

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

S. No.	Description	Unit	Islamabad	Rawalpindi	Gujranwala	Sialkot	Lahore	Faisalabad	Sargodha	Multan	Bahawalpur	Karachi	Hyderabad	Sukkur	Larkana	Peshawar	Bannu	Quetta	Khuzdar	Average Prices			%change Jul 22 over	
																				Jul 22	Jun 22	Jul 21	Jun 22	Jul 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	1887.44	1904.53	1709.97	1757.78	1141.82	1135.46	1819.95	1771.44	1237.93	1218.11	1127.70	1.63	9.77
2	Rice Basmati Broken (Average Quality)	1 Kg	138.28	133.88	110.00	110.00	123.95	131.96	100.00	115.14	92.40	139.11	123.97	130.00	126.42	120.00	80.00	144.94	130.00	119.26	115.97	94.44	2.84	26.28
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	92.84	85.60			81.87	70.98	91.64	72.88	80.00	85.18	106.56	80.00	111.64	91.59	74.89	89.63	130.00	88.49	84.34	72.78	4.92	21.59
4	Bread plain (Small Size)	Each	80.00	80.00	84.85	70.00	80.00	76.22	80.00	80.00	70.00	60.00	75.00	70.00	70.00	80.00	65.00	80.00	50.00	73.01	69.51	59.24	5.04	23.24
5	Beef with Bone (Average Quality)	1 Kg	766.25	755.33	700.00	650.00	659.24	631.64	600.00	688.57	620.35	796.40	678.72	650.00	757.83	632.47	600.00	689.95	615.92	673.49	657.95	539.54	2.36	24.83
6	Mutton (Average Quality)	1 Kg	1608.10	1566.16	1532.62	1500.00	1597.21	1400.00	1200.00	1400.00	1274.76	1623.35	1440.83	1300.00	1237.31	1229.00	1050.00	1555.69	1266.45	1388.56	1366.26	1112.70	1.63	24.79
7	Chicken Farm Broiler (Live)	1 Kg	284.65	280.39	267.60	273.36	257.04	262.49	253.38	278.54	250.78	292.95	277.74	297.14	286.07	278.04	287.03	339.54	329.78	281.24	292.59	187.69	-3.88	49.84
8	Milk fresh (Un-boiled)	1 Ltr	152.82	150.71	150.00	120.00	124.29	140.00	103.23	121.07	110.00	169.07	158.91	140.00	154.04	157.64	137.43	125.00	120.00	136.02	129.47	110.75	5.06	22.82
9	Curd (Dahi) Loose	1 Kg	163.21	167.17	160.00	130.00	143.34	150.00	139.14	140.50	123.24	237.79	218.26	160.00	152.94	165.41	157.44	134.94	130.00	154.92	147.01	128.04	5.38	20.99
10	Powdered Milk NIDO 390 gm Polybat	Each	520.00	520.00	534.93	530.00	530.00	514.78	520.00	530.00	540.00	552.69	552.48	560.00	560.00	550.00	540.00	530.00	530.00	535.99	533.38	490.91	0.49	9.18
11	Eggs Hen (Farm)	1 Dozen	200.71	197.21	197.45	200.00	194.50	200.00	194.50	181.63	188.74	199.67	196.61	187.99	189.02	198.30	193.10	206.02	203.28	195.71	183.70	157.19	6.54	24.51
12	Mustard Oil (Average Quality)	1 Kg	590.66	613.81	520.00	509.70	542.35	560.00	550.00	556.97	520.00	584.01	475.34	422.30	504.72	586.59	466.57	534.73	506.58	529.77	527.67	301.58	0.40	75.66
13	Cooking Oil DALDA or Other Similar	Each	2937.37	2937.37	2781.55	2927.24	2740.00	2965.00	2573.87	2700.72	2965.00	2957.82	2965.00	2850.00	2929.48	2850.28	2750.00	2951.15	2825.00	2856.97	2664.75	1614.44	7.21	76.96
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1462.40	1462.40	1384.57	1296.08	1365.00	1462.40	1269.44	1411.66	1365.00	1480.00	1480.00	1365.00	1420.00	1471.17	1350.00	1480.00	1413.00	1406.64	1312.54	810.73	7.17	73.50
15	Vegetable Ghee DALDA/HABIB or Ott	Each	572.45	572.45	576.21	572.45	570.33	580.00	568.71	576.21	572.45	580.00	580.00	580.00	580.00	576.21	524.79	576.21	565.00	571.82	546.97	319.52	4.54	78.96
16	Bananas (Kela) Local	1 Dozen	182.25	152.49	130.00	116.41	97.42	95.83	93.94	145.21	128.28	95.45	77.03	89.44	89.96	120.42	133.65	99.41	80.39	110.22	117.91	97.68	-6.52	12.84
17	Pulse Masoor (Washed)	1 Kg	311.58	302.51	307.39	294.88	297.93	323.25	285.67	298.70	304.88	316.26	312.91	297.23	299.67	302.73	269.81	317.44	273.29	300.61	278.47	156.88	7.95	91.62
18	Pulse Moong (Washed)	1 Kg	194.29	189.71	171.24	172.48	178.15	176.60	161.20	182.32	183.27	200.75	195.19	230.00	206.45	166.77	170.00	224.85	244.85	189.75	177.31	192.40	7.02	-1.38
19	Pulse Mash (Washed)	1 Kg	343.40	335.53	349.86	347.40	367.82	296.35	300.82	336.63	326.53	342.69	329.64	324.89	307.39	339.10	320.00	344.98	229.38	324.44	303.14	243.69	7.03	33.14
