

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

S. No.	Description	Unit	Islam-abad	Rawal-pindi	Gujran-wala	Sialkot	Lahore	Faisal-abad	Sar-godha	Multan	Baha-walpur	Karachi	Hyder-abad	Sukkur	Larkana	Peshawar	Bannu	Quetta	Khuz-dar	Average Prices			%change Nov 22 over	
																				Nov 22	Oct 22	Nov 21	Oct 22	Nov 21
1	Wheat Flour Bag	20 Kg	1295.00	1295.00	1295.00	1295.00	1295.00	1295.75	1295.00	1295.00	1295.00	1931.26	1836.29	1480.42	1671.29	1736.85	1767.53	2019.96	2143.25	1517.14	1541.43	1197.52	-1.58	26.69
2	Rice Basmati Broken (Average Quality)	1 Kg	148.29	142.75	110.00	110.00	132.78	140.00	103.23	124.35	120.00	156.83	138.86	140.00	136.58	120.00	100.00	144.94	120.00	127.69	125.89	98.45	1.43	29.70
3	Rice IRR1-6/9 (Sindh/Punjab)	1 Kg	101.40	91.66			81.87	130.00	91.64	93.76	80.00	94.32	115.73	80.00	113.24	118.27	100.00	104.92	107.97	99.31	97.64	73.20	1.71	35.67
4	Bread plain (Small Size)	Each	90.00	90.00	90.00	70.00	90.00	90.00	80.00	90.00	90.00	70.00	90.00	87.39	84.85	90.00	80.00	90.00	70.00	84.47	82.83	63.75	1.98	32.50
5	Beef with Bone (Average Quality)	1 Kg	808.12	778.60	700.00	650.00	723.38	700.00	646.65	700.00	632.89	808.48	678.72	650.00	766.31	579.71	600.00	689.95	700.00	691.86	690.84	570.42	0.15	21.29
6	Mutton (Average Quality)	1 Kg	1657.50	1602.55	1532.62	1500.00	1718.88	1432.57	1300.00	1600.00	1316.46	1633.72	1465.90	1300.00	1250.00	1269.68	1100.00	1485.69	1333.12	1431.15	1427.14	1145.15	0.28	24.97
7	Chicken Farm Broiler (Live)	1 Kg	285.77	279.17	265.01	272.54	259.42	265.39	263.48	283.26	255.36	290.67	277.20	299.26	279.47	284.67	291.70	299.34	364.90	282.40	288.63	255.60	-2.16	10.49
8	Milk fresh (Un-boiled)	1 Ltr	160.81	160.56	150.00	120.00	130.64	140.00	113.24	130.00	115.73	179.07	162.44	154.92	193.10	164.39	140.00	150.00	136.58	145.60	144.18	112.90	0.98	28.96
9	Curd (Dahi) Loose	1 Kg	174.93	177.88	170.00	140.00	156.59	150.00	140.00	150.00	133.94	263.74	236.38	164.92	206.46	177.93	160.00	164.95	150.00	168.78	167.54	130.88	0.74	28.96
10	Powdered Milk NIDO 390 gm Polybag	Each	626.09	599.49	640.00	640.00	609.26	640.00	640.00	640.00	640.00	617.68	640.00	640.00	640.00	616.62	650.00	640.00	629.92	632.16	610.68	498.72	3.52	26.76
11	Eggs Hen (Farm)	1 Dozen	258.31	257.12	257.08	257.08	253.57	254.50	252.81	253.37	249.63	258.55	251.86	257.08	233.83	252.59	253.44	260.66	252.08	253.67	240.80	183.37	5.34	38.34
12	Mustard Oil (Average Quality)	1 Kg	597.03	613.81	504.93	500.00	513.73	560.00	513.31	482.18	500.00	541.78	473.17	439.83	560.00	637.68	450.00	549.94	506.58	523.44	522.63	363.90	0.15	43.84
13	Cooking Oil DALDA or Other Similar	Each	2728.67	2728.67	2760.00	2760.00	2760.00	2772.42	2784.66	2810.00	2801.19	2741.52	2822.19	2747.47	2809.88	2772.42	2720.00	2760.00	2784.89	2768.31	2803.85	1918.02	-1.27	44.33
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1360.00	1360.00	1361.16	1370.00	1361.16	1369.96	1356.19	1380.00	1364.87	1354.85	1387.48	1415.00	1397.89	1380.00	1325.00	1370.00	1380.00	1370.08	1384.82	951.30	-1.06	44.02
15	Vegetable Ghee DALDA/HABIB or Other	Each	525.21	525.46	526.45	526.48	523.98	522.71	521.48	527.70	532.29	521.48	545.00	541.99	537.98	531.49	500.00	526.45	540.00	527.91	536.23	381.66	-1.55	38.32
16	Bananas (Kela) Local	1 Dozen	171.83	147.42	106.27	104.88	94.21	76.52	92.21	127.01	119.86	90.25	79.65	80.75	81.21	110.91	104.66	100.61	94.57	102.36	92.63	67.98	10.50	50.57
17	Pulse Masoor (Washed)	1 Kg	292.25	292.25	224.94	230.00	253.74	320.00	258.24	227.14	243.26	253.81	244.87	287.20	277.47	236.62	261.66	329.94	256.62	262.44	286.39	182.11	-8.36	44.11
18	Pulse Moong (Washed)	1 Kg	244.72	221.87	224.84	210.00	247.94	223.28	236.62	232.87	234.12	271.58	251.48	284.96	276.62	236.62	213.65	304.97	296.63	246.27	249.84	161.04	-1.43	52.92
19	Pulse Mash (Washed)	1 Kg	398.21	389.73	340.00	350.00	398.09	346.54	393.31	351.34	354.96	370.04	354.29	384.90	366.41	376.64	370.00	427.40	280.00	366.33	375.03	247.28	-2.32	48.14
