

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

S. No.	Description	Unit	Islamabad	Rawalpindi	Gujranwala	Sialkot	Lahore	Faisalabad	Sargodha	Multan	Bahawalpur	Karachi	Hyderabad	Sukkur	Larkana	Peshawar	Bannu	Quetta	Khuzdar	Average Prices	Oct	%change Oct 22 over		
			22	Sep 22	Oct 21																			
1	Wheat Flour Bag	20 Kg	1295.00	1295.00	1295.00	1295.00	1295.00	1508.96	1295.00	1295.00	1295.00	1903.11	1845.43	1549.49	1699.08	1750.11	1771.04	2109.99	2200.00	1570.42	1404.50	1200.64	11.81	30.80
2	Rice Basmati Broken (Average Quality)	1 Kg	142.31	139.72	110.00	110.00	130.15	140.00	100.00	124.35	120.00	154.80	135.96	140.00	134.94	120.00	92.50	144.94	120.00	127.04	123.31	96.64	3.02	31.46
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	95.70	85.60	NA	NA	81.87	128.31	91.64	94.06	80.00	92.96	115.73	80.00	112.84	120.00	83.25	104.92	116.57	98.90	94.44	71.66	4.72	38.01
4	Bread plain (Small Size)	Each	90.00	90.00	90.00	70.00	90.00	90.00	80.00	88.75	90.00	70.00	90.00	72.50	77.50	90.00	80.00	90.00	67.50	83.31	77.97	60.84	6.85	36.93
5	Beef with Bone (Average Quality)	1 Kg	808.12	776.98	700.00	650.00	707.93	700.00	646.65	700.00	632.89	806.26	678.72	650.00	766.31	603.56	600.00	689.95	674.70	693.65	685.29	558.27	1.22	24.25
6	Mutton (Average Quality)	1 Kg	1644.92	1602.55	1532.62	1500.00	1718.88	1432.57	1300.00	1465.90	1316.46	1629.09	1465.90	1300.00	1250.00	1239.76	1100.00	1600.00	1333.12	1437.16	1418.70	1131.60	1.30	27.00
7	Chicken Farm Broiler (Live)	1 Kg	287.49	280.43	260.25	268.50	254.50	265.75	255.00	285.00	259.50	332.57	313.12	302.50	290.00	278.75	288.75	328.05	390.00	290.60	288.81	256.95	0.62	13.09
8	Milk fresh (Un-boiled)	1 Ltr	160.81	157.38	150.00	120.00	130.23	140.00	113.24	130.00	113.24	183.68	162.44	142.50	183.09	163.04	140.00	150.00	136.58	145.66	141.73	112.25	2.77	29.76
9	Curd (Dahi) Loose	1 Kg	174.49	176.00	170.00	140.00	156.59	150.00	140.00	150.00	126.33	265.44	237.88	160.00	199.78	177.66	160.00	164.95	150.00	170.54	164.22	129.98	3.85	31.20
10	Powdered Milk NIDO 390 gm Polybag	Each	591.22	578.07	625.00	640.00	580.00	620.00	625.00	640.00	625.00	598.74	608.93	600.00	600.00	596.59	630.00	625.00	610.00	611.39	574.24	496.51	6.47	23.14
11	Eggs Hen (Farm)	1 Dozen	243.40	241.99	239.16	241.25	237.75	241.25	238.00	226.33	237.50	245.49	245.98	240.00	240.73	241.09	240.00	249.97	245.00	240.88	238.16	172.27	1.14	39.82
12	Mustard Oil (Average Quality)	1 Kg	590.66	613.81	520.00	500.00	520.89	560.00	508.31	482.18	500.00	544.10	471.92	427.50	554.90	629.91	450.00	549.94	506.58	525.33	523.36	336.25	0.38	56.23
13	Cooking Oil DALDA or Other Similar	Each	2803.71	2797.50	2797.50	2767.50	2810.00	2735.00	2810.00	2810.00	2843.24	2810.00	2860.00	2785.00	2913.75	2810.00	2735.00	2785.00	2800.00	2804.31	2864.05	1772.00	-2.09	58.26
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1372.50	1372.50	1377.50	1422.50	1375.00	1380.00	1373.33	1380.00	1374.98	1380.00	1395.00	1415.00	1456.25	1380.00	1337.50	1375.00	1380.00	1385.12	1397.53	894.16	-0.89	54.91
15	Vegetable Ghee DALDA/HABIB or Other	Each	535.25	536.05	536.50	534.00	534.00	535.25	536.50	537.75	540.99	537.64	545.00	545.00	542.25	539.50	505.00	536.50	540.00	536.30	541.11	352.63	-0.89	52.09
16	Bananas (Kela) Local	1 Dozen	163.40	133.56	94.62	90.00	86.44	74.86	79.15	101.03	108.01	81.62	69.04	86.18	75.47	104.45	83.95	97.16	85.00	94.94	93.49	64.88	1.55	46.33
17	Pulse Masoor (Washed)	1 Kg	336.21	320.75	235.00	240.00	287.04	329.96	308.30	249.62	280.82	285.95	244.29	307.50	295.00	253.81	300.00	320.18	311.63	288.59	321.12	180.19	-10.13	60.16
18	Pulse Moong (Washed)	1 Kg	247.67	229.05	227.50	217.50	255.62	226.64	227.45	242.38	239.16	280.30	254.30	295.00	280.00	239.44	227.50	292.47	287.47	251.14	245.60	163.87	2.26	53.26
19	Pulse Mash (Washed)	1 Kg	411.70	397.57	360.00	360.00	411.35	380.00	375.80	370.70	374.15	385.44	355.36	380.00	380.00	384.14	385.00	414.98	275.00	376.54	382.47	244.38	-1.55	54.08
