	Faisalabad	Sargodha	Multan	Bahawalpur	Karachi	Hyderabad	Sukkur	Larkana	Peshawar	Bannu	Quetta	Khuzdar	Average Prices			%change Jan 20 over		
																				20	Dec 19	Jan 19	Dec 19	Jan 19	
1	Wheat	10 Kg	446.00	446.00	420.00	430.00	476.60	450.60	396.50	455.50	472.00	514.00	489.50	470.00	431.50	440.00	494.00	509.00	478.00	459.95	425.43	352.79	8.11	30.38	
2	Wheat Flour, Bag	10 Kg	482.16	444.76	407.00	410.00	407.60	403.50	403.40	432.50	403.40	617.08	580.38	530.00	518.00	501.92	551.00	553.00	495.50	478.89	458.31	394.91	4.49	21.27	
3	Rice Basmati Broken, (AQ)	1 Kg	100.63	90.83	77.50	73.00	74.82	90.00	75.00	90.00	60.00	90.86	91.25	65.00	95.00	85.83	53.75	110.00	85.00	82.85	82.90	78.38	-0.06	5.70	
4	Rice Irri-6 (Punjab/Sindh)	1 Kg	71.25	72.50	60.00	47.50	57.00	65.00	75.00	57.50	49.00	66.18	57.50	55.00	45.50	61.42	62.50	82.50	62.50	61.64	61.50	55.65	0.23	10.76	
5	Bread Plain, Medium Size	Each	55.00	55.00	50.00	45.00	55.00	55.00	50.00	55.00	55.00	55.00	55.00	60.00	50.00	50.00	40.00	50.00	40.00	51.47	51.19	43.44	0.55	18.49	
6	Beef With Bone, (AQ)	1 Kg	502.25	485.00	400.00	450.00	450.00	435.00	440.00	416.67	365.00	536.12	455.00	400.00	425.00	397.50	400.00	420.00	400.00	433.97	431.86	397.39	0.49	9.21	
7	Mutton, Average Quality	1 Kg	1029.38	1026.50	900.00	900.00	962.50	1000.00	950.00	865.00	725.00	957.69	875.00	800.00	875.00	845.83	710.00	890.00	780.00	887.76	882.79	815.98	0.56	8.80	
8	Chicken Farm, Broiler, Live	1 Kg	173.00	162.33	158.20	164.60	158.00	163.20	157.00	172.33	158.40	186.26	186.13	182.00	171.00	171.00	166.20	185.00	208.00	171.92	148.74	135.09	15.58	27.26	
9	Milk, Fresh, Unboiled	1 Ltr	108.75	108.75	90.00	80.00	80.00	95.00	75.00	86.67	72.50	108.12	96.00	100.00	110.00	102.50	95.00	110.00	90.00	94.61	94.40	86.80	0.22	9.00	
10	Curd (Dahi)	1 Kg	122.50	117.50	100.00	90.00	100.00	100.00	90.00	103.33	85.00	160.00	120.00	110.00	120.00	116.67	105.00	120.00	100.00	109.41	109.07	102.82	0.31	6.41	
11	Powdered Milk, Nido, Polybag	400 gm	471.80	471.80	455.38	458.77	452.00	469.20	467.69	455.38	463.48	453.33	467.69	465.64	471.79	444.00	449.22	482.00	458.36	462.21	451.55	405.44	2.36	14.00	
12	Eggs Hen, Farm	Dozen	130.48	124.42	127.50	123.00	126.00	132.00	125.00	120.67	124.70	132.01	130.19	134.00	127.00	128.33	132.00	139.00	132.00	128.72	121.78	116.29	5.70	10.69	
13	Mustard Oil, Average Quality	1 Kg	256.25	260.83	217.50	188.00	201.43	220.00	228.00	201.50	200.00	201.23	201.25	192.00	250.00	233.33	194.00	220.00	200.00	215.61	206.61	189.83	4.36	13.58	
14	Cooking Oil, Tin, (SN)	2.5 Ltr	600.00	600.00	628.40	610.00	570.00	616.00	587.00	590.00	598.00	591.00	590.00	590.00	615.00	580.00	590.00	610.00	590.00	597.38	582.47	511.68	2.56	16.75	
