

Average Monthly Prices of 51 Essential Items for the month of July 2020

S. No.	Description	Unit	Islam-abad	Rawal-pindi	Gujran-wala	Sialkot	Lahore	Faisal-abad	Sar-godha	Multan	Baha-pur	Karachi	Hyder-abad	Sukkur	Larkana	Peshawar	Bannu	Quetta	Khuz-dar	Average Prices			%change Jul 20 over	
																				20	Jun 20	Jul 19	Jun 20	Jul 19
1	Wheat Flour Bag	20 Kg	970.74	978.52	948.75	943.45	951.43	963.74	883.98	913.28	956.46	1203.54	1122.29	1048.36	1019.90	1124.39	1113.92	1091.38	1000.00	1010.21	1010.14	843.91	0.01	19.71
2	Rice Basmati Broken (Average Quality)	1 Kg	101.52	94.14	78.30	70.00	74.71	88.07	83.20	93.75	70.00	94.74	92.40	93.22	99.79	88.84	60.00	114.93	88.25	86.37	85.04	80.28	1.56	7.59
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	73.19	74.01	60.00		56.66	63.16	100.00	64.91	60.00	69.19	72.75	54.77	56.30	70.00	66.63	94.91	80.00	68.75	68.09	60.19	0.97	14.22
4	Bread plain (Small Size)	Each	55.00	55.00	51.54	60.00	55.00	55.00	50.00	55.00	35.00	35.00	55.00	60.00	60.00	50.00	40.00	55.00	40.00	50.25	50.16	43.71	0.18	14.96
5	Beef with Bone (Average Quality)	1 Kg	554.42	545.94	456.08	500.00	476.50	430.89	450.00	450.00	401.17	578.37	484.93	450.00	424.51	441.63	400.00	439.92	450.00	464.19	455.05	416.39	2.01	11.48
6	Mutton (Average Quality)	1 Kg	1140.97	1122.77	957.27	950.00	1007.89	1000.00	950.00	926.05	807.86	1024.69	1024.11	874.64	899.42	925.95	706.60	1096.96	950.00	956.52	944.54	867.12	1.27	10.31
7	Chicken Farm Broiler (Live)	1 Kg	199.53	190.64	179.74	189.70	180.66	181.32	182.31	193.45	181.18	202.82	194.81	204.82	183.78	197.01	200.79	209.63	249.69	194.78	203.25	152.79	-4.17	27.48
8	Milk fresh (Un-boiled)	1 Ltr	114.23	111.97	100.00	90.00	84.85	100.00	80.00	88.73	78.30	111.64	97.00	100.00	111.45	116.46	103.23	110.00	100.00	99.16	97.28	90.39	1.93	9.70
9	Curd (Dahi) Loose	1 Kg	126.06	120.48	110.00	100.00	104.88	103.23	94.87	107.69	83.20	164.05	127.96	112.42	124.77	123.15	113.24	120.00	110.00	113.28	111.28	106.75	1.80	6.12
10	Powdered Milk NIDO 390 gm Polybag	Each	460.00	460.00	480.00	460.00	475.00	470.00	460.00	460.00	460.00	450.00	480.00	463.31	471.62	463.31	460.00	500.00	460.00	466.52	465.57	427.99	0.20	9.00
11	Eggs Hen (Farm)	1 Dozen	130.48	126.55	120.80	126.18	126.48	126.36	127.42	118.31	126.98	128.63	121.47	127.42	124.07	129.64	127.23	129.84	125.73	126.05	114.64	91.41	9.95	37.90
12	Mustard Oil (Average Quality)	1 Kg	275.27	275.04	220.00	200.00	231.79	212.53	240.00	214.59	200.00	213.24	200.00	180.00	231.52	260.00	194.94	234.80	200.00	220.99	219.78	194.96	0.55	13.35
13	Cooking Oil DALDA or Other Similar	Each	1240.00	1240.00	1300.00	1300.00	1240.00	1300.00	1240.00	1300.00	1300.00	1269.65	1300.00	1239.53	1239.53	1300.00	1300.00	1240.00	1240.00	1269.59	1278.19	1080.30	-0.67	17.52
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	625.00	625.00	655.00	633.00	629.20	655.00	620.00	655.00	655.00	639.82	655.00	633.63	637.37	655.00	645.00	625.00	610.00	638.25	641.62	515.91	-0.53	23.71
15	Vegetable Ghee DALDA/HABIB or Other	Each	242.00	242.00	254.00	253.00	242.00	254.00	242.00	254.00	254.00	241.18	254.00	247.70	247.46	254.00	220.00	244.97	255.00	246.98	247.74	197.60	-0.31	24.99
16	Bananas (Kela) Local	1 Dozen	132.52	100.26	95.69	94.63	101.52	96.81	64.80	116.56	96.35	74.22	69.76	79.42	82.48	103.06	102.09	89.63	95.99	92.47	106.36	88.97	-13.06	3.93
17	Pulse Masoor (Washed)	1 Kg	164.80	158.36	189.74	194.80	148.79	165.56	180.00	138.16	146.59	151.17	137.43	133.25	130.61	149.78	160.00	169.91	153.26	156.17	160.39	123.77	-2.63	26.18
18	Pulse Moong (Washed)	1 Kg	266.33	260.00	211.43	225.67	243.73	255.38	242.46	220.33	253.03	258.35	239.12	259.23	236.05	247.39	224.87	304.81	280.00	247.74	277.32	169.31	-10.67	46.32
19	Pulse Mash (Washed)	1 Kg	260.60	259.74	234.87	249.80	248.37	263.19	248.31	212.61	249.15	225.91	208.10	206.46	237.42	253.28	248.02	294.80	229.78	242.00	247.12	177.78	-2.07	36.12
20	Pulse Gram	1 Kg	163.11	150.47	123.28	122.06	129.11	133.25	123.24	119.24	141.62	149.79	136.58	133.25	120.00	149.78	123.25	179.81	150.00	137.17	140.41	128.17	-2.31	7.02
