

Average Monthly Prices of 51 Essential Items for the month of March 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	Pesha-war	Bannu	Quetta	Khuz-dar	Average Prices			%change Mar 22 over		
																				Mar 22	Feb 22	Mar 21	Feb 22	Mar 21	
1	Wheat Flour Bag	20 Kg	1100.00	1100.00	1100.00	1100.00	1100.00	1100.00	1100.00	1100.00	1100.00	1210.17	1257.55	1244.43	1264.64	1100.00	1106.40	1415.98	1428.17	1167.44	1167.19	957.89	0.02	21.88	
2	Rice Basmati Broken (Average Quality)	1 Kg	112.36	104.55	98.30	93.22	98.51	109.12	91.64	104.33	85.85	123.94	105.72	105.10	114.26	112.93	80.00	114.93	106.56	103.00	101.96	91.95	1.02	12.02	
3	Rice IRII-6/9 (Sindh/Punjab)	1 Kg	76.52	78.03			62.95	60.00	91.64	60.00	80.00	81.79	87.88	70.00	73.61	65.00	74.89	89.91	93.22	75.58	75.05	73.28	0.71	3.14	
4	Bread plain (Small Size)	Each	70.00	70.00	70.00	70.00	70.00	70.00	70.00	70.00	50.00	65.00	70.00	70.00	70.00	60.00	60.00	70.00	50.00	65.08	65.08	55.77	0.00	16.69	
5	Beef with Bone (Average Quality)	1 Kg	715.31	698.45	600.00	600.00	602.29	600.00	544.91	605.36	516.14	731.73	612.13	566.19	629.52	541.40	486.58	657.70	550.00	599.81	593.50	479.47	1.06	25.10	
6	Mutton (Average Quality)	1 Kg	1430.42	1424.72	1400.00	1300.00	1341.95	1332.51	1141.96	1259.04	1119.31	1339.16	1244.01	1100.00	1165.70	1153.68	900.00	1238.26	1100.00	1226.69	1206.60	1004.50	1.67	22.12	
7	Chicken Farm Broiler (Live)	1 Kg	274.76	275.51	267.19	271.61	262.26	274.68	263.66	285.41	266.90	322.53	307.06	315.45	293.86	278.64	277.97	320.01	347.92	287.58	222.37	254.33	29.32	13.07	
8	Milk fresh (Un-boiled)	1 Ltr	137.26	134.69	126.58	110.00	110.70	113.90	90.00	107.69	93.22	147.76	120.00	110.00	120.00	136.03	106.56	125.00	110.00	116.63	115.60	106.90	0.89	9.10	
9	Curd (Dahi) Loose	1 Kg	146.25	146.66	136.58	120.00	130.70	127.63	120.00	125.46	103.23	218.16	160.00	120.00	140.00	146.06	120.00	134.94	120.00	134.37	133.40	123.63	0.73	8.69	
10	Powdered Milk NIDO 390 gm Polybag	Each	500.00	500.00	500.00	500.00	500.00	500.00	500.00	500.00	520.00	540.00	545.29	541.85	560.00	560.00	523.31	540.00	515.94	500.00	519.91	508.47	482.59	2.25	7.73
11	Eggs Hen (Farm)	1 Dozen	133.76	130.35	129.31	125.90	129.13	134.57	128.87	119.87	129.92	135.06	136.55	136.80	129.60	140.21	153.26	152.89	165.93	135.57	157.39	165.19	-13.86	-17.93	
12	Mustard Oil (Average Quality)	1 Kg	490.37	472.27	431.69	440.00	437.40	449.25	455.47	431.89	441.98	435.63	443.10	403.97	455.58	439.52	420.00	419.73	400.00	438.75	403.03	279.22	8.86	57.13	
13	Cooking Oil DALDA or Other Similar	Each	2287.77	2287.77	2338.41	2285.19	2169.79	2290.89	2235.60	2278.29	2322.42	2291.10	2189.52	2346.07	2239.58	2227.82	2230.00	2327.86	2060.00	2258.19	2109.06	1500.23	7.07	50.52	
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1166.95	1166.95	1149.55	1078.75	1119.02	1119.02	1149.55	1232.99	1154.64	1154.64	1154.64	1132.68	1061.21	1177.64	1139.82	1177.64	1020.00	1137.54	1031.87	758.44	10.24	49.98	
15	Vegetable Ghee DALDA/HABIB or Other	Each	460.47	460.47	460.47	460.47	464.07	458.32	451.85	458.32	460.47	460.47	463.73	447.68	422.35	452.92	434.00	460.47	399.00	451.17	406.09	297.53	11.10	51.64	
16	Bananas (Kela) Local	1 Dozen	172.89	154.43	119.59	122.27	124.82	98.61	96.97	150.34	112.92	89.18	87.98	81.20	83.29	109.17	141.19	89.63	95.87	110.62	90.82	94.35	21.80	17.24	
17	Pulse Masoor (Washed)	1 Kg	223.14	214.46	203.94	212.62	219.68	200.57	211.91	213.67	216.61	226.39	218.36	210.00	207.77	205.00	220.00	224.96	220.00	214.53	214.81	157.37	-0.13	36.32	
18	Pulse Moong (Washed)	1 Kg	165.87	164.52	151.30	150.00	176.60	126.31	143.26	151.00	163.27	196.78	166.33	210.00	181.73	142.00	160.00	182.80	220.00	166.09	168.63	236.35	-1.51	-29.73	
19	Pulse Mash (Washed)	1 Kg	289.01	287.21	276.63	263.88	297.49	260.97	275.29	256.62	280.00	277.46	249.07	263.29	280.00	260.00	300.00	282.94	200.00	269.54	271.47	263.94	-0.71	2.12	
20	Pulse Gram	1 Kg	179.69	169.76	160.00	152.29	160.70	149.70	151.98	164.37	166.60	176.79	169.90	160.00	165.93	165.00	160.00	184.95	180.00	165.45	165.83	152.99	-0.23	8.14	