15	Vegetable Ghee, Tin, (SN)	2.5 Kg	575.00	575.00	603.00	590.00	579.00	597.00	566.00	560.00	572.00	564.38	560.00	560.00	594.00	579.00	573.75	590.00	560.00	576.36	559.84	491.14	2.95	17.35	
16	Vegetable Ghee (Loose)	1 Kg	201.82	199.08	211.00	211.00	206.00	211.00	209.40	206.27	208.00	203.11	230.00	193.00	225.90	220.00	230.00	180.00	207.83	189.67	157.77	9.57	31.73		
17	Bananas	Dozen	129.00	98.92	70.00	80.00	88.43	63.00	49.00	75.00	71.00	69.81	54.75	71.00	72.00	73.50	69.25	82.00	72.00	75.80	65.92	68.93	14.99	9.97	
18	Pulse Masoor, Washed	1 Kg	156.75	137.33	170.00	180.00	139.64	166.00	160.00	136.00	136.00	140.42	131.50	133.00	139.00	130.33	140.00	160.00	138.00	146.70	137.98	121.31	6.32	20.93	
19	Pulse Moong, Washed	1 Kg	242.75	232.00	238.00	210.00	202.50	237.00	218.00	231.67	230.00	242.27	235.50	243.00	225.50	218.00	238.00	256.00	225.00	230.89	198.37	125.51	16.39	83.96	
20	Pulse Mash, Washed	1 Kg	234.00	227.34	239.00	240.00	228.57	252.00	220.00	216.00	230.00	216.85	210.25	210.00	182.00	223.83	227.00	270.00	209.00	225.64	209.03	152.97	7.95	47.51	
21	Pulse Gram, Washed	1 Kg	170.13	164.17	153.00	154.00	149.93	169.00	153.00	154.00	155.00	159.15	156.50	157.00	144.00	160.33	149.00	188.00	166.00	158.95	139.14	126.14	14.24	26.01	
22	Potatoes	1 Kg	62.13	52.67	48.00	48.00	46.64	48.00	44.00	44.67	38.50	42.19	40.25	39.50	38.00	44.00	51.00	44.00	46.00	45.74	47.51	22.81	-3.73	100.53	
23	Onions	1 Kg	79.25	68.25	66.00	60.00	56.14	58.00	50.00	55.67	59.00	55.73	50.25	50.00	53.50	73.00	53.50	73.00	80.00	61.25	73.84	28.24	-17.05	116.89	
24	Tomatoes	1 Kg	134.25	127.08	115.50	112.00	114.07	101.00	90.00	105.83	125.00	101.62	88.88	99.00	103.00	103.83	101.00	105.00	148.00	110.30	131.11	52.04	-15.87	111.95	
25	Sugar, Refined	1 Kg	80.73	76.95	76.20	75.20	76.00	75.80	74.20	75.30	76.50	74.73	74.75	74.00	72.90	77.47	76.40	78.80	73.20	75.83	71.08	58.47	6.68	29.69	
26	Gur, Average Quality	1 Kg	130.00	122.50	109.00	110.00	126.43	131.00	116.00	109.67	125.00	131.19	139.00	114.00	108.00	118.33	103.00	115.00	120.00	119.30	110.81	85.13	7.66	40.14	
27	Salt Powder, Loose, Lahori	1 Kg	16.25	14.50	15.00	15.00	20.54	10.00	10.00	15.00	12.00	20.00	15.00	10.00	10.00	15.00	12.00	10.00	10.00	13.55	13.55	12.35	0.00	9.72	
28	Red Chilly Powder, Loose	1 Kg	534.00	507.67	457.50	516.00	472.00	514.00	530.00	515.00	423.00	493.00	487.50	490.00	356.00	388.67	434.00	434.00	290.00	461.31	416.62	347.66	10.73	32.69	
29	Garlic	1 Kg	317.88	314.50	292.00	280.00	306.86	279.00	271.00	274.67	274.00	330.35	271.00	286.00	240.00	290.00	312.00	374.00	328.00	296.54	286.85	167.59	3.38	76.94	