21	Potatoes	1 Kg	76.25	71.06	80.75	82.99	61.96	66.04	66.92	65.08	60.00	49.73	49.54	50.00	45.22	64.67	66.11	54.85	52.33	61.61	57.78	34.70	6.63	77.55
22	Onions	1 Kg	52.86	47.60	40.75	43.90	45.68	40.75	33.68	37.09	38.13	39.74	39.68	32.24	27.89	47.29	39.95	34.76	29.43	38.95	34.99	49.30	11.32	-20.99
23	Tomatoes	1 Kg	89.37	87.65	88.75	91.99	83.74	89.90	66.20	80.62	90.20	89.71	83.66	80.99	91.63	62.21	68.61	62.50	71.48	80.42	35.35	44.02	127.50	82.69
24	Sugar Refined	1 Kg	87.29	86.21	84.03	83.78	83.83	83.34	82.92	83.10	83.04	84.70	83.61	83.13	83.45	86.45	84.11	87.01	81.50	84.19	80.92	72.40	4.04	16.28
25	Gur (Average Quality)	1 Kg	136.58	132.54	120.00	130.00	123.72	133.25	120.00	112.69	120.00	125.10	137.80	120.00	110.00	130.00	119.13	134.94	120.00	124.58	122.98	105.91	1.30	17.63
26	Salt Powdered (NATIONAL/SHAN) 80 gm	Each	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	32.40	30.14	30.20	29.64	-0.20	1.69
27	Chilies Powder NATIONAL 200 gm Packet	Each	280.00	280.00	280.00	280.00	280.00	280.00	280.00	280.00	280.00	280.00	280.00	250.72	250.72	269.88	230.00	280.00	280.00	272.61	214.41	151.78	27.14	79.61
28	Garlic (Lehsun)	1 Kg	264.04	259.66	189.60	189.74	220.75	186.43	187.45	199.55	212.53	280.15	233.91	194.80	169.80	273.39	242.22	344.79	350.00	229.88	241.45	232.33	-4.79	-1.05
29	Tea Lipton Yellow Label 190 gm Packet	Each	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	227.49	242.00	230.00	230.00	230.00	220.00	229.94	229.42	210.06	0.23	9.46
30	Cooked Beef at Average Hotel	Per Plate	138.96	136.28	160.00	160.00	130.92	183.27	140.00	108.44	134.85	119.90	100.00	120.00	165.10	139.25	106.56	167.20	196.61	139.18	137.99	127.06	0.86	9.54
31	Cooked Daal at Average Hotel	Per Plate	94.87	90.97	60.00	60.00	80.00	73.19	70.00	55.08	72.38	74.38	60.00	70.00	63.83	73.19	60.00	94.91	90.00	72.05	71.47	65.08	0.81	10.71
32	Tea Prepared Ordinary	Per Cup	28.88	28.40	30.00	25.00	25.00	28.23	26.57	25.04	26.57	25.00	35.00	30.00	32.44	20.00	21.54	23.42	30.00	26.87	26.51	24.85	1.36	8.13
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	85.56	80.00	87.39	90.00	90.00	90.00	90.00	90.00	83.58	82.55	79.32	1.25	5.37
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	333.18	325.96	220.00	236.44	293.30	315.82	400.00	376.00	379.00	249.07	350.00	375.00	340.84	450.00	443.23	548.48	295.80	339.84	327.65	289.97	3.72	17.20
35	Shirting (Average Quality)	1 mtr	334.57	323.93	225.00	256.52	163.27	133.25	220.00	250.00	153.26	205.86	168.20	173.21	224.07	427.71	243.29	164.95	184.39	216.08	210.50	190.20	2.65	13.61
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	319.11	298.65	243.29	292.20	333.13	315.82	470.00	428.00	417.24	427.70	350.00	393.00	500.00	430.00	499.80	498.33	295.80	374.38	364.10	341.63	2.82	9.59
37	Georgette (Average Quality)	1 mtr	212.26	205.27	200.00	192.04	156.06	159.40	200.00	106.46	106.27	141.65	124.90	150.00	177.39	148.52	120.00	127.16	170.00	154.94	151.14	141.63	2.51	9.40
38	Gents Sandal Bata	Pair	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	899.00	0.00	0.00
39	Gents Sponge Chappal Bata	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
40	Ladies Sandal 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	599.00	0.00	0.00
41	Electricity Charges upto 50 Units	Per Unit	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.73	0.00	-0.80
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	937.25	825.54	816.33	700.00	815.93	700.00	566.19	749.44	700.00	682.92	650.00	500.00	600.00	767.44	520.00	674.69	700.00	691.34	691.58	639.79	-0.03	8.06
44	Energy Saver Philips 14 Watt	Each	176.60	175.26	170.00	155.00	210.00	165.00	240.00	200.00	180.00	180.00	230.00	155.00	230.00	190.00	190.00	220.00	230.00	192.06	192.06	178.22	0.00	7.77
45	Sufi Washing Soap 250 gm Cake	Each	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	45.00	45.00	50.00	45.80	50.00	45.00	50.00	45.00	48.52	48.47	41.85	0.10	15.94
46	Match Box	Each	3.00	3.00	3.00	2.00	3.00	2.29	3.00	3.00	2.62	3.00</												