

## Average Monthly Prices of 53 Essential Items for the month of July 2019

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 Jul 19 over		
																				19	Jun 19	Jul 18	Jun 19	Jul 18	
1	Wheat	10 Kg	377.50	377.50	375.00	346.88	355.00	375.00	335.00	351.25	363.13	392.50	355.63	337.50	331.25	406.67	371.88	360.00	350.00	362.45	357.98	331.58	1.25	9.31	
2	Wheat Flour, Bag	10 Kg	435.94	429.17	420.00	420.00	410.00	425.00	382.50	406.67	425.00	475.05	445.63	418.75	416.25	436.87	438.75	430.00	395.63	424.19	414.12	385.23	2.43	10.11	
3	Rice Basmati Broken, (AQ)	1 Kg	99.69	90.47	73.75	73.13	74.82	90.00	72.50	88.33	60.00	86.25	85.00	65.00	92.50	84.17	53.75	126.25	79.38	82.06	79.82	75.42	2.81	8.80	
4	Rice Irri-6 (Punjab/Sindh)	1 Kg	70.00	70.63	60.00	47.50	57.00	65.00	70.00	59.79	47.50	60.69	52.88	55.00	46.50	59.07	62.50	83.50	56.25	60.22	58.92	53.62	2.21	12.31	
5	Bread Plain, Medium Size	Each	50.00	50.00	45.00	40.00	50.00	45.00	45.00	50.00	50.00	48.85	50.00	50.00	45.00	45.00	37.50	50.00	40.00	46.55	45.22	42.56	2.94	9.37	
6	Beef With Bone, (AQ)	1 Kg	495.00	485.00	400.00	450.00	424.29	400.00	420.00	396.67	365.00	510.62	440.00	400.00	400.00	384.17	350.00	397.50	400.00	418.72	413.76	372.30	1.20	12.47	
7	Mutton, Average Quality	1 Kg	1009.38	989.17	900.00	900.00	923.21	950.00	925.00	850.00	725.00	925.72	850.00	800.00	825.00	825.00	700.00	850.00	750.00	864.56	855.95	781.10	1.01	10.68	
8	Chicken Farm, Broiler, Live	1 Kg	154.30	143.23	138.25	145.50	136.56	143.00	138.75	147.50	137.50	171.20	165.39	159.00	121.25	153.50	181.25	168.75	202.50	153.38	165.63	159.78	-7.40	-4.01	
9	Milk, Fresh, Unboiled	1 Ltr	108.75	105.21	90.00	80.00	78.00	90.00	75.00	84.17	67.50	95.00	94.00	100.00	102.50	100.42	85.00	110.00	90.00	91.50	89.77	85.20	1.93	7.39	
10	Curd (Dahi)	1 Kg	122.50	113.96	100.00	90.00	92.50	100.00	90.00	100.00	80.00	143.18	140.00	110.00	120.00	111.25	100.00	120.00	100.00	107.85	105.62	101.67	2.11	6.08	
11	Powdered Milk, Nido, Polybag	400 gm	451.28	451.28	451.28	451.28	410.00	439.50	451.28	441.02	451.00	441.03	446.15	451.28	437.88	403.33	421.15	435.00	400.00	437.28	411.29	385.12	6.32	13.54	
12	Eggs Hen, Farm	Dozen	94.54	91.36	91.56	95.00	91.25	90.50	92.25	85.21	90.50	93.54	91.38	91.50	71.88	89.59	100.00	95.00	105.00	91.77	85.33	98.05	7.55	-6.40	
13	Mustard Oil, Average Quality	1 Kg	246.25	241.67	177.50	165.00	187.86	220.00	190.00	188.34	170.00	186.64	170.00	160.00	227.50	233.33	177.50	210.00	200.00	197.15	195.18	187.15	1.01	5.34	
14	Cooking Oil, Tin, (SN)	2.5 Ltr	548.75	548.75	550.00	550.00	530.00	535.00	520.00	552.50	548.75	545.00	525.00	510.00	563.75	521.00	540.00	525.00	495.00	535.79	525.99	478.18	1.86	12.05	
