

Average Monthly Prices of 53 Essential Items for the month of March 2020

S. No.	Description	Unit	Islamabad	Rawalpindi	Gujranwala	Sialkot	Lahore	Faisalabad	Sargodha	Multan	Bahawalpur	Karachi	Hyderabad	Sukkur	Larkana	Peshawar	Bannu	Quetta	Khuzdar	Average Prices			%change Mar 20 over	
																				Mar 20	Feb 20	Mar 19	Feb 20	Mar 19
1	Wheat	10 Kg	437.50	437.50	428.13	431.25	434.25	387.50	406.25	419.69	435.63	476.67	407.50	425.00	413.75	438.75	455.00	510.00	492.50	437.46	451.13	353.73	-3.03	23.67
2	Wheat Flour, Bag	10 Kg	421.72	402.50	402.50	404.00	404.00	402.50	403.00	403.00	402.50	554.33	505.00	488.75	476.25	457.71	486.25	508.75	490.94	447.86	453.77	394.56	-1.30	13.51
3	Rice Basmati Broken, (AQ)	1 Kg	100.63	90.83	77.50	70.00	74.82	87.50	73.75	90.00	60.00	92.31	91.25	75.00	95.00	85.83	53.75	115.00	85.00	83.42	83.05	78.27	0.45	6.58
4	Rice Irri-6 (Punjab/Sindh)	1 Kg	71.25	72.50	60.00	47.50	57.00	65.00	77.50	57.50	50.00	67.88	58.75	55.00	51.00	62.50	62.50	85.00	62.50	62.55	61.77	57.66	1.26	8.48
5	Bread Plain, Medium Size	Each	55.00	55.00	50.00	48.75	55.00	55.00	49.69	55.00	55.00	55.00	55.00	60.00	57.50	50.00	40.00	55.00	40.00	52.41	51.99	43.73	0.81	19.85
6	Beef With Bone, (AQ)	1 Kg	521.88	510.42	418.75	450.00	450.00	450.00	440.00	440.00	365.00	541.63	455.00	400.00	425.00	400.83	400.00	420.00	400.00	440.50	436.82	402.11	0.84	9.55
7	Mutton, Average Quality	1 Kg	1077.35	1068.75	937.50	900.00	962.50	1000.00	950.00	895.84	725.00	962.02	875.00	800.00	875.00	848.96	710.00	957.50	850.00	905.61	892.95	821.24	1.42	10.27
8	Chicken Farm, Broiler, Live	1 Kg	157.27	146.88	140.50	150.75	143.00	146.25	143.75	153.34	140.00	172.55	166.41	163.75	140.63	155.75	164.50	157.50	220.00	156.64	168.21	178.53	-6.88	-12.26
9	Milk, Fresh, Unboiled	1 Ltr	110.31	110.00	90.00	80.00	81.25	95.00	75.00	86.67	75.63	108.46	99.00	100.00	110.00	104.38	103.75	110.00	90.00	95.85	94.76	87.89	1.15	9.06
10	Curd (Dahi)	1 Kg	123.29	118.33	100.00	90.00	101.25	100.00	90.00	106.67	85.00	160.00	135.00	110.00	120.00	117.50	108.75	120.00	100.00	110.93	109.48	103.17	1.32	7.52
11	Powdered Milk, Nido, Polybag	400 gm	471.80	471.80	471.79	470.00	460.00	482.00	471.79	471.79	471.80	461.53	471.79	475.21	471.79	460.00	461.53	500.00	460.00	470.86	470.86	406.29	0.00	15.89
12	Eggs Hen, Farm	Dozen	110.21	103.59	103.13	103.75	105.00	104.38	103.75	99.09	108.00	106.16	101.88	104.00	101.25	105.62	102.50	115.00	120.00	105.72	100.14	101.11	5.57	4.56
13	Mustard Oil, Average Quality	1 Kg	265.00	268.33	220.00	210.00	232.86	220.00	240.00	215.00	200.00	215.00	197.35	178.75	227.50	235.00	190.00	230.00	200.00	220.29	220.99	192.70	-0.32	14.32
14	Cooking Oil, Tin, (SN)	2.5 Ltr	660.00	660.00	702.00	610.00	660.00	660.00	660.00	660.00	660.00	660.00	660.00	660.00	660.00	660.00	637.50	660.00	650.00	658.21	645.49	515.54	1.97	27.67
15	Vegetable Ghee, Tin, (SN)	2.5 Kg	655.00	655.00	655.00	633.00	655.00	655.00	655.00	655.00	655.00	655.00	655.00	655.00	655.00	655.00	645.00	655.00	560.00	647.53	638.98	493.24	1.34	31.28
16	Vegetable Ghee (Loose)	1 Kg	208.75	207.71	199.38	205.00	210.00	204.00	201.25	202.08	207.50	219.46	254.00	200.00	195.00	254.00	215.00	250.00	182.50	212.68	215.07	159.53	-1.11	33.32
17	Bananas	Dozen	152.19	121.98	95.00	98.75	106.43	65.00	72.50	108.34	77.50	80.82	66.88	78.75	83.75	87.71	78.75	67.50	72.50	89.08	83.68	85.68	6.45	3.97
18	Pulse Masoor, Washed	1 Kg	159.38	140.00	176.25	180.00	135.00	155.00	162.50	129.17	133.75	137.41	122.50	125.00	121.25	130.83	132.50	141.25	140.00	142.46	146.08	121.82	-2.48	16.94
19	Pulse Moong, Washed	1 Kg	242.50	232.30	240.00	230.00	226.88	235.00	222.50	224.17	240.00	234.14	225.94	245.00	243.75	231.25	230.00	270.00	240.00	236.08	236.27	138.37	-0.08	70.62
20	Pulse Mash, Washed	1 Kg	233.13	224.17	245.00	240.00	233.93	240.00	226.25	202.92	227.50	214.71	195.63	210.00	202.50	227.08	225.00	267.50	212.50	225.17	227.17	152.09	-0.88	48.05
