

Average Monthly Prices of 51 Essential Items for the month of January 2023

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 Jan 23 over	
																				Jan 23	Dec 22	Jan 22	Dec 22	Jan 22
1	Wheat Flour Bag	20 Kg	1295.00	1295.00	1785.40	1295.00	1295.00	1295.00	1295.00	1438.36	1295.00	2446.93	2172.70	1738.54	2038.74	2628.15	2074.35	2661.77	2767.45	1736.49	1556.73	1164.81	11.55	49.08
2	Rice Basmati Broken (Average Quality)	1 Kg	163.13	168.38	145.62	150.00	166.42	160.39	135.24	155.70	133.71	190.57	158.28	180.00	155.75	152.82	129.61	159.87	131.48	154.27	133.91	100.48	15.20	53.53
3	Rice IRR1-6/9 (Sindh/Punjab)	1 Kg	107.02	95.67			81.87	130.00	91.64	115.41	97.26	124.38	133.16	100.00	129.74	136.18	130.00	114.93	110.21	111.90	101.76	74.99	9.96	49.22
4	Bread plain (Small Size)	Each	97.40	97.40	100.00	100.00	100.00	94.87	90.00	97.40	100.00	98.25	90.00	90.00	93.22	95.71	80.00	90.00	72.38	93.01	85.97	65.08	8.19	42.92
5	Beef with Bone (Average Quality)	1 Kg	808.12	790.81	700.00	650.00	723.38	700.00	646.65	700.00	632.89	814.54	678.72	650.00	766.31	596.50	600.00	689.95	700.00	693.96	693.13	583.78	0.12	18.87
6	Mutton (Average Quality)	1 Kg	1674.02	1614.11	1565.95	1500.00	1718.88	1432.57	1300.00	1600.00	1316.46	1635.23	1532.62	1400.00	1250.00	1290.21	1100.00	1549.46	1383.13	1452.61	1434.01	1182.12	1.30	22.88
7	Chicken Farm Broiler (Live)	1 Kg	378.58	370.36	354.54	362.87	340.85	360.97	351.02	364.13	334.19	389.63	377.89	382.41	380.30	364.88	372.41	448.23	462.48	374.94	306.94	195.81	22.15	91.48
8	Milk fresh (Un-boiled)	1 Ltr	176.60	175.56	150.00	120.00	136.23	140.00	113.24	136.58	118.27	186.30	163.68	160.00	193.10	176.39	140.00	160.00	136.58	150.04	148.05	115.23	1.34	30.21
9	Curd (Dahi) Loose	1 Kg	192.32	195.50	170.00	140.00	160.06	150.00	140.00	160.00	138.28	270.37	236.38	170.00	213.12	183.21	160.00	170.00	150.00	173.34	170.79	133.26	1.49	30.08
10	Powdered Milk NIDO 390 gm Polybag	Each	658.08	642.95	640.00	640.00	640.00	644.98	640.00	640.00	640.00	634.46	644.98	640.00	640.00	707.08	650.00	640.00	646.43	639.39	504.05	504.05	1.10	28.25
11	Eggs Hen (Farm)	1 Dozen	291.36	290.21	284.96	287.47	285.17	289.92	285.17	275.11	277.40	290.89	278.70	284.87	266.99	286.55	288.19	294.97	300.00	285.66	278.38	177.09	2.62	61.31
12	Mustard Oil (Average Quality)	1 Kg	616.55	614.49	500.00	509.90	513.73	560.00	523.31	534.94	548.86	543.58	499.00	477.33	581.53	638.53	457.97	549.94	536.65	539.45	527.92	380.28	2.18	41.86
13	Cooking Oil DALDA or Other Similar B	Each	2710.00	2710.00	2710.00	2710.00	2710.00	2710.00	2710.00	2710.00	2751.45	2710.00	2722.41	2710.00	2760.00	2710.00	2700.00	2710.00	2710.00	2715.48	2734.02	2065.72	-0.68	31.45
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1316.09	1320.62	1310.00	1310.00	1310.00	1310.00	1310.00	1310.00	1326.57	1310.00	1316.21	1220.00	1335.00	1310.00	1250.00	1310.00	1330.00	1305.85	1341.00	1014.87	-2.62	28.67
15	Vegetable Ghee DALDA/HABIB or Oth	Each	503.98	503.98	509.00	509.00	509.00	506.48	509.00	505.45	512.28	509.00	517.65	513.49	509.00	516.48	492.48	506.48	530.00	509.52	518.12	399.44	-1.66	27.56
16	Bananas (Kela) Local	1 Dozen	229.94	185.08	123.24	129.14	136.95	120.66	97.40	156.40	146.47	103.73	83.23	100.00	106.27	117.27	135.02	116.55	84.59	123.42	114.71	83.39	7.59	48.00
17	Pulse Masoor (Washed)	1 Kg	296.83	290.07	234.95	234.97	243.88	298.68	280.76	238.87	240.75	269.06	257.62	270.00	280.00	247.38	250.82	302.36	256.62	263.36	256.39	212.99	2.72	23.65
18	Pulse Moong (Washed)	1 Kg	267.48	232.60	259.70	238.69	248.31	223.28	258.99	270.22	246.59	272.05	272.62	289.50	280.00	247.80	247.46	314.89	296.63	261.75	247.82	170.92	5.62	53.14
19	Pulse Mash (Washed)	1 Kg	416.32	403.60	369.86	366.23	399.60	350.96	400.72	373.05	361.62	375.93	377.33	380.00	380.00	388.22	400.00	429.92	280.00	378.13	366.04	270.67	3.30	39.70
