

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

S. No.	Description	Unit	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	Average Prices			%change Mar 24 over	
																				Mar 24	Feb 24	Mar 23	Feb 24	Mar 23
1	Wheat Flour Bag	20 Kg	2858.50	2836.00	2738.40	2732.01	2773.17	2716.56	2748.60	2661.87	2766.05	2596.24	2765.27	2488.16	2674.65	2750.32	2777.83	2794.54	2696.39	2726.53	2800.77	2064.43	-2.65	32.07
2	Rice Basmati Broken (Average Quality)	1 Kg	254.82	245.28	198.78	160.81	233.98	223.28	204.82	200.00	186.43	268.35	251.51	220.00	261.61	231.80	190.00	272.44	246.42	224.23	224.33	184.51	-0.04	21.53
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	171.14	148.93				160.00	176.60	167.66	170.00	180.25	192.45	170.00	156.59	176.04	170.00	184.95	160.70	170.02	169.51	135.21	0.30	25.75
4	Bread plain (Small Size)	Each	120.00	120.00	110.00	110.00	112.92	120.00	110.00	120.00	120.00	120.00	120.00	130.00	112.92	110.00	100.00	120.00	100.00	114.79	115.71	101.11	-0.80	13.53
5	Beef with Bone (Average Quality)	1 Kg	1108.93	1053.22	866.35	850.00	868.14	1000.00	814.92	878.82	782.97	1048.03	820.47	800.00	878.82	829.88	737.17	894.89	791.44	878.08	847.68	710.40	3.59	23.60
6	Mutton (Average Quality)	1 Kg	2134.81	2098.49	2000.00	1850.00	2107.36	2000.00	1549.73	1882.62	1565.95	1897.90	1720.54	1600.00	1766.03	1754.02	1511.06	1815.04	1582.88	1802.71	1754.01	1489.14	2.78	21.06
7	Chicken Farm Broiler (Live)	1 Kg	441.24	424.63	414.31	414.31	405.36	419.59	422.36	416.03	393.53	441.60	426.09	444.75	434.93	432.36	437.44	472.85	519.85	432.18	459.42	395.45	-5.93	9.29
8	Milk fresh (Un-boiled)	1 Ltr	212.34	213.12	200.00	160.00	160.93	186.43	146.59	176.60	146.59	200.00	200.00	200.00	213.12	211.59	156.59	200.00	196.61	185.55	185.51	159.55	0.02	16.30
9	Curd (Dahi) Loose	1 Kg	233.18	232.42	220.00	180.00	185.90	220.00	180.00	217.68	186.43	309.29	276.56	220.00	246.49	228.46	176.60	220.00	206.61	217.50	216.40	185.21	0.51	17.43
10	Powdered Milk NIDO 390 gm Polybag	Each	834.97	834.65	820.00	820.00	820.00	820.00	820.00	820.00	820.00	810.23	830.00	820.00	820.00	820.00	820.00	850.00	829.94	824.06	823.47	681.70	0.07	20.88
11	Eggs Hen (Farm)	1 Dozen	275.10	273.13	272.37	267.46	265.61	267.06	264.62	260.60	261.43	272.85	271.33	273.52	277.28	279.91	278.04	277.11	303.30	272.83	306.68	245.10	-11.04	11.31
12	Mustard Oil (Average Quality)	1 Kg	667.35	653.94	442.30	480.00	482.26	600.00	500.00	483.41	487.00	491.27	405.73	367.34	501.57	556.08	442.08	548.48	506.58	501.09	500.03	589.72	0.21	-15.03
13	Cooking Oil DALDA or Other Similar	Each	2615.00	2615.00	2654.70	2695.00	2646.91	2634.77	2695.00	2707.41	2674.77	2640.19	2695.00	2695.00	2634.77	2619.95	2500.00	2634.77	2750.00	2652.88	2727.71	3313.57	-2.74	-19.94
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1285.00	1285.00	1289.13	1285.00	1291.20	1310.00	1310.00	1297.44	1285.00	1285.00	1310.00	1312.83	1310.48	1284.99	1200.00	1285.00	1300.00	1289.52	1305.17	1549.22	-1.20	-16.76
15	Vegetable Ghee DALDA/HABIB or Other	Each	499.00	499.00	499.00	499.00	499.00	483.32	499.00	499.00	503.97	499.30	506.48	501.48	499.00	500.00	470.00	499.00	510.00	497.90	500.53	614.95	-0.53	-19.03
16	Bananas (Kela) Local	1 Dozen	300.26	251.24	197.92	225.54	179.04	192.38	178.39	242.64	151.52	168.90	155.07	124.97	123.51	191.78	195.26	124.32	124.74	177.87	129.63	200.92	37.21	-11.47
17	Pulse Masoor (Washed)	1 Kg	383.94	365.17	310.00	310.00	340.87	346.54	324.89	317.35	308.18	342.36	330.43	329.85	317.44	334.10	314.88	377.42	329.90	333.59	336.83	279.90	-0.96	19.18
18	Pulse Moong (Washed)	1 Kg	326.26	302.59	300.00	290.00	289.38	291.65	318.31	304.37	290.76	306.73	330.22	340.00	318.28	297.75	300.00	387.43	323.30	311.92	309.41	282.91	0.81	10.25
19	Pulse Mash (Washed)	1 Kg	580.55	557.27	520.00	504.98	582.20	569.94	540.00	528.62	514.93	507.53	481.82	489.70	558.86	552.21	587.02	604.90	519.71	540.03	547.13	419.23	-1.30	28.81
