

Average Monthly Prices of 51 Essential Items for the month of July 2024

S. No.	Description	Unit	Average Monthly Prices																	Average Prices		Jul		%change Jul 24 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	24 Jun 24	Jul 23	Jun 24	Jul 23		
1	Wheat Flour Bag	20 Kg	2117.63	2092.24	1916.28	1933.00	1828.45	1723.42	1899.20	1833.96	1985.06	2007.46	2004.94	1864.87	1926.27	1949.19	1887.37	2110.81	2005.38	1943.47	1773.12	2818.03	9.61	-31.03	
2	Rice Basmati Broken (Average Quality)	1 Kg	243.55	225.25	180.00	160.00	202.28	200.00	180.00	193.10	186.43	260.00	207.27	200.00	253.29	222.18	153.26	274.97	223.28	207.06	206.30	212.62	0.37	-2.61	
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	171.14	148.93				160.00	166.60	158.86	170.00	171.69	167.40	170.00	129.14	160.00	166.60	184.95	148.31	161.85	160.46	153.95	0.87	5.13	
4	Bread plain (Small Size)	Each	110.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00	114.21	120.00	130.00	112.92	100.00	100.00	120.00	100.00	110.77	111.58	107.15	-0.73	3.38	
5	Beef with Bone (Average Quality)	1 Kg	1208.19	1128.34	924.02	910.00	925.85	1200.00	850.00	985.86	900.00	1178.83	970.41	807.89	1000.00	900.56	787.20	959.97	883.01	966.15	952.80	1077.99	1.40	22.61	
6	Mutton (Average Quality)	1 Kg	2224.58	2234.64	2008.15	2000.00	2232.84	2200.00	1650.00	1994.38	1665.99	2029.66	1785.21	1600.00	1932.77	1798.50	1550.00	1998.33	1683.17	1903.39	1896.53	1650.49	0.36	15.32	
7	Chicken Farm Broiler (Live)	1 Kg	404.60	390.45	355.09	356.76	352.96	365.55	379.56	363.42	337.46	373.76	370.15	394.92	378.75	389.83	405.74	427.36	463.50	381.82	341.91	428.92	11.67	-10.98	
8	Milk fresh (Un-boiled)	1 Ltr	219.28	215.61	200.00	160.00	174.22	200.00	160.00	182.13	146.59	220.00	203.65	200.00	226.47	222.86	173.84	200.00	196.61	192.69	189.24	178.96	1.82	7.67	
9	Curd (Dahi) Loose	1 Kg	238.28	237.68	220.00	180.00	209.77	240.00	200.00	222.14	193.10	331.50	276.56	220.00	266.50	239.43	186.56	220.00	213.28	226.55	222.43	207.43	1.85	9.22	
10	Powdered Milk NIDO 390 gm Polybag	Each	1014.89	1014.89	1030.00	987.43	987.43	946.63	972.93	1034.99	972.93	1014.14	939.85	930.16	978.81	1033.04	1050.00	1030.00	941.17	992.20	852.26	739.18	16.42	34.23	
11	Eggs Hen (Farm)	1 Dozen	267.58	262.60	249.80	249.90	253.96	254.12	253.96	236.94	236.16	263.41	246.52	256.17	248.14	252.12	250.00	248.58	236.62	250.82	246.38	256.81	1.80	-2.33	
12	Mustard Oil (Average Quality)	1 Kg	667.35	653.94	450.00	480.00	482.26	532.80	500.00	469.88	450.00	493.19	401.63	374.90	500.00	602.67	406.56	564.39	506.58	496.02	492.51	541.51	0.71	-8.40	
13	Cooking Oil DALDA or Other Similar	Each	2695.00	2695.00	2695.00	2695.00	2654.70	2615.00	2695.00	2695.00	2695.00	2695.00	2700.37	2695.00	2634.77	2613.32	2600.00	2695.00	2675.00	2672.91	2659.67	3124.14	0.50	-14.44	
