

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

S. No.	Description	Unit	Average Monthly Prices																	Average Prices		%change Jun 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	22 May 22	Jun 21	May 22	Jun 21	
1	Wheat Flour Bag	20 Kg	1020.15	992.38	980.00	980.00	980.00	980.00	980.00	980.00	980.00	1724.33	1731.99	1537.85	1514.77	1314.69	1349.85	1658.59	1590.26	1218.11	1239.50	1135.93	-1.73	7.23
2	Rice Basmati Broken (Average Quality)	1 Kg	127.71	124.41	110.00	107.97	122.78	121.93	100.00	113.03	90.00	136.95	118.02	123.90	127.39	119.07	80.00	136.73	130.00	115.97	107.67	93.13	7.71	24.52
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	78.10	79.49			81.87	62.18	91.64	68.61	80.00	84.62	98.36	80.00	103.61	85.64	74.89	89.63	123.35	84.34	79.40	72.35	6.22	16.57
4	Bread plain (Small Size)	Each	75.84	75.84	75.84	70.00	77.96	73.97	71.89	75.00	63.82	55.78	68.83	70.00	70.00	80.00	62.95	71.89	50.00	69.51	65.08	59.24	6.81	17.34
5	Beef with Bone (Average Quality)	1 Kg	758.11	741.54	679.55	650.00	658.31	618.79	586.59	679.56	606.44	794.87	668.73	631.83	702.51	593.29	579.48	681.88	600.00	657.95	631.87	532.67	4.13	23.52
6	Mutton (Average Quality)	1 Kg	1608.10	1566.16	1512.96	1500.00	1563.44	1400.00	1189.93	1381.68	1236.20	1602.72	1415.59	1239.04	1200.00	1214.44	1050.00	1454.03	1266.45	1366.26	1317.02	1102.49	3.74	23.92
7	Chicken Farm Broiler (Live)	1 Kg	298.07	294.77	283.38	287.45	271.16	281.35	274.70	288.95	263.12	281.86	276.53	304.91	295.74	291.49	304.33	337.67	351.56	292.59	314.07	214.97	-6.84	36.11
8	Milk fresh (Un-boiled)	1 Ltr	147.75	144.94	150.00	120.00	117.69	127.63	99.23	117.02	107.92	164.71	138.86	131.94	139.21	151.46	116.57	125.00	120.00	129.47	120.38	109.96	7.55	17.74
9	Curd (Dahi) Loose	1 Kg	157.93	159.33	160.00	130.00	139.18	143.92	127.15	135.91	120.64	233.13	185.72	143.79	141.30	157.52	133.75	134.94	127.94	147.01	138.48	127.54	6.16	15.27
10	Powdered Milk NIDO 390 gm Polybat	Each	520.00	520.00	530.00	530.00	530.00	500.00	515.94	525.98	540.00	552.16	550.00	560.00	560.00	539.16	540.00	527.98	530.00	533.38	525.78	489.21	1.45	9.03
11	Eggs Hen (Farm)	1 Dozen	187.28	184.84	184.89	182.79	183.07	185.31	183.07	175.22	181.72	188.31	183.69	180.37	177.05	186.18	179.06	184.74	196.33	183.70	151.55	151.36	21.21	21.37
12	Mustard Oil (Average Quality)	1 Kg	590.66	589.25	511.74	511.74	537.74	535.18	545.83	553.62	529.81	542.23	530.80	476.18	523.94	571.67	472.34	475.35	492.50	527.67	467.20	297.41	12.94	77.42
13	Cooking Oil DALDA or Other Similar	Each	2731.97	2731.97	2568.39	2687.89	2584.02	2668.53	2485.00	2460.00	2708.95	2790.41	2630.13	2687.08	2749.62	2554.00	2773.12	2714.90	2807.79	2664.75	2468.25	1547.13	7.96	72.24
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1358.44	1358.44	1279.19	1233.98	1288.56	1240.00	1240.00	1225.00	1288.56	1394.32	1342.43	1313.56	1366.91	1315.85	1370.72	1319.04	1398.09	1312.54	1231.42	776.01	6.59	69.14
15	Vegetable Ghee DALDA/HABIB or Other	Each	546.80	546.80	573.54	544.46	555.14	545.38	537.61	545.15	544.92	550.65	530.86	537.27	555.80	537.38	559.68	529.95	558.87	546.97	482.40	305.30	13.39	79.16
16	Bananas (Kela) Local	1 Dozen	196.65	158.97	129.41	138.58	112.89	98.72	111.75	167.45	125.90	91.59	82.25	100.00	97.85	136.27	143.01	89.63	86.86	117.91	120.78	117.57	-2.38	0.29
17	Pulse Masoor (Washed)	1 Kg	290.46	284.16	275.32	277.83	282.06	270.36	262.09	275.92	278.26	291.21	292.56	283.96	293.49	276.13	243.19	288.38	273.29	278.47	242.89	159.41	14.65	74.69
18	Pulse Moong (Washed)	1 Kg	178.59	172.60	167.72	156.71	170.38	140.70	153.89	163.73	167.20	197.00	192.07	217.78	200.65	153.15	163.93	214.77	231.97	177.31	170.11	212.61	4.23	-16.60
19	Pulse Mash (Washed)	1 Kg	318.58	315.26	319.51	309.55	335.79	279.60	298.65	298.92	309.17	312.37	304.12	299.47	305.77	313.24	303.90	328.70	220.00	303.14	280.50	252.19	8.07	20.20
20	Pulse Gram	1 Kg	210.22	205.89	194.85	193.41	191.76	164.84	176.32	205.32	198.47	206.43	206.33	200.47	215.06	212.46	209.26	222.75	202.59	200.48	172.95	148.31	15.92	35.18