15	Vegetable Ghee, Tin, (SN)	2.5 Kg	520.00	520.00	520.00	520.00	520.00	520.00	495.00	522.50	518.75	515.00	515.00	490.00	536.25	501.25	517.50	520.00	487.50	514.04	505.15	472.53	1.76	8.78	
16	Vegetable Ghee (Loose)	1 Kg	170.00	170.34	160.00	167.50	168.00	162.25	165.00	176.75	180.00	168.08	205.00	155.00	147.50	186.25	181.25	200.00	125.00	169.88	163.19	149.44	4.10	13.68	
17	Bananas	Dozen	130.16	107.50	88.13	85.00	82.23	82.50	60.00	97.08	100.00	68.80	59.06	100.00	103.75	87.92	93.75	91.88	87.50	89.72	114.02	86.44	-21.31	3.79	
18	Pulse Masoor, Washed	1 Kg	133.75	120.00	150.00	150.00	133.93	135.00	140.00	116.67	120.00	117.02	103.13	110.00	107.50	105.00	115.00	150.00	120.00	125.12	123.51	112.34	1.30	11.38	
19	Pulse Moong, Washed	1 Kg	191.72	178.96	162.50	165.00	166.43	177.50	180.00	168.33	170.00	169.67	159.38	170.00	157.50	160.42	175.00	190.00	145.00	169.85	163.84	114.00	3.67	48.99	
20	Pulse Mash, Washed	1 Kg	200.47	184.17	185.00	190.00	174.64	185.00	190.00	171.67	170.00	166.92	175.00	170.00	175.00	187.50	160.00	222.50	125.00	178.40	171.43	148.57	4.07	20.08	
21	Pulse Gram, Washed	1 Kg	143.13	135.00	118.13	121.25	120.71	121.88	115.00	120.00	130.00	131.15	123.29	125.00	123.75	133.33	121.25	160.00	140.00	128.40	126.87	115.10	1.21	11.56	
22	Potatoes	1 Kg	44.69	40.42	48.44	48.75	40.05	31.56	25.63	39.59	28.13	36.56	36.25	30.00	34.38	30.62	31.25	31.25	31.25	35.81	31.95	32.86	12.08	8.98	
23	Onions	1 Kg	64.69	57.92	53.75	50.00	55.18	55.00	45.00	50.42	55.00	47.94	50.00	40.00	46.25	50.42	47.50	47.50	40.63	50.42	52.72	34.51	-4.36	46.10	
24	Tomatoes	1 Kg	66.57	52.19	55.00	45.00	58.48	53.75	40.00	46.67	51.25	45.92	40.78	37.50	46.25	33.75	40.00	40.00	28.75	45.99	47.66	56.83	-3.50	-19.07	
25	Sugar, Refined	1 Kg	77.30	73.96	73.50	74.50	73.46	71.25	71.25	70.58	71.50	72.41	70.00	70.25	70.00	72.54	72.50	74.50	71.00	72.38	70.83	55.21	2.19	31.10	
26	Gur, Average Quality	1 Kg	118.75	105.94	110.00	110.00	116.43	111.25	100.00	96.67	100.00	113.99	111.88	108.75	97.50	103.75	107.50	98.75	100.00	106.54	102.54	81.09	3.90	31.38	
27	Salt Powder, Loose, Lahori	1 Kg	12.00	12.00	15.00	15.00	20.54	10.00	10.00	10.00	12.00	12.62	15.00	10.00	10.00	15.00	12.00	10.00	10.00	12.42	12.42	11.59	0.00	7.16	
28	Red Chilly Powder, Loose	1 Kg	397.50	355.00	330.00	320.00	327.86	365.00	400.00	301.25	310.00	393.08	385.00	365.00	290.00	350.00	325.00	390.00	290.00	346.75	347.69	345.63	-0.27	0.32	
29	Garlic	1 Kg	305.00	267.92	237.50	250.00	220.71	227.50	247.50	235.83	233.75	242.84	217.81	202.50	181.25	242.09	207.50	253.75	200.00	233.73	217.18	121.87	7.62	91.79	