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1310.00	1310.00	1310.00	1310.00	1285.00	1310.00	1310.00	1310.00	1310.00	1310.00	1310.00	1310.00	1310.00	1294.97	1193.70	1310.00	1285.00	1299.02	1293.35	1467.05	0.44	-11.45	
15	Vegetable Ghee DALDA/HABIB or Other	Each	510.49	510.49	509.00	509.00	509.00	494.97	509.00	509.00	509.00	509.00	509.00	509.00	509.00	500.00	474.97	509.00	513.00	505.98	503.93	567.17	0.41	-10.79	
16	Bananas (Kela) Local	1 Dozen	258.75	242.80	171.20	166.82	151.05	138.16	150.00	217.78	167.89	133.83	129.61	129.27	98.89	189.07	193.10	115.80	150.00	159.79	161.01	147.76	-0.76	8.14	
17	Pulse Masoor (Washed)	1 Kg	383.94	370.21	300.00	300.00	331.80	333.30	316.63	333.10	313.19	317.30	323.99	300.00	316.50	312.89	309.84	379.95	300.00	325.02	314.68	274.80	3.29	18.28	
18	Pulse Moong (Washed)	1 Kg	360.24	335.35	332.25	320.00	323.32	309.84	334.13	352.75	329.10	328.14	346.27	360.00	329.75	320.00	334.10	392.36	343.30	337.77	313.54	263.26	7.73	28.30	
19	Pulse Mash (Washed)	1 Kg	609.87	593.73	580.00	552.48	624.64	564.95	574.07	601.77	548.31	565.02	553.27	540.00	542.48	591.31	600.00	614.87	506.58	573.48	564.73	468.25	1.55	22.47	
20	Pulse Gram	1 Kg	357.17	331.03	332.32	317.16	310.97	300.00	294.90	352.69	327.26	336.49	341.16	334.89	329.32	354.33	320.82	354.94	323.30	330.02	293.21	240.48	12.55	37.23	
21	Potatoes	1 Kg	118.59	115.58	100.00	113.24	96.62	99.53	105.77	104.69	106.26	92.24	78.77	74.84	80.00	115.57	99.66	84.61	100.00	98.28	95.40	91.91	3.02	6.93	
22	Onions	1 Kg	141.91	138.65	114.65	123.10	113.01	105.25	101.94	104.14	126.93	116.49	121.53	100.00	102.51	125.67	101.53	95.19	100.00	112.88	129.98	58.97	-13.16	91.42	
23	Tomatoes	1 Kg	193.09	182.75	189.15	173.70	176.71	183.62	122.04	177.70	189.88	180.20	201.75	186.12	147.51	150.13	128.53	138.59	121.67	165.10	108.42	90.53	52.28	82.37	
24	Sugar Refined	1 Kg	151.22	150.61	147.48	146.98	146.23	143.32	145.00	146.22	144.55	147.58	142.43	138.00	140.00	149.44	143.31	158.96	148.16	146.37	143.27	140.03	2.16	4.53	
25	Gur (Average Quality)	1 Kg	229.79	211.80	200.00	230.00	229.45	206.46	212.33	222.18	177.30	231.86	240.30	200.00	176.32	231.09	196.52	219.91	213.62	212.65	208.85	199.63	1.82	6.52	
26	Salt Powdered (NATIONAL/SHAN) 800 gm	Each	75.67	73.51	70.00	70.00	70.00	70.00	70.00	70.00	70.00	70.00	70.00	70.00	70.00	70.00	70.00	70.00	66.49	70.31	70.09	55.79	0.31	26.03	
27	Chilies Powder NATIONAL 200 gm Packet	Each	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	407.93	400.00	320.00	320.00	400.00	320.00	333.24	334.49	251.17	-0.37	32.68	
28	Garlic (Lehsun)	1 Kg	515.77	515.51	436.94	450.00	457.65	448.74	500.00	424.51	556.99	525.34	443.31	420.12	394.90	444.59	600.00	477.33	632.89	481.02	473.49	354.36	1.59	35.74	
