

Average Monthly Prices of 51 Essential Items for the month of August 2022

S. No.	Description	Unit	Average Prices																	%change Aug 22 over				
			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	Aug 22	Jul 22	Aug 21	Jul 22	Aug 21
1	Wheat Flour Bag	20 Kg	980.00	980.00	980.00	980.00	980.00	980.00	980.00	980.00	980.00	1906.18	1928.31	1724.86	1814.33	980.00	980.00	1792.48	1850.00	1222.78	1237.93	1134.40	-1.22	7.79
2	Rice Basmati Broken (Average Quality)	1 Kg	142.11	139.72	110.00	110.00	124.78	136.58	100.00	116.01	100.00	143.13	132.21	130.00	126.64	120.00	80.00	144.94	122.43	120.91	119.26	95.32	1.38	26.85
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	95.70	85.60			81.87	113.68	91.64	74.00	80.00	85.41	106.56	80.00	111.64	96.55	74.89	89.63	116.57	91.27	88.49	72.67	3.14	25.60
4	Bread plain (Small Size)	Each	80.00	80.00	90.00	70.00	80.00	80.00	80.00	80.00	70.00	60.00	75.00	70.00	70.00	80.00	65.00	80.00	50.00	73.48	73.01	59.75	0.64	22.98
5	Beef with Bone (Average Quality)	1 Kg	803.85	768.04	700.00	650.00	661.57	631.64	600.00	691.41	632.89	798.67	678.72	650.00	766.31	632.47	600.00	689.95	666.26	680.85	673.49	544.70	1.09	25.00
6	Mutton (Average Quality)	1 Kg	1629.36	1599.27	1532.62	1500.00	1675.65	1400.00	1237.31	1429.83	1316.46	1621.54	1440.83	1300.00	1250.00	1229.00	1050.00	1574.53	1266.45	1403.92	1388.56	1120.76	1.11	25.26
7	Chicken Farm Broiler (Live)	1 Kg	265.68	259.30	240.58	251.22	228.87	234.11	233.15	262.37	234.90	287.75	270.84	279.64	267.38	260.67	274.67	303.10	344.89	263.22	281.24	160.83	-6.41	63.66
8	Milk fresh (Un-boiled)	1 Ltr	156.17	155.92	150.00	120.00	129.18	140.00	106.56	124.35	113.24	169.07	159.14	140.00	160.00	157.64	140.00	125.00	120.00	137.95	136.02	111.43	1.42	23.80
9	Curd (Dahi) Loose	1 Kg	169.45	173.48	160.00	130.00	151.94	150.00	140.00	143.26	126.33	239.37	232.82	160.00	163.27	166.99	160.00	134.94	130.00	158.10	154.92	128.89	2.05	22.66
10	Powdered Milk NIDO 390 gm Polybat	Each	566.17	551.15	580.00	580.00	554.44	530.00	534.39	542.08	559.64	554.91	572.28	560.00	560.00	550.00	562.35	554.44	554.44	556.68	535.99	493.30	3.86	12.85
11	Eggs Hen (Farm)	1 Dozen	213.02	211.11	214.82	209.88	209.66	213.71	209.15	205.91	209.17	215.06	215.05	197.45	198.93	214.71	206.93	213.27	203.28	209.41	195.71	156.58	7.00	33.74
12	Mustard Oil (Average Quality)	1 Kg	590.66	613.81	520.00	500.00	542.35	560.00	516.48	498.37	514.93	586.95	469.69	422.36	529.72	586.59	454.09	549.94	506.58	524.79	529.77	306.54	-0.94	71.20
13	Cooking Oil DALDA or Other Similar	Each	2872.42	2872.42	2884.89	2860.00	2965.00	2912.03	2860.00	2965.00	2938.39	2933.65	2965.00	2850.00	2965.00	2965.00	2750.00	2897.42	2843.73	2899.41	2856.97	1677.22	1.49	72.87
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1432.33	1432.33	1419.78	1476.24	1445.00	1429.92	1362.00	1480.00	1365.00	1471.17	1415.78	1365.00	1485.00	1432.33	1350.00	1445.00	1376.84	1421.92	1406.64	849.15	1.09	67.45
15	Vegetable Ghee DALDA/HABIB or Other	Each	549.93	549.93	554.91	559.93	552.79	559.93	580.00	554.91	554.91	571.07	568.71	580.00	562.23	565.00	510.00	559.93	549.93	557.68	571.82	330.39	-2.47	68.79
16	Bananas (Kela) Local	1 Dozen	167.88	142.90	103.53	100.00	83.45	86.18	84.85	120.65	116.41	90.84	73.75	86.18	80.63	114.95	84.59	88.31	93.22	98.65	110.22	84.10	-10.50	17.30
17	Pulse Masoor (Washed)	1 Kg	358.94	333.00	319.49	327.25	317.15	340.00	324.59	347.32	320.82	353.65	336.87	330.00	329.03	311.79	294.87	329.94	336.63	329.73	300.61	160.91	9.69	104.92
18	Pulse Moong (Washed)	1 Kg	221.41	221.58	199.92	200.00	203.58	193.28	178.20	210.96	194.01	227.80	224.84	240.00	229.82	194.16	184.79	242.32	260.00	212.23	189.75	183.60	11.85	15.59
19	Pulse Mash (Washed)	1 Kg	392.26	382.97	401.52	390.00	391.13	364.90	333.07	366.48	355.70	377.32	379.93	360.00	354.12	372.65	349.55	377.39	260.00	363.67	324.44	243.75	12.09	49.20
20	Pulse Gram	1 Kg	258.20	237.22	222.87	220.00	221.86	224.94	204.94	245.50	226.47	250.27	241.17	230.00	246.62	246.62	220.00	247.43	233.29	233.56	222.42	147.70	5.01	58.13