20	Pulse Gram	1 Kg	287.35	271.92	240.00	233.74	250.90	238.24	240.00	266.19	256.62	266.52	248.44	260.00	240.00	292.65	260.00	294.97	276.63	259.56	260.39	255.62	-0.32	1.54
21	Potatoes	1 Kg	87.92	79.22	71.58	71.58	69.74	61.17	62.36	66.87	71.33	65.75	60.15	55.61	56.46	81.82	72.38	62.21	74.89	68.35	55.27	52.48	23.67	30.24
22	Onions	1 Kg	281.97	267.97	233.53	230.64	228.16	202.18	219.17	190.83	203.60	230.28	221.79	182.81	196.19	259.95	195.27	210.13	239.64	221.59	193.82	134.16	14.33	65.17
23	Tomatoes	1 Kg	150.66	139.81	135.05	129.03	137.84	123.54	115.44	128.72	134.98	104.91	101.81	112.69	111.78	128.24	114.03	98.31	123.01	122.11	114.53	64.76	6.62	88.56
24	Sugar Refined	1 Kg	151.10	149.32	145.00	145.00	145.82	142.91	142.48	138.73	140.00	145.50	140.33	135.74	141.40	147.67	142.06	157.22	145.30	144.36	145.03	104.21	-0.46	38.53
25	Gur (Average Quality)	1 Kg	229.79	211.80	200.00	220.00	208.03	206.46	200.00	222.18	188.84	226.03	236.62	180.00	169.81	203.83	186.43	219.91	206.46	206.06	209.28	145.55	-1.54	41.57
26	Salt Powdered (NATIONAL/SHAN) 800 gm	Each	71.19	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	60.00	70.00	66.49	69.23	69.23	51.05	0.00	35.61
27	Chilies Powder NATIONAL 200 gm Packet	Each	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	218.04	0.00	83.45
28	Garlic (Lehsun)	1 Kg	639.70	624.39	589.74	580.00	549.19	578.64	616.92	604.32	622.89	572.66	576.60	544.52	548.67	630.67	624.50	635.42	659.31	598.91	594.60	394.95	0.72	51.64
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	542.86	542.85	558.82	542.85	542.85	542.85	542.85	558.82	544.71	551.28	464.81	-1.19	17.19
30	Cooked Beef at Average Hotel	Per Plate	309.02	285.47	375.00	300.00	217.75	300.00	250.00	300.00	273.17	321.14	283.24	200.00	240.00	200.00	250.00	344.98	319.68	276.35	275.82	234.65	0.19	17.77
31	Cooked Daal at Average Hotel	Per Plate	225.36	207.15	150.00	120.00	133.18	166.41	120.00	122.07	132.99	153.47	163.90	150.00	120.00	115.98	120.00	139.76	173.07	144.99	143.91	121.40	0.75	19.43
32	Tea Prepared Ordinary	Per Cup	70.00	68.58	60.00	50.00	56.95	63.16	56.46	70.00	50.00	69.35	71.45	60.00	60.00	40.13	50.00	70.00	50.00	59.03	58.54	47.13	0.84	25.25
33	Cigarettes Capstan 20'S Packet	Each	220.00	220.00	220.00	220.00	220.00	220.00	220.00	220.00	220.00	232.99	220.00	220.00	220.00	230.00	220.00	224.94	223.28	221.80	221.80	221.92	0.00	-0.05
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	608.84	586.39	571.00	570.00	550.19	482.74	680.00	670.00	685.64	626.78	494.92	500.00	516.14	642.00	700.00	648.72	400.00	578.12	569.64	489.72	1.49	18.05
35	Shirting (Average Quality)	1 mtr	644.48	596.59	400.00	370.00	378.25	748.89	586.59	520.70	586.59	406.86	404.91	229.58	313.19	482.70	450.00	229.85	293.18	425.98	419.56	327.02	1.53	30.26
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	499.67	454.34	550.00	550.00	669.96	566.19	650.00	586.00	600.00	554.37	494.92	550.00	532.80	702.00	650.00	648.72	400.00	562.60	557.94	496.50	0.84	13.31
37	Georgette (Average Quality)	1 mtr	333.63	319.07	200.00	300.00	315.58	350.00	350.00	251.09	269.62	302.60	277.25	206.46	265.66	236.33	160.00	219.62	282.31	267.19	264.31	222.27	1.09	20.21
38	Gents Sandal Bata	Pair	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	2299.00	1499.00	0.00	53.37
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	379.00	0.00	58.05
40	Ladies Sandal Bata	Pair	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	699.00	0.00	14.31
41	Electricity Charges upto 50 Units	Per Unit	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	6.47	0.00	14.37
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	1761.08	295.00	12.23	570.00
43	Firewood Whole	40 Kg	1827.75	1507.08	1500.00	1200.00	1587.95	1600.00	1000.00	1440.97	1300.00	1109.28	1000.00	800.00	866.35	968.11	795.81	1349.38	1032.28	1190.82	1171.92	1091.64	1.61	9.09
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	260.00	250.00	350.00	382.59	370.40	369.24	285.27	0.31	29.84
45	Sufi Washing Soap 250 gm Cake	Each	131.62	131.29	130.00	120.00	130.00</																	