21	Potatoes	1 Kg	61.58	59.59	52.24	52.22	53.82	62.64	43.73	56.01	50.00	44.19	40.08	40.00	34.04	53.38	57.45	40.48	45.85	49.14	37.51	48.12	31.01	2.12
22	Onions	1 Kg	94.73	88.86	79.12	78.74	83.74	78.51	80.00	84.31	85.64	76.00	80.25	75.17	72.26	75.33	71.89	74.89	74.96	79.46	74.67	31.59	6.41	151.54
23	Tomatoes	1 Kg	94.63	90.14	75.64	78.60	84.64	83.20	65.88	85.23	92.88	84.08	85.74	78.97	82.64	66.52	63.82	78.69	68.33	79.44	74.26	34.55	6.98	129.93
24	Sugar Refined	1 Kg	91.11	89.84	88.79	88.00	88.40	85.66	85.80	86.25	86.64	89.48	88.04	84.60	90.00	89.24	85.00	89.20	85.33	87.71	85.14	98.35	3.02	-10.82
25	Gur (Average Quality)	1 Kg	150.64	153.75	120.00	127.63	139.93	143.26	110.00	105.44	128.41	161.39	144.08	100.00	115.28	138.62	119.72	154.95	126.95	130.53	129.88	133.09	0.50	-1.92
26	Salt Powdered (NATIONAL/SHAN) 80	Each	35.00	35.00	35.00	35.00	35.00	35.00	38.95	35.00	35.00	37.92	30.00	35.00	40.00	35.00	35.00	40.00	35.00	35.62	35.23	30.00	1.11	18.73
27	Chilies Powder NATIONAL 200 gm Pack	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	226.08	380.00	-4.90	-43.42
28	Garlic (Lehsun)	1 Kg	356.60	350.66	245.95	307.85	241.72	291.83	295.22	299.70	300.00	289.24	228.12	291.83	226.47	364.34	331.68	303.83	363.67	296.07	310.86	184.17	-4.76	60.76
29	Tea Lipton Yellow Label 190 gm Pack	Each	265.74	265.74	271.61	260.00	265.74	260.00	260.00	260.00	260.00	265.74	260.00	260.00	260.00	265.74	265.74	265.74	260.00	263.02	259.70	230.00	1.28	14.36
30	Cooked Beef at Average Hotel	Per Plate	186.74	182.42	280.00	200.00	145.49	265.66	187.75	177.44	203.85	184.57	192.31	173.21	240.00	153.26	117.60	249.87	223.28	193.43	179.62	158.53	7.69	22.01
31	Cooked Daal at Average Hotel	Per Plate	118.54	116.49	100.00	95.64	89.97	111.56	95.87	75.97	94.54	111.37	86.48	89.44	91.46	79.48	75.84	114.93	93.22	95.59	89.50	79.19	6.80	20.71
32	Tea Prepared Ordinary	Per Cup	40.00	39.24	40.00	40.00	31.79	38.60	32.91	36.24	32.39	44.21	46.84	40.00	37.15	30.00	30.00	30.00	35.00	36.40	34.89	29.29	4.33	24.27
33	Cigarettes Capstan 20'S Packet	Each	100.00	100.00	95.87	93.87	95.87	97.52	95.87	101.52	95.87	97.65	101.52	93.87	95.87	100.00	103.89	105.71	93.87	98.10	91.90	83.47	6.75	17.53
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	447.18	425.77	427.00	400.00	377.50	400.00	470.00	499.00	400.67	351.33	380.00	383.15	350.00	482.74	457.31	548.48	400.00	420.40	416.01	381.91	1.06	10.08
35	Shirting (Average Quality)	1 mtr	448.10	414.52	274.24	300.00	187.88	400.00	253.29	300.00	363.30	290.39	186.43	173.21	282.31	427.71	350.00	174.95	200.00	281.57	280.10	253.73	0.52	10.97
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	375.01	359.11	474.00	309.68	346.54	466.08	530.00	540.00	506.66	480.00	400.00	393.00	500.00	543.00	569.51	498.33	353.30	442.36	439.78	412.54	0.59	7.23
37	Georgette (Average Quality)	1 mtr	281.19	270.50	200.00	200.00	228.26	159.40	260.00	188.63	153.26	193.09	130.00	150.00	250.00	176.09	150.00	159.79	200.00	192.11	191.40	172.47	0.37	11.39
38	Gents Sandal Bata	Pair	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1415.55	1299.00	1199.00	8.97	18.06
39	Gents Sponge Chappal Bata	Pair	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	344.71	299.00	249.00	15.29	38.44
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	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.76	5.43	5.98	6.08	-3.68
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	982.68	889.77	1002.33	1000.00	682.92	883.01	1000.00	776.38	782.97	600.00	616.22	682.24	650.00	739.95	883.01	836.58	829.55	734.83	0.85	13.85
44	Energy Saver Philips 14 Watt	Each	176.60	175.26	320.00	270.00	210.00	280.00	283.31	325.00	200.00	200.00	230.00	160.00	250.00	220.00	190.00	309.68	230.00	231.59	223.44	202.61	3.65	14.30
45	Sufi Washing Soap 250 gm Cake	Each	95.87	95.87	100.00	85.00	95.25	83.65	90.00	98.35	96.31	97.17	85.86	77.69	80.00	89.84	90.80	77.89	75.00	88.74	82.16	58.85	8.01	50.79
46	Match Box	Each	4.00	4.00	4.00</																			