21	Potatoes	1 Kg	49.12	51.93	38.95	30.00	36.50	31.58	30.00	34.75	40.00	35.97	32.26	28.93	27.55	42.03	40.00	44.81	38.60	36.63	36.80	39.29	-0.46	-6.77	
22	Onions	1 Kg	50.82	51.34	43.74	41.21	42.80	37.82	37.77	38.55	40.95	36.60	33.86	30.64	30.82	49.05	39.49	44.81	40.36	40.19	36.35	36.28	10.56	10.78	
23	Tomatoes	1 Kg	97.01	96.31	98.63	91.30	93.63	91.43	82.92	89.76	88.54	74.02	77.12	76.89	83.86	83.92	74.56	77.04	84.11	85.58	136.71	36.12	-37.40	136.93	
24	Sugar Refined	1 Kg	89.14	90.41	88.79	90.00	90.00	87.28	87.12	84.64	87.11	87.72	85.88	84.20	87.97	88.02	86.51	89.40	85.66	87.62	89.28	98.12	-1.86	-10.70	
25	Gur (Average Quality)	1 Kg	153.09	155.68	120.00	121.29	153.73	143.26	111.28	116.30	140.00	161.91	138.11	120.00	114.43	138.62	119.72	162.90	137.58	134.69	138.09	127.25	-2.46	5.85	
26	Salt Powdered (NATIONAL/SHAN) 800 gm	Each	35.00	35.00	35.00	35.00	35.00	35.00	35.00	35.00	35.00	32.91	30.00	35.00	30.00	35.00	35.00	30.00	35.00	33.94	33.60	30.00	1.01	13.13	
27	Chilies Powder NATIONAL 200 gm Packet	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	380.00	380.00	215.00	380.00	215.00	237.73	246.49	376.60	-3.55	-36.87	
28	Garlic (Lehsun)	1 Kg	374.61	380.50	339.76	353.67	293.95	335.67	340.86	339.26	368.45	291.23	208.11	339.58	320.46	367.58	375.33	369.08	362.11	335.75	361.81	207.35	-7.20	61.92	
29	Tea Lipton Yellow Label 190 gm Packet	Each	260.00	260.00	257.97	260.00	260.00	260.00	260.00	260.00	260.00	260.00	257.97	255.95	250.00	257.97	250.00	260.00	250.00	257.61	252.73	230.00	1.93	12.00	
30	Cooked Beef at Average Hotel	Per Plate	182.32	174.05	211.77	200.00	140.36	265.66	155.17	148.29	186.43	156.46	152.23	150.00	185.23	150.65	110.00	239.86	223.28	174.28	171.02	153.56	1.91	13.49	
31	Cooked Daal at Average Hotel	Per Plate	114.88	112.80	80.00	80.00	80.00	100.00	83.86	72.65	93.22	97.36	77.72	80.00	80.00	74.29	60.00	114.93	93.22	86.63	84.77	77.73	2.19	11.45	
32	Tea Prepared Ordinary	Per Cup	39.12	39.24	40.00	40.00	30.00	35.00	30.00	34.25	30.00	39.33	40.15	33.02	33.25	30.00	30.00	30.00	35.00	34.37	33.88	28.99	1.45	18.56	
33	Cigarettes Capstan 20'S Packet	Each	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	89.68	80.00	80.00	90.00	90.00	91.66	90.00	90.00	83.47	83.47	83.45	0.00	0.02	
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	439.42	420.15	407.50	400.00	337.97	357.50	470.00	400.00	400.67	350.00	367.70	383.15	350.00	456.37	453.31	548.48	400.00	405.26	393.10	380.70	3.09	6.45	
35	Shirting (Average Quality)	1 mtr	444.76	410.62	274.24	300.00	187.88	261.80	253.29	278.90	363.30	288.14	186.43	173.21	282.31	427.71	350.00	174.95	200.00	273.07	267.09	243.76	2.24	12.02	
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	365.12	348.47	450.82	309.68	332.20	413.59	530.00	514.29	459.15	427.96	379.20	393.00	500.00	491.99	526.65	498.33	353.30	422.99	412.70	404.31	2.49	4.62	
37	Georgette (Average Quality)	1 mtr	274.10	263.92	200.00	200.00	206.02	159.40	260.00	184.61	153.26	174.25	130.00	150.00	250.00	176.09	150.00	159.79	200.00	189.01	183.34	170.89	3.09	10.60	
38	Gents Sandal Bata	Pair	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1299.00	1199.00	0.00	8.34	
39	Gents Sponge Chappal Bata	Pair	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	299.00	249.00	0.00	20.08	
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	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	6.51	7.12	6.41	-8.57	1.56	
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	0.00	0.00	
43	Firewood Whole	40 Kg	1296.15	1079.39	916.37	850.00	1002.33	1000.00	650.00	883.01	900.00	778.08	782.97	600.00	666.26	782.39	650.00	739.95	883.01	833.97	832.01	740.85	0.24	12.57	
44	Energy Saver Philips 14 Watt	Each	176.60	175.26	310.00	270.00	210.00	190.00	260.00	239.09	200.00	188.11	230.00	160.00	250.00	220.00	190.00	220.00	230.00	215.61	211.49	202.04	1.95	6.72	
45	Sufi Washing Soap 250 gm Cake	Each	88.98	88.98	83.98	80.00	83.98	77.96	90.00	82.96	85.00	80.00	80.00	65.00	80.00	80.00	80.00	70.00	75.00	80.44	78.53	57.98	2.43	38.74	
46</																									