20	Pulse Gram	1 Kg	254.20	246.77	212.33	207.42	220.71	213.28	212.33	234.03	221.63	242.50	236.90	244.85	232.35	246.62	214.94	284.97	256.62	233.43	226.30	161.93	3.15	44.15
21	Potatoes	1 Kg	66.32	55.09	40.00	40.75	40.21	38.13	31.88	41.26	43.60	44.16	40.83	34.64	36.40	60.40	42.29	54.38	47.29	43.73	62.31	42.28	-29.82	3.43
22	Onions	1 Kg	261.21	249.64	230.45	229.78	231.40	210.54	223.13	243.54	234.01	210.61	223.24	234.84	231.10	242.60	214.86	234.70	234.34	231.41	207.56	39.41	11.49	487.19
23	Tomatoes	1 Kg	87.05	77.08	67.12	62.91	60.09	54.77	53.82	56.70	65.42	44.23	39.89	44.72	43.09	72.87	54.77	58.20	60.21	57.75	97.32	55.51	-40.66	4.04
24	Sugar Refined	1 Kg	98.30	97.47	92.16	90.50	94.38	89.40	89.16	89.52	91.23	93.42	90.00	87.46	92.22	95.21	89.66	99.00	90.08	92.24	93.95	92.18	-1.82	0.07
25	Gur (Average Quality)	1 Kg	156.49	153.75	120.00	137.43	144.64	133.25	133.18	125.46	123.24	162.05	156.81	123.24	129.67	140.00	120.46	164.72	140.00	138.33	135.49	139.27	2.10	-0.67
26	Salt Powdered (NATIONAL/SHAN) 80	Each	50.00	50.00	50.00	60.00	50.00	50.00	50.00	60.00	50.00	40.00	50.00	40.00	40.00	50.00	50.00	50.00	50.00	49.11	48.25	32.85	1.78	49.50
27	Chilies Powder NATIONAL 200 gm Pa	Each	215.00	215.00	215.00	240.00	215.00	215.00	215.00	240.00	215.00	240.00	215.00	215.00	215.00	230.00	215.00	215.00	215.00	220.09	220.09	279.05	0.00	-21.13
28	Garlic (Lehsun)	1 Kg	446.23	411.04	341.28	336.63	314.05	332.89	381.77	358.16	386.49	400.47	361.09	349.55	315.21	372.95	359.27	389.91	393.22	366.09	341.05	298.28	7.34	22.73
29	Tea Lipton Yellow Label 190 gm Pack	Each	413.53	413.53	413.52	413.53	413.53	413.53	413.52	413.52	413.53	413.53	413.53	413.52	413.53	413.53	413.52	413.52	413.53	409.31	250.57	1.03	65.04	
30	Cooked Beef at Average Hotel	Per Plate	201.39	203.30	300.00	200.00	195.63	300.00	213.12	259.62	220.00	264.88	208.10	200.00	240.00	153.26	130.00	274.97	293.18	212.54	219.41	170.06	0.97	30.27
31	Cooked Daal at Average Hotel	Per Plate	148.92	136.74	100.00	100.00	113.24	140.00	100.00	112.43	100.00	135.73	98.26	100.00	112.92	87.76	80.00	124.93	139.76	111.84	110.44	83.58	1.27	33.81
32	Tea Prepared Ordinary	Per Cup	50.00	45.06	43.09	40.00	39.70	46.42	38.26	50.00	40.00	51.76	59.55	50.00	43.09	33.02	30.73	40.00	40.00	43.01	42.13	33.43	2.09	28.66
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	120.00	114.79	114.56	83.47	0.20	37.52
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	471.32	450.96	427.00	450.00	457.95	400.00	520.00	564.00	400.67	388.36	493.24	500.00	400.00	482.74	460.00	548.48	400.00	456.78	455.89	390.10	0.20	17.09
35	Shirting (Average Quality)	1 mtr	468.11	435.87	274.24	350.00	236.30	450.00	293.18	300.00	363.30	350.00	293.18	215.44	282.31	427.71	400.00	194.96	200.00	313.78	313.49	263.98	0.09	18.87
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	459.59	412.70	0.00	11.36
37	Georgette (Average Quality)	1 mtr	290.31	277.83	200.00	280.00	247.35	159.40	293.18	188.63	163.27	269.30	184.80	206.46	250.00	176.09	160.00	179.81	200.00	214.14	214.14	182.85	0.00	17.11
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	1299.00	0.00	15.40
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	299.00	0.00	26.76
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	699.00	0.00	0.00
41	Electricity Charges upto 50 Units	Per Unit	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	6.41	7.38	-1.99	-13.14
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	1643.17	1365.20	1200.00	1000.00	1336.09	1400.00	732.95	1132.37	1200.00	817.54	991.49	700.00	816.33	1303.09	700.00	1398.51	1032.28	1067.98	1026.40	811.72	4.05	31.57
44	Energy Saver Philips 14 Watt	Each	241.20	224.92	340.00	270.00	210.00	350.00	320.00	325.00	200.00	264.36	255.65	205.98	280.00	220.00	190.00	350.00	300.00	262.13	255.72	208.06	2.51	25.99
45	Sufi Washing Soap 250 gm Cake	Each	114.89	114.89	110.00	110.00	105.00	110.00	105.00	110.00	114.89	110.00	110.00	105.00	108.75									