21	Pulse Gram, Washed	1 Kg	165.00	157.92	141.88	140.00	139.91	145.00	142.50	135.84	156.25	154.38	139.06	145.00	122.50	160.00	150.00	180.00	160.00	149.13	155.86	125.09	-4.32	19.22
22	Potatoes	1 Kg	56.57	50.42	48.75	50.00	47.59	42.50	40.00	42.50	44.38	41.25	39.45	38.75	35.00	46.46	42.50	42.50	45.00	44.33	39.47	21.14	12.31	109.70
23	Onions	1 Kg	94.38	82.50	77.50	77.50	74.55	74.38	67.50	66.25	63.75	70.15	68.28	56.25	62.50	80.84	76.25	72.50	77.50	74.09	62.41	36.87	17.11	98.24
24	Tomatoes	1 Kg	57.19	43.33	46.25	52.50	44.29	42.50	35.00	37.09	41.25	27.98	23.52	35.00	33.50	42.92	35.63	32.50	32.50	39.00	47.01	100.03	-17.04	-61.01
25	Sugar, Refined	1 Kg	86.14	81.08	81.00	81.00	82.56	80.00	81.00	80.08	80.25	81.57	79.31	79.25	79.50	82.42	79.50	82.50	80.00	81.01	79.56	61.15	1.82	32.48
26	Gur, Average Quality	1 Kg	136.25	130.83	112.50	110.00	145.71	120.00	105.00	103.33	105.00	129.18	117.03	112.50	101.25	119.58	115.00	130.00	127.50	118.86	119.87	90.95	-0.84	30.69
27	Salt Powder, Loose, Lahori	1 Kg	16.25	14.50	15.00	15.00	20.54	10.00	10.00	15.00	12.00	20.00	15.00	10.00	10.00	15.00	12.00	10.00	10.00	13.55	13.55	12.38	0.00	9.45
28	Red Chilly Powder, Loose	1 Kg	566.25	551.67	501.25	530.00	478.57	555.00	527.50	515.00	512.50	513.85	487.50	490.00	425.00	435.00	477.50	470.00	290.00	489.80	481.89	348.72	1.64	40.46
29	Garlic	1 Kg	388.91	375.83	322.50	332.50	367.14	322.50	327.50	313.34	350.00	363.46	300.31	325.00	301.25	400.83	377.50	397.50	395.00	350.65	379.25	180.30	-7.54	94.48
30	Tea, Lipton Yellow Label, Packet	200 gm	242.11	242.11	242.11	242.00	242.00	242.10	242.10	242.10	242.00	242.11	242.10	242.10	242.10	242.10	242.10	242.10	242.16	242.09	242.09	219.50	0.00	10.29
31	Cooked Beef, Average Hotel	Plate	143.75	134.58	160.00	160.00	131.43	185.00	140.00	105.00	130.00	118.46	100.00	120.00	100.00	140.00	105.00	140.00	200.00	136.07	135.60	118.18	0.35	15.14
32	Cooked Daal, Average Hotel	Plate	95.00	89.17	60.00	60.00	80.00	75.00	65.00	48.75	70.00	74.23	60.00	70.00	65.00	70.00	60.00	95.00	87.50	72.04	71.93	63.58	0.15	13.31
33	Tea Prepared, Average Hotel	Cup	28.13	27.08	30.00	25.00	25.00	27.50	27.50	24.17	27.50	24.90	35.00	30.00	32.50	20.00	22.50	22.00	27.50	26.84	26.84	23.10	0.00	16.19
34	Cigarettes, K-2, 20's	Packet	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	70.38	80.00	80.00	76.00	80.00	90.00	60.00	70.00	78.02	78.00	59.71	0.03	30.66
35	Long Cloth	1 mtr	297.50	290.00	220.00	200.00	295.00	237.50	400.00	376.00	368.88	200.00	350.00	375.00	315.00	450.00	440.00	550.00	250.00	330.29	320.25	263.60	3.14	25.30
36	Shirting	1 mtr	283.75	280.00	225.00	220.00	165.00	135.00	220.00	250.00	155.00	183.85	165.00	175.00	225.00	429.17	245.00	165.00	170.00	217.16	213.85	181.71	1.55	19.51
37	Lawn	1 mtr	260.00	240.00	245.00	270.00	337.50	280.00	470.00	200.00	420.50	421.54	320.00	393.00	500.00	430.00	469.50	500.00	250.00	353.36	348.85	312.53	1.29	13.06
38	Georgette	1 mtr	185.00	183.75	200.00	170.00	157.86	165.00	200.00	105.00	110.00	144.62	120.00	150.00	170.00	131.67	120.00	115.00	170.00	152.82	150.88	136.11	1.29	12.28
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 Spounge 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	699.00	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	604.88	604.88	599.00	0.00	0.98
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	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	246.29	145.08	0.00	69.76
44	Kerosene Oil	1 Ltr	146.25	141.25	132.50	133.25	131.25	132.25	113.75	135.13	131.25	137.79	126.25	116.63	126.25	126.67	118.75	101.25	97.00	126.32	135.01	122.94	-6.44	2.75
45	Firewood Whole	40 Kg	950.00	820.83	800.00	700.00	825.00	700.00	575.00	750.00	700.00	684.13	650.00	500.00	550.00	793.75	520.00	675.00	725.00	701.10	702.31	646.84	-0.17	8.39
46	Energy Saver (14 watts)	Each	175.00	175.00	170.00	155.00	210.00	165.00	180.00	200.00	165.00	180.00	230.00	155.00	230.00									