20	Pulse Gram	1 Kg	260.52	248.50	227.50	212.50	230.54	229.08	234.12	237.70	241.66	260.84	245.93	262.50	264.16	259.13	235.00	289.97	254.97	246.74	250.47	146.45	-1.49	68.48
21	Potatoes	1 Kg	90.44	86.51	80.12	88.79	68.00	73.19	53.23	80.00	80.00	59.49	55.61	50.00	46.99	70.00	69.07	62.37	65.00	69.34	70.69	54.60	-1.91	27.00
22	Onions	1 Kg	175.31	163.15	145.00	130.00	147.36	132.42	139.94	150.70	143.30	137.19	139.51	120.00	122.43	135.89	120.00	105.40	100.00	135.74	109.02	49.57	24.51	173.84
23	Tomatoes	1 Kg	241.22	230.38	225.00	206.65	223.76	219.05	193.28	216.42	220.77	219.56	207.27	178.30	192.37	173.90	156.59	172.30	204.15	204.76	159.62	77.47	28.28	164.31
24	Sugar Refined	1 Kg	92.85	90.95	88.00	86.00	89.76	86.59	85.00	85.00	87.89	89.22	85.82	84.00	88.15	89.29	85.00	90.00	85.33	87.58	87.46	103.13	0.13	-15.08
25	Gur (Average Quality)	1 Kg	150.64	153.75	132.50	137.50	144.64	146.59	114.93	125.13	123.24	161.42	144.08	132.50	116.60	140.00	119.72	182.45	133.31	138.76	137.03	142.89	1.27	-2.89
26	Salt Powdered (NATIONAL/SHAN) 800 gm	Each	45.00	45.00	37.02	42.50	40.00	50.00	40.00	40.00	40.00	40.00	35.00	40.00	40.00	40.00	35.00	40.00	42.50	40.71	39.15	30.00	3.98	35.69
27	Chilies Powder NATIONAL 200 gm Packet	Each	215.00	215.00	215.00	215.00	215.00	215.00	215.00	240.00	215.00	215.00	215.00	215.00	215.00	222.50	215.00	215.00	215.00	216.91	215.84	373.60	0.50	-41.94
28	Garlic (Lehsun)	1 Kg	408.26	402.34	305.00	320.00	301.72	316.63	318.19	321.09	327.50	346.69	292.35	320.00	288.32	357.36	350.00	351.21	393.22	336.46	342.25	281.71	-1.69	19.44
29	Tea Lipton Yellow Label 190 gm Packet	Each	357.64	357.64	357.65	357.65	357.64	357.65	357.64	357.65	357.64	357.65	357.65	323.82	357.64	357.65	357.65	340.73	284.41	350.35	314.09	246.05	11.55	42.39
30	Cooked Beef at Average Hotel	Per Plate	189.74	194.46	280.00	200.00	172.75	291.42	208.12	259.62	220.00	248.28	208.10	200.00	240.00	153.26	130.00	249.87	271.59	218.66	207.58	164.09	5.34	33.26
31	Cooked Daal at Average Hotel	Per Plate	140.63	131.38	100.00	100.00	113.24	138.31	100.00	108.44	100.00	129.48	98.26	100.00	112.92	82.10	80.00	114.93	116.57	109.78	107.22	81.52	2.39	34.67
32	Tea Prepared Ordinary	Per Cup	50.00	44.40	40.00	40.00	39.49	40.00	38.26	43.15	36.34	49.50	59.10	50.00	40.00	33.02	30.00	30.00	36.65	41.17	40.00	31.34	2.93	31.37
33	Cigarettes Capstan 20'S Packet	Each	110.00	110.00	110.00	120.00	110.00	113.24	110.00	120.00	112.50	120.00	120.00	110.00	110.00	115.00	120.00	120.00	110.00	114.16	112.39	83.47	1.58	36.77
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	447.18	425.77	427.00	450.00	457.95	400.00	507.50	499.00	400.67	388.36	380.00	441.58	380.00	482.74	460.00	548.48	400.00	440.95	431.55	385.36	2.18	14.43
35	Shirting (Average Quality)	1 mtr	448.10	414.52	274.24	350.00	236.30	400.00	683.21	300.00	363.30	350.00	269.41	194.33	282.31	427.71	400.00	194.96	200.00	316.96	299.25	254.52	5.92	24.53
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	471.50	500.00	543.00	600.00	498.33	353.30	461.48	450.59	412.70	2.42	11.82
37	Georgette (Average Quality)	1 mtr	281.19	270.50	200.00	280.00	247.35	159.40	289.04	188.63	163.27	246.78	130.00	178.23	250.00	176.09	160.00	179.81	200.00	211.78	202.94	177.91	4.36	19.04
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	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	4.25	6.43	6.43	-33.98	-33.98
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	NA	141.57	141.57	141.57	0.00	0.00
43	Firewood Whole	40 Kg	1302.70	1134.36	1000.00	900.00	1103.26	1000.00	682.92	1098.96	1166.43	765.79	933.04	600.00	716.28	759.32	650.00	999.16	883.01	923.25	870.08	739.57	6.11	24.84
44	Energy Saver Philips 14 Watt	Each	233.94	203.80	340.00	270.00	210.00	280.00	320.00	325.00	200.00	240.00	230.00	160.00	280.00	220.00	190.00	350.00	247.50	252.96	243.11	204.63	4.05	23.62
45	Sufi Washing Soap 250 gm Cake	Each	110.00	110.00	110.00	105.00	103.75	105.00	105.00	110.00	110.00	100.00	100.00	91.25	108.75									