

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

S. No.	Description	Unit	Islam-abad	Rawal-pindi	Gujran-wala	Sialkot	Lahore	Faisal-abad	Sar-godha	Multan	Baha-walpur	Karachi	Hyder-abad	Sukkur	Larkana	Pesha-war	Bannu	Quetta	Khuz-dar	Average Prices			%change Jun 20 over	
																				20 May	20 Jun	19 Jun	May 20	Jun 19
1	Wheat	10 Kg	440.63	440.63	479.13	456.25	474.38	425.00	373.75	406.25	446.56	450.00	422.50	400.00	368.13	487.50	478.75	462.50	450.00	438.94	394.85	357.98	11.17	22.62
2	Wheat Flour, Bag	10 Kg	544.06	529.01	512.50	511.25	504.64	491.25	467.00	495.00	513.33	566.40	520.94	465.00	466.25	520.63	521.25	536.25	501.25	509.77	443.08	414.12	15.05	23.10
3	Rice Basmati Broken, (AQ)	1 Kg	100.94	90.83	77.50	70.00	74.82	85.00	85.00	90.84	70.00	94.14	91.25	95.00	95.00	86.67	56.88	115.00	88.75	86.33	85.49	79.82	0.98	8.16
4	Rice Irri-6 (Punjab/Sindh)	1 Kg	71.25	72.50	60.00	47.50	57.00	65.00	93.75	65.83	60.00	69.62	76.25	55.00	53.50	70.00	65.00	95.00	76.88	67.89	66.85	58.92	1.56	15.22
5	Bread Plain, Medium Size	Each	55.00	55.00	50.00	60.00	55.00	55.00	50.00	55.00	55.00	55.00	55.00	60.00	60.00	50.00	40.00	55.00	40.00	53.24	53.24	45.22	0.00	17.74
6	Beef With Bone, (AQ)	1 Kg	552.35	542.50	425.00	500.00	450.00	450.00	443.75	450.00	365.00	575.00	480.00	450.00	425.00	436.67	400.00	440.00	437.50	460.16	455.90	413.76	0.93	11.21
7	Mutton, Average Quality	1 Kg	1135.94	1129.17	950.00	950.00	962.50	1000.00	950.00	916.67	725.00	1017.79	987.50	850.00	875.00	914.59	710.00	1100.00	937.50	947.74	938.48	855.95	0.99	10.72
8	Chicken Farm, Broiler, Live	1 Kg	207.03	196.25	189.75	201.25	180.25	182.25	183.75	198.96	182.00	223.37	217.97	217.50	206.88	205.25	210.00	220.00	256.25	204.63	208.52	165.63	-1.87	23.55
9	Milk, Fresh, Unboiled	1 Ltr	113.13	106.67	100.00	90.00	82.50	97.50	76.88	86.67	77.50	108.17	97.00	100.00	110.00	114.58	100.00	110.00	97.50	98.12	96.23	89.77	1.96	9.30
10	Curd (Dahi)	1 Kg	124.38	118.33	110.00	100.00	102.50	102.50	92.50	108.33	85.00	160.00	120.00	110.00	120.00	120.83	110.00	120.00	107.50	112.46	110.74	105.62	1.55	6.48
11	Powdered Milk, Nido, Polybag	400 gm	471.80	471.80	492.00	470.00	475.00	482.00	471.79	471.79	471.80	461.53	482.05	475.21	471.79	460.00	471.70	500.00	460.00	474.13	473.23	411.29	0.19	15.28
12	Eggs Hen, Farm	Dozen	119.13	115.04	113.13	115.00	116.00	115.63	113.75	110.21	116.25	117.02	115.63	117.50	110.63	113.96	116.25	108.75	120.00	114.93	95.89	85.33	19.86	34.69
13	Mustard Oil, Average Quality	1 Kg	265.00	268.33	220.00	210.00	232.86	220.00	240.00	215.00	200.00	215.97	200.00	180.00	225.00	263.33	195.00	230.00	200.00	222.38	220.89	195.18	0.67	13.94
14	Cooking Oil, Tin, (SN)	2.5 Ltr	630.00	630.00	702.00	610.00	630.00	620.00	640.00	660.00	660.00	670.00	660.00	660.00	660.00	660.00	650.00	630.00	610.00	648.35	648.21	525.99	0.02	23.26
15	Vegetable Ghee, Tin, (SN)	2.5 Kg	625.00	625.00	655.00	633.00	625.00	655.00	630.00	655.00	655.00	655.00	655.00	655.00	655.00	655.00	645.00	625.00	560.00	639.00	638.85	505.15	0.02	26.50
16	Vegetable Ghee (Loose)	1 Kg	206.25	205.83	198.75	198.75	210.00	201.25	200.00	200.00	202.50	214.35	254.00	200.00	195.00	254.00	220.00	245.00	190.00	211.51	211.88	163.19	-0.17	29.61
17	Bananas	Dozen	157.66	127.19	117.50	140.00	117.86	116.25	73.75	140.00	121.25	71.73	82.82	90.00	92.50	118.75	113.75	102.50	95.00	110.50	120.23	114.02	-8.09	-3.09
18	Pulse Masoor, Washed	1 Kg	173.75	172.50	190.00	190.00	173.57	175.00	185.00	140.00	151.25	157.60	141.10	145.00	136.25	148.75	151.25	162.50	155.00	161.68	167.65	123.51	-3.56	30.90
19	Pulse Moong, Washed	1 Kg	302.50	284.17	268.75	275.00	264.64	290.00	260.00	258.33	290.00	277.31	265.00	310.00	281.88	268.96	268.75	322.50	250.00	278.69	285.14	163.84	-2.26	70.10