20	Pulse Gram	1 Kg	251.32	239.57	202.45	192.42	221.75	223.28	217.96	221.51	228.88	245.58	223.68	252.46	254.08	248.53	214.83	284.97	256.62	233.06	246.03	146.99	-5.27	58.56
21	Potatoes	1 Kg	98.18	94.81	82.73	90.20	88.82	79.42	58.20	86.62	82.39	61.97	57.95	57.33	50.00	83.56	60.00	64.87	70.00	73.02	67.98	59.13	7.41	23.49
22	Onions	1 Kg	219.35	218.94	185.33	178.18	181.03	164.57	176.97	186.58	171.89	167.65	167.05	178.18	148.63	184.48	169.04	174.01	140.86	176.20	134.23	44.82	31.27	293.13
23	Tomatoes	1 Kg	230.60	224.30	214.37	210.64	232.00	208.10	189.82	203.59	219.09	216.28	187.36	197.97	206.28	195.77	175.66	187.27	200.98	205.30	202.72	131.88	1.27	55.67
24	Sugar Refined	1 Kg	96.74	96.00	90.97	91.72	91.93	89.50	89.47	88.50	89.57	90.97	87.98	88.46	86.31	94.36	89.47	90.74	89.54	90.68	87.54	99.60	3.59	-8.96
25	Gur (Average Quality)	1 Kg	150.64	153.75	122.43	130.00	144.64	146.59	116.57	123.24	123.24	160.28	145.90	122.42	109.85	140.00	119.72	173.47	138.31	135.50	137.73	144.12	-1.62	-5.98
26	Salt Powdered (NATIONAL/SHAN) 80 gm	Each	50.00	50.00	49.08	50.00	44.72	50.00	40.00	44.72	44.72	40.00	41.83	40.00	40.00	44.72	50.00	40.00	50.00	45.08	40.47	30.20	11.39	49.27
27	Chilies Powder NATIONAL 200 gm Packet	Each	215.00	215.00	215.00	227.16	215.00	215.00	215.00	240.00	215.00	227.16	215.00	215.00	215.00	230.00	215.00	215.00	215.00	218.67	216.83	374.65	0.85	-41.63
28	Garlic (Lehsun)	1 Kg	408.26	400.37	309.84	320.00	297.95	303.24	333.59	320.00	326.53	356.55	295.40	320.00	281.61	355.74	350.00	379.78	393.22	336.31	334.58	283.76	0.52	18.52
29	Tea Lipton Yellow Label 190 gm Packet	Each	398.79	398.79	384.58	398.79	384.57	384.58	357.64	398.94	384.57	388.40	384.58	370.86	357.64	398.79	357.65	384.57	357.64	381.53	349.40	248.47	9.20	53.55
30	Cooked Beef at Average Hotel	Per Plate	189.74	194.46	289.83	200.00	172.75	300.00	213.12	259.62	220.00	261.48	208.10	200.00	240.00	153.26	130.00	249.87	293.18	216.75	213.94	167.25	1.31	29.60
31	Cooked Daal at Average Hotel	Per Plate	142.31	131.38	100.00	100.00	113.24	140.00	100.00	110.10	100.00	133.11	98.26	100.00	112.92	82.10	80.00	114.93	121.98	109.16	108.44	82.42	0.66	32.44
32	Tea Prepared Ordinary	Per Cup	50.00	45.06	40.00	40.00	39.49	40.00	38.26	46.19	36.34	50.00	59.10	50.00	41.52	33.02	30.00	32.24	40.00	41.22	40.52	32.24	1.73	27.85
33	Cigarettes Capstan 20'S Packet	Each	110.00	110.00	110.00	120.00	110.00	113.24	110.00	120.00	110.00	120.00	120.00	110.00	110.00	120.00	120.00	120.00	110.00	114.21	114.06	83.47	0.13	36.83
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	459.09	438.18	427.00	450.00	457.95	400.00	520.00	514.51	400.67	388.36	443.23	500.00	400.00	482.74	460.00	548.48	400.00	450.01	438.24	388.13	2.69	15.94
35	Shirting (Average Quality)	1 mtr	458.00	425.06	274.24	350.00	236.30	400.00	293.18	300.00	363.30	350.00	290.86	215.44	282.31	427.71	400.00	194.96	200.00	310.61	305.72	259.76	1.60	19.58
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	550.00	500.00	543.00	600.00	498.33	353.30	459.59	455.07	412.70	0.99	11.36
37	Georgette (Average Quality)	1 mtr	285.71	274.14	200.00	280.00	247.35	159.40	293.18	188.63	163.27	269.30	159.49	206.46	250.00	176.09	160.00	179.81	200.00	211.92	205.82	180.46	2.96	17.43
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	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.57	6.70	61.43	-1.94
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	1406.81	1207.31	1095.45	948.68	1196.24	1030.85	682.92	1132.37	1200.00	783.53	966.38	600.00	732.95	957.66	650.00	1273.12	954.73	961.04	900.94	760.52	6.67	26.37
44	Energy Saver Philips 14 Watt	Each	233.94	203.80	340.00	270.00	210.00	313.05	320.00	325.00	200.00	240.00	230.00	160.00	280.00	220.00	190.00	350.00	300.00	251.62	247.06	206.61	1.85	21.79
45	Sufi Washing Soap 250 gm Cake	Each	110.00	110.00	110.00	108.73	105.00	105.00	105.00	110.00	110.00	100.00	103.73	95.00	10									