21	Potatoes	1 Kg	76.52	71.22	66.04	73.06	60.78	85.51	50.00	67.33	67.35	49.18	47.71	46.81	47.48	66.49	100.00	54.85	50.00	61.99	56.26	51.57	10.18	20.21
22	Onions	1 Kg	129.68	122.80	105.63	113.34	106.84	100.06	96.21	107.42	93.78	95.36	91.01	93.61	79.69	115.53	88.35	69.70	53.13	95.81	82.33	45.53	16.37	110.43
23	Tomatoes	1 Kg	139.45	129.43	141.17	132.90	130.24	91.74	103.38	100.34	109.29	118.97	109.06	106.37	99.83	108.10	83.24	79.48	70.68	107.07	73.02	68.24	46.63	56.90
24	Sugar Refined	1 Kg	93.68	91.64	88.00	88.00	89.63	87.33	85.75	85.13	86.64	90.38	86.74	84.00	89.15	90.18	85.00	90.00	85.41	88.00	87.88	105.46	0.14	-16.56
25	Gur (Average Quality)	1 Kg	150.64	153.75	129.61	140.00	139.93	143.26	110.00	118.53	123.24	161.39	144.08	140.00	116.45	140.00	119.72	154.95	128.31	135.32	132.13	137.95	2.41	-1.91
26	Salt Powdered (NATIONAL/SHAN) 80	Each	38.69	38.69	35.00	40.00	39.62	45.73	40.00	40.00	35.00	40.00	35.00	40.00	40.00	40.00	35.00	40.00	35.00	38.59	36.39	30.00	6.05	28.63
27	Chilies Powder NATIONAL 200 gm Pa	Each	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	215.00	380.00	0.00	-43.42
28	Garlic (Lehsun)	1 Kg	410.38	400.02	320.00	320.00	320.49	320.00	348.31	314.61	350.00	338.85	294.20	340.00	302.82	352.87	350.00	317.44	326.53	335.60	317.81	244.88	5.60	37.05
29	Tea Lipton Yellow Label 190 gm Pack	Each	290.00	290.00	290.00	290.00	290.00	290.00	282.19	290.00	290.00	290.00	290.00	267.20	282.19	290.00	290.00	290.00	260.00	285.84	279.04	230.00	2.44	24.28
30	Cooked Beef at Average Hotel	Per Plate	189.74	189.55	280.00	200.00	162.75	265.66	193.10	200.00	220.00	202.15	208.10	200.00	240.00	153.26	130.00	249.87	250.00	204.16	202.64	160.18	0.75	27.46
31	Cooked Daal at Average Hotel	Per Plate	134.95	128.31	100.00	100.00	100.86	120.00	100.00	97.69	100.00	116.94	98.26	100.00	109.54	82.10	80.00	114.93	116.57	104.93	102.73	80.52	2.14	30.32
32	Tea Prepared Ordinary	Per Cup	46.85	43.73	40.00	40.00	39.49	40.00	38.26	40.00	36.34	48.67	55.61	50.00	40.00	30.00	30.00	30.00	35.00	39.64	38.81	29.63	2.14	33.78
33	Cigarettes Capstan 20'S Packet	Each	106.14	104.88	100.00	100.00	104.88	110.00	104.88	112.42	102.41	112.42	110.00	100.00	110.00	104.88	110.00	120.00	110.00	107.11	104.63	83.47	2.37	28.32
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	447.18	425.77	427.00	450.00	452.43	400.00	470.00	499.00	400.67	388.36	380.00	383.15	360.00	482.74	460.00	548.48	400.00	431.24	424.34	384.92	1.63	12.03
35	Shirting (Average Quality)	1 mtr	448.10	414.52	274.24	350.00	236.30	400.00	253.29	300.00	363.30	347.56	206.46	173.21	282.31	427.71	350.00	194.96	200.00	294.68	286.88	254.08	2.72	15.98
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	375.01	359.11	474.00	350.00	398.16	466.08	530.00	540.00	506.66	480.00	400.00	393.00	500.00	543.00	600.00	498.33	353.30	450.59	445.32	412.75	1.18	9.17
37	Georgette (Average Quality)	1 mtr	281.19	270.50	200.00	280.00	247.35	159.40	274.95	188.63	158.19	236.29	130.00	150.00	250.00	176.09	157.44	179.81	200.00	202.23	196.86	172.47	2.73	17.26
38	Gents Sandal Bata	Pair	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1499.00	1199.00	0.00	25.02
39	Gents Sponge Chappal Bata	Pair	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00	249.00	0.00	52.21
40	Ladies Sandal Bata	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	599.00	0.00	16.69
41	Electricity Charges upto 50 Units	Per Unit	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	9.38	7.63	5.95	22.94	57.65
42	Gas Charges upto 3.3719 MMBTU	MMBTU	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	119.00	0.00	0.00
43	Firewood Whole	40 Kg	1296.15	1079.39	1000.00	900.00	1056.95	1000.00	682.92	956.39	1000.00	765.79	806.86	600.00	632.26	682.24	650.00	789.96	883.01	849.93	840.85	733.84	1.08	15.82
44	Energy Saver Philips 14 Watt	Each	213.99	188.35	340.00	270.00	210.00	280.00	314.88	325.00	200.00	200.00	230.00	160.00	280.00	220.00	190.00	350.00	230.00	240.85	236.38	204.63	1.89	17.70
45	Sufi Washing Soap 250 gm Cake	Each	102.41	100.00	100.00	100.00	99.50	102.00	90.41	102.74	100.00	100.00	100.00	87.50	108.75	100.00	100.00	85.00	75.00	96.90	94.39	59.66	2.66	62.42