29	Tea Lipton Yellow Label 190 gm Packet	Each	542.86	542.86	542.86	542.86	542.85	542.83	542.86	542.85	542.86	542.85	542.85	558.82	542.85	542.85	542.85	542.85	558.82	544.71	544.71	558.82	0.00	-2.52	
30	Cooked Beef at Average Hotel	Per Plate	309.02	285.47	400.00	350.00	217.75	300.00	250.00	300.00	273.17	351.32	301.62	200.00	240.00	204.28	250.00	344.98	319.68	282.81	282.11	257.38	0.25	9.88	
31	Cooked Daal at Average Hotel	Per Plate	241.40	220.86	150.00	180.00	133.18	166.41	120.00	134.28	132.99	173.14	164.70	150.00	120.00	129.51	120.00	139.76	173.07	152.60	150.36	129.53	1.49	17.81	
32	Tea Prepared Ordinary	Per Cup	70.00	68.58	60.00	50.00	56.95	63.16	60.00	70.00	50.00	69.35	71.45	60.00	70.00	41.48	50.00	76.09	50.00	60.19	59.57	52.25	1.04	15.20	
33	Cigarettes Capstan 20'S Packet	Each	243.15	244.50	230.00	230.00	240.00	220.00	222.46	220.00	220.00	249.69	243.29	220.00	220.00	230.00	250.00	241.23	223.28	231.95	227.99	221.35	1.74	4.79	
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	657.87	637.91	667.00	660.00	678.00	491.30	680.00	758.00	741.40	726.84	494.92	500.00	516.14	642.00	700.00	648.72	400.00	614.58	607.38	527.29	1.19	16.55	
35	Shirting (Average Quality)	1 mtr	662.08	604.87	500.00	450.00	428.70	866.35	600.00	520.70	586.59	462.74	449.21	229.58	313.19	656.62	476.22	229.85	363.21	467.03	463.84	370.60	0.69	26.02	
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	524.61	482.96	748.00	650.00	784.81	600.00	650.00	655.00	757.63	633.74	494.92	550.00	532.80	702.00	650.00	648.72	400.00	606.56	594.17	529.05	2.09	14.65	
37	Georgette (Average Quality)	1 mtr	340.92	326.25	250.00	300.00	349.32	350.00	400.00	327.54	282.19	302.60	291.50	206.46	265.66	239.86	160.00	219.62	282.31	281.36	279.66	246.29	0.61	14.24	
38	Gents Sandal Bata	Pair	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	1999.00	0.00	25.01	
39	Gents Sponge Chappal Bata	Pair	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	599.00	599.00	599.00	599.00	599.00	0.00	0.00	
40	Ladies Sandal Bata	Pair	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	799.00	0.00	12.52	
41	Electricity Charges upto 50 Units	Per Unit	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.47	7.32	6.45	2.05	15.81	
42	Gas Charges upto 3.3719 MMBTU	MMBTU	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	295.00	0.00	570.00	
43	Firewood Whole	40 Kg	1827.75	1507.08	1500.00	1200.00	1587.95	1600.00	1000.00	1440.97	1400.00	1106.08	1016.01	800.00	883.01	934.98	795.81	1317.89	1032.28	1194.17	1188.47	1074.82	0.48	11.10	
44	Energy Saver Philips 14 Watt	Each	276.63	260.40	550.00	575.00	500.00	400.00	550.00	575.00	272.70	350.00	350.00	300.00	370.00	350.00	250.00	350.00	432.67	379.68	379.01	319.76	0.18	18.74	
45	Sufi Washing Soap 250 gm Cake	Each	131.62	131.29	130.00	120.00	130.00	130.00	130.00	125.00															