20	Pulse Gram	1 Kg	238.09	223.81	213.28	204.94	214.37	206.46	194.94	221.05	226.47	237.76	227.18	230.00	229.86	237.04	219.54	247.43	215.74	222.42	200.48	145.89	10.94	52.46
21	Potatoes	1 Kg	71.62	67.35	55.65	61.96	57.86	74.83	50.00	59.70	60.00	49.04	42.49	43.90	39.07	64.75	76.52	49.58	50.00	56.26	49.14	51.34	14.49	9.58
22	Onions	1 Kg	103.74	97.73	82.07	89.72	87.42	76.15	74.45	80.97	98.26	85.91	80.33	74.01	74.48	87.25	79.68	74.89	62.86	82.33	79.46	43.48	3.61	89.35
23	Tomatoes	1 Kg	94.17	80.15	81.55	85.63	84.76	76.63	64.47	72.47	82.37	97.24	77.51	69.28	79.07	58.16	59.58	50.95	49.66	73.02	79.44	64.51	-8.08	13.19
24	Sugar Refined	1 Kg	91.22	89.78	88.00	88.00	89.75	87.33	85.00	85.54	86.64	90.66	89.53	84.50	87.46	90.18	85.00	90.00	85.74	87.88	87.71	102.24	0.19	-14.05
25	Gur (Average Quality)	1 Kg	150.64	153.75	120.00	140.00	139.93	143.26	110.00	105.44	123.24	161.70	144.08	114.65	114.93	140.00	119.72	154.95	128.31	132.13	130.53	135.40	1.23	-2.42
26	Salt Powdered (NATIONAL/SHAN) 80	Each	35.00	35.00	35.00	37.42	35.00	35.00	40.00	35.00	35.00	40.00	33.68	36.19	40.00	37.42	35.00	40.00	35.00	36.39	35.62	30.00	2.16	21.30
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	397.21	382.50	309.84	320.00	256.45	300.00	309.84	305.39	336.77	320.92	277.99	309.02	243.33	361.21	350.00	314.97	348.86	317.81	296.07	217.54	7.34	46.09
29	Tea Lipton Yellow Label 190 gm Pack	Each	290.00	290.00	290.00	274.59	290.00	290.00	260.00	282.19	274.59	290.00	267.20	260.00	260.00	290.00	290.00	290.00	260.00	279.04	263.02	230.00	6.09	21.32
30	Cooked Beef at Average Hotel	Per Plate	189.74	188.89	280.00	200.00	153.23	265.66	193.10	200.00	220.00	196.76	206.45	200.00	240.00	153.26	130.00	249.87	243.03	202.64	193.43	159.90	4.76	26.73
31	Cooked Daal at Average Hotel	Per Plate	129.50	127.96	100.00	100.00	95.26	120.00	100.00	89.58	100.00	115.55	96.95	100.00	100.00	82.10	80.00	114.93	110.23	102.73	95.59	79.79	7.47	28.75
32	Tea Prepared Ordinary	Per Cup	43.90	42.20	40.00	40.00	35.69	40.00	37.42	40.00	36.34	48.18	54.77	44.72	40.00	30.00	30.00	30.00	35.00	38.81	36.40	29.44	6.62	31.83
33	Cigarettes Capstan 20'S Packet	Each	102.41	101.60	100.00	100.00	100.00	110.00	100.00	110.00	100.00	110.00	110.00	100.00	100.00	100.00	110.00	120.00	107.41	104.63	98.10	83.47	6.66	25.35
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	447.18	425.77	427.00	424.26	377.50	400.00	470.00	499.00	400.67	375.17	380.00	383.15	360.00	482.74	460.00	548.48	400.00	424.34	420.40	384.31	0.94	10.42
35	Shirting (Average Quality)	1 mtr	448.10	414.52	274.24	324.04	187.88	400.00	253.29	300.00	363.30	323.28	196.19	173.21	282.31	427.71	350.00	189.89	200.00	286.88	281.57	253.73	1.89	13.07
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	375.01	359.11	474.00	329.22	346.54	466.08	530.00	540.00	506.66	480.00	400.00	393.00	500.00	543.00	600.00	498.33	353.30	445.32	442.36	412.76	0.67	7.89
37	Georgette (Average Quality)	1 mtr	281.19	270.50	200.00	236.64	228.26	159.40	273.29	188.63	153.26	215.04	130.00	150.00	250.00	176.09	150.00	174.73	200.00	196.86	192.11	172.47	2.47	14.14
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	1415.55	1199.00	5.90	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	344.71	249.00	9.95	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	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	7.63	5.76	5.96	32.47	28.02
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	141.57	0.00	0.00
43	Firewood Whole	40 Kg	1296.15	1079.39	1000.00	900.00	1002.33	1000.00	682.92	883.01	1000.00	770.46	782.97	600.00	616.22	682.24	650.00	789.96	883.01	840.85	836.58	733.29	0.51	14.67
44	Energy Saver Philips 14 Watt	Each	194.40	181.69	324.89	270.00	210.00	280.00	300.00	325.00	200.00	200.00	230.00	160.00	257.18	220.00	190.00	347.47	230.00	236.38	231.59	203.94	2.07	15.91
45	Sufi Washing Soap 250 gm Cake	Each	100.00	100.00	100.00	96.02	98.00	102.00	90.00	102.00	98.31	100.00	97.40	87.50	86.38	95.81	96.23	85.00	75.00	94.39	88.74	58		