30	Tea, Lipton Yellow Label, Packet	200 gm	242.11	242.11	242.11	242.00	242.00	242.10	242.10	242.10	242.10	242.11	242.10	242.10	242.10	242.10	242.10	242.10	242.16	242.09	242.09	219.31	0.00	10.39	
31	Cooked Beef, Average Hotel	Plate	138.00	132.75	154.00	150.00	131.43	185.00	130.00	105.00	128.00	116.15	100.00	120.00	100.00	140.00	105.00	140.00	200.00	133.84	131.40	115.31	1.86	16.07	
32	Cooked Daal, Average Hotel	Plate	91.75	85.83	58.00	60.00	72.39	75.00	60.00	48.75	66.00	73.31	60.00	70.00	65.00	70.00	60.00	95.00	87.50	70.50	68.19	62.63	3.39	12.57	
33	Tea Prepared, Average Hotel	Cup	27.25	26.42	25.00	25.00	24.78	26.00	25.00	24.17	23.50	24.90	35.00	30.00	32.50	20.00	22.50	22.00	27.50	25.97	25.69	22.59	1.09	14.96	
34	Cigarettes, K-2, 20's	Packet	70.00	70.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	76.00	80.00	90.00	60.00	70.00	76.82	76.82	59.71	0.00	28.66
35	Long Cloth	1 mtr	274.50	267.00	180.00	200.00	295.00	237.50	300.00	376.00	333.00	200.00	350.00	375.00	315.00	450.00	440.00	550.00	250.00	317.24	313.91	240.59	1.06	31.86	
36	Shirting	1 mtr	261.00	257.00	200.00	220.00	165.00	135.00	200.00	250.00	155.00	183.85	165.00	175.00	225.00	429.17	330.00	165.00	170.00	211.35	208.23	180.65	1.50	16.99	
37	Lawn	1 mtr	260.00	240.00	245.00	270.00	337.50	280.00	393.34	200.00	420.50	421.54	320.00	393.00	500.00	430.00	469.50	500.00	250.00	348.85	348.85	288.61	0.00	20.87	
38	Georgette	1 mtr	185.00	183.75	175.00	170.00	157.86	165.00	180.00	105.00	110.00	141.39	120.00	150.00	170.00	128.33	120.00	110.00	170.00	149.49	147.37	133.25	1.44	12.19	
39	Sandal Bata (Gents)	Pair	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	699.00	0.00	0.00	
40	Chappal Spounge Bata (Gents)	Pair	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	0.00	0.00	
41	Sandal Bata (Ladies)	Pair	599.00	699.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	604.88	604.88	599.00	0.00	0.98	
42	Elec. Charges, Upto 50 Units	Unit	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	0.00	0.00	
43	Gas Charges, Upto 3.3719 MMBTU	MMBTU	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	145.08	0.00	69.76	
44	Kerosene Oil	1 Ltr	152.50	150.00	140.00	142.00	135.00	139.00	120.00	140.00	142.00	144.71	140.00	127.50	147.50	137.67	123.00	112.00	100.00	134.88	131.31	121.56	2.72	10.96	
45	Firewood Whole	40 Kg	809.17	763.33	800.00	700.00	857.14	660.00	575.00	746.67	700.00	683.84	650.00	500.00	525.00	770.83	520.00	675.00	720.00	685.65	674.33	646.35	1.68	6.08	
46	Energy Saver (14 watts)	Each	175.00	175.00	170.00	155.00	210.00	165.00	180.00	200.00	180.00	180.00	230.00												