30	Tea, Lipton Yellow Label, Packet	200 gm	221.05	221.05	221.05	221.05	221.05	221.05	221.05	221.05	221.00	221.05	221.05	221.05	221.05	221.05	221.05	221.05	195.00	219.51	219.51	201.99	0.00	8.67	
31	Cooked Beef, Average Hotel	Plate	131.57	124.38	145.00	150.00	131.43	166.25	130.00	105.00	125.00	104.00	98.75	115.00	100.00	120.00	105.00	90.00	200.00	125.96	122.58	111.89	2.76	12.57	
32	Cooked Daal, Average Hotel	Plate	85.94	79.58	55.00	60.00	67.32	63.75	60.00	46.25	60.00	68.08	60.00	70.00	65.00	60.00	50.00	75.00	87.50	65.50	64.27	61.38	1.91	6.71	
33	Tea Prepared, Average Hotel	Cup	25.63	25.00	25.00	25.00	24.11	25.00	25.00	23.33	22.50	24.42	30.00	30.00	30.00	20.00	20.00	21.00	20.00	24.47	23.94	21.48	2.21	13.92	
34	Cigarettes, K-2, 20's	Packet	70.00	70.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	70.00	75.00	80.00	76.00	80.00	80.00	60.00	70.00	75.94	68.06	51.18	11.58	48.38
35	Long Cloth	1 mtr	258.13	250.00	180.00	190.00	295.00	237.50	275.00	318.75	312.50	200.00	300.00	375.00	300.00	350.00	435.63	550.00	250.00	298.68	291.47	231.81	2.47	28.85	
36	Shirting	1 mtr	245.94	240.00	200.00	210.00	165.00	135.00	170.00	250.00	155.00	183.85	140.00	175.00	200.00	321.00	201.25	163.75	170.00	195.63	190.32	178.63	2.79	9.52	
37	Lawn	1 mtr	260.00	240.00	245.00	260.00	337.50	280.00	393.34	200.00	415.00	421.54	300.00	393.00	366.00	393.00	467.88	500.00	250.00	336.60	332.70	287.59	1.17	17.04	
38	Georgette	1 mtr	182.50	181.25	175.00	165.00	145.00	165.00	150.00	105.00	110.00	123.85	120.00	150.00	160.00	123.33	115.00	108.75	150.00	142.92	140.64	132.08	1.62	8.21	
39	Sandal Bata (Gents)	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	
40	Chappal Sponge Bata (Gents)	Pair	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	199.00	0.00	0.00	
41	Sandal Bata (Ladies)	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	599.00	0.00	0.00	
42	Elec. Charges, Upto 50 Units	Unit	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	0.00	0.00	
43	Gas Charges, Upto 3.3719 MMBTU	MMBTU	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	220.99	145.08	128.70	52.32	71.71	
44	Kerosene Oil	1 Ltr	151.25	143.75	135.00	144.00	130.00	130.00	120.00	127.50	140.00	141.83	130.00	127.50	147.50	132.33	120.00	111.00	100.00	131.27	131.06	122.83	0.16	6.87	
45	Firewood Whole	40 Kg	787.50	741.67	775.00	700.00	810.71	600.00	550.00	708.33	650.00	661.54	600.00	475.00	500.00	729.17	500.00	650.00	625.00	650.82	646.41	626.25	0.68	3.92	
46	Energy Saver (14 watts)	Each	173.13	173.13	170.00	155.00	170.00	165.00	180.00	165.00	175.00	180.00	200.00	155.00	190.00	190.00	170.								