20	Pulse Mash, Washed	1 Kg	270.47	260.73	243.75	260.00	265.00	275.00	245.00	213.33	250.00	227.60	213.44	213.75	228.75	253.96	275.00	310.00	229.38	249.13	252.98	171.43	-1.52	45.32
21	Pulse Gram, Washed	1 Kg	166.88	154.06	120.00	120.00	135.00	135.00	121.25	116.67	151.25	157.69	136.25	145.00	136.25	145.62	127.50	180.00	157.50	141.52	150.25	126.87	-5.81	11.55
22	Potatoes	1 Kg	71.10	63.23	65.00	67.50	62.41	62.50	50.00	60.00	60.00	50.19	49.53	50.00	48.13	66.46	61.25	55.00	52.50	58.52	58.53	31.95	-0.02	83.16
23	Onions	1 Kg	48.36	42.61	40.00	40.00	34.91	36.88	26.88	29.79	28.75	39.86	33.75	30.63	25.00	40.84	32.50	38.75	40.00	35.85	43.27	52.72	-17.15	-32.00
24	Tomatoes	1 Kg	49.69	41.88	31.25	35.00	31.48	36.25	27.50	36.25	33.75	51.97	45.47	46.25	44.38	32.92	30.00	45.00	33.75	38.40	28.34	47.66	35.50	-19.43
25	Sugar, Refined	1 Kg	85.00	81.83	80.50	80.00	81.30	78.50	79.00	79.92	80.00	82.73	80.00	79.00	79.75	82.21	80.25	84.50	80.00	80.85	81.35	70.83	-0.61	14.15
26	Gur, Average Quality	1 Kg	136.56	130.83	120.00	126.88	129.11	135.00	100.00	109.58	120.00	126.25	132.50	118.75	108.13	126.25	115.00	135.00	130.00	123.52	123.45	102.54	0.06	20.46
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	18.96	12.00	10.00	10.00	13.78	13.74	12.42	0.29	10.95
28	Red Chilly Powder, Loose	1 Kg	811.38	784.17	712.50	750.00	697.15	851.25	752.50	696.25	760.00	699.23	655.00	800.00	642.50	793.75	657.50	557.50	412.50	707.83	669.23	347.69	5.77	103.58
29	Garlic	1 Kg	317.19	278.13	210.00	211.25	255.71	210.00	226.25	209.17	230.00	276.92	211.25	205.00	173.75	278.34	270.00	318.75	350.00	248.92	278.11	217.18	-10.50	14.61
30	Tea, Lipton Yellow Label, Packet	200 gm	242.11	242.11	242.11	242.00	242.00	242.10	242.10	242.10	242.00	242.11	242.10	242.10	242.10	242.10	242.10	242.10	242.16	242.09	242.09	219.51	0.00	10.29
31	Cooked Beef, Average Hotel	Plate	143.75	134.58	160.00	160.00	131.43	185.00	140.00	105.00	130.00	118.46	100.00	120.00	100.00	140.00	105.00	160.00	200.00	137.25	136.07	122.58	0.87	11.97
32	Cooked Daal, Average Hotel	Plate	95.00	89.17	60.00	60.00	80.00	75.00	65.00	48.75	70.00	74.23	60.00	70.00	65.00	70.00	60.00	95.00	87.50	72.04	72.04	64.27	0.00	12.09
33	Tea Prepared, Average Hotel	Cup	28.13	27.08	30.00	25.00	25.00	27.50	25.63	25.00	27.50	25.00	35.00	30.00	32.50	20.00	22.50	22.00	28.75	26.86	26.89	23.94	-0.11	12.20
34	Cigarettes, K-2, 20's	Packet	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	70.38	80.00	82.50	76.00	80.00	90.00	60.00	70.00	78.17	78.02	68.06	0.19	14.85
35	Long Cloth	1 mtr	317.82	310.00	220.00	200.00	295.00	281.25	400.00	376.00	378.50	249.23	350.00	375.00	315.00	450.00	440.00	550.00	250.00	338.69	334.34	291.47	1.30	16.20
36	Shirting	1 mtr	303.13	298.75	225.00	220.00	165.00	135.00	220.00	250.00	155.00	200.77	165.00	175.00	225.00	429.17	245.00	165.00	170.00	220.40	218.75	190.32	0.75	15.80
37	Lawn	1 mtr	277.50	265.84	245.00	270.00	337.50	302.50	470.00	200.00	420.50	421.54	335.00	393.00	500.00	430.00	493.25	500.00	250.00	359.51	353.36	332.70	1.74	8.06
38	Georgette	1 mtr	195.63	194.38	200.00	170.00	157.86	165.00	200.00	105.00	110.00	146.92	120.00	150.00	170.00	131.67	120.00	115.00	170.00	154.20	152.92	140.64	0.84	9.64
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	92.50	90.00	100.00	80.12	100.00	100.00	95.00	105.00	79.00	111.54	73.00	64.00	70.00	120.83	80.00	48.00	50.00	85.82	96.56	131.06	-11.12	-34.52
45	Firewood Whole	40 Kg	950.00	820.83	825.00	700.00	825.00	700.00	600.00	750.00	700.00	681.73	650.00	500.00	600.00	800.00	520.00	681.25	725.00	707.58	708.68	646.41	-0.16	9.46
46	Energy Saver (14 watts)	Each	175.00	175.00	170.00	155.00	210.00	165.00	180.00	200.00	165.00	180.00												