

DAILY SUMMARY OF AVERAGE RETAIL PRICE OF TEN (10) ESSENTIAL HOUSEHOLD COMMODITIES

Price Data Collection Agency: Bureau of Statistics, Punjab
 Daily Price Report: 11-09-2025, Thursday
 Comparison with: 2nd week of Aug. 2025
 Price data type: Average Retail Price of The Punjab

The average retail price and its percentage change for (10) ten household essential commodities on 11-09-2025, compared with the 2nd week of Aug 2025, of the Punjab, given as follows: -

Sr. No.	Commodities	Unit	Average Retail Price on		% Change	Trend
			11-09-2025	2 nd week of Aug. 2025		
			(1)	(2)		
1.	Wheat Flour (Thaila)	10 kg	1010	720	40.2	Increased
2.	Sugar White	1 kg	181	180	0.5	Stable
3.	Potatoes	1 kg	96	94	2.5	Increased
4.	Tomatoes	1 kg	248	106	134.6	Increased
5.	Gram Dal	1 kg	305	305	0.1	Stable
6.	Moong Dal washed	1 kg	394	392	0.4	Stable
7.	Chicken Meat Broiler	1 kg	613	581	5.6	Increased
8.	Beef with bone	1 kg	1061	1040	2.0	Increased
9.	Onion	1 kg	85	68	25.2	Increased
10.	Veg. Ghee (Dalda)	5 kg	2844	2844	0.0	Stable
Out of 10 essential items, the retail price of 06 item's price are increased, No one is decreased while 04 are stable.						
Source: Bureau of Statistics, Punjab.						

Retail Price of 70 Household Essential Commodities of The Punjab, on 11-09-2025

Compared with 2nd week of Aug-2025, and 2nd week of Sep-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average 11-09-2025	Weekly Average of (Min+ Max) Retail Prices 2nd week of		% Change on Average Price (Min+ Max) Date Over 2nd week of	
			Min	Max		Aug. 2025	Sep. 2024	Aug. 2025	Sep. 2024

Staples

1	WHEAT ATTA LOOSE (MILL)	kg	95	130	106.0	77.1	94.7	37.5	11.9
2	WHEAT ATTA LOOSE (CHAKKI)	kg	90	130	111.0	86.3	106.2	28.6	4.5
3	WHEAT ATTA (THAILA)	10 kg	900	1,200	1,010.0	720.4	-	40.2	-
4	MAIDA	kg	110	150	127.0	108.7	131.9	16.8	-3.7
5	RAWA/SUJI	kg	110	150	129.0	110.0	133.3	17.2	-3.2
6	VEG. GHEE (POUCH) (LOCAL)	kg	405	520	482.0	483.5	450.3	-0.3	7.0
7	VEG. GHEE DALDA (CARTON)	5 kg	2,780	2,900	2,844.0	2,843.8	2,554.1	0.0	11.4
8	COOKING OIL DALDA (CARTON)	5 Litre	2,780	2,950	2,863.0	2,861.8	2,640.0	0.0	8.4
9	BAISAN (GROUND GRAM)	kg	280	340	311.0	313.6	364.4	-0.8	-14.6
10	RICE BASMATI (SUPERIOR QUALITY)	kg	300	370	335.0	330.8	312.2	1.3	7.3
11	RICE BASMATI (AVERAGE QUALITY)	kg	240	320	271.0	268.5	-	0.9	-
12	BROKEN BASMATI	kg	170	250	197.0	195.7	224.7	0.7	-12.3
13	GRAM (BLACK)	kg	270	340	304.0	306.7	351.4	-0.9	-13.5
14	GRAM (WHITE)	kg	260	370	329.0	327.0	-	0.6	-
15	GRAM DAL	kg	270	350	305.0	304.7	363.2	0.1	-16.0
16	MASOOR (WHOLE)	kg	260	350	302.0	301.3	308.9	0.2	-2.2
17	MASOOR (DAL)	kg	280	360	321.0	321.0	316.9	0.0	1.3
18	MASH DAL (WASHED)	kg	440	560	501.0	505.3	588.3	-0.8	-14.8
19	MOONG (WHOLE)	kg	340	400	375.0	375.0	310.5	0.0	20.8
20	MOONG DAL (WASHED)	kg	350	450	394.0	392.3	339.1	0.4	16.2
21	CHILLIES (GROUND)	250 g	180	250	206.0	206.8	190.0	-0.4	8.4
22	SUGAR WHITE	kg	173	200	181.0	180.0	145.8	0.5	24.1
23	GUR	kg	180	260	224.0	224.3	222.2	-0.1	0.8
24	SALT POWDERED PACK (NATIONAL/SHAN)	800 g	60	80	72.0	73.1	-	-1.5	-
25	DOUBLE ROTI (LOCAL)	400 g	100	120	104.0	104.1	107.5	-0.1	-3.3
26	DOUBLE ROTI DAWN	360 g	110	120	110.0	110.6	113.3	-0.5	-2.9
27	TANORI ROTI	100 g	14	15	14.0	14.6	15.9	-3.8	-11.9

Dairy & Meat

28	CHICKEN ALIVE (BROILER)	kg	360	490	430.0	402.5	401.4	6.8	7.1
29	CHICKEN MEAT (BROILER) WITH ORGANS	kg	540	675	613.0	580.6	591.6	5.6	3.6
30	MUTTON	kg	1,800	2,300	2,010.0	1,996.9	1,888.9	0.7	6.4
31	BEEF WITH BONE	kg	900	1,300	1,061.0	1,040.4	905.6	2.0	17.2
32	EGGS (FARMI)	Dozen	280	310	300.0	283.0	304.7	6.0	-1.5
33	MILK (FRESH)	Litre	160	220	187.0	187.3	180.6	-0.2	3.6
34	CURD (FRESH)	kg	190	240	222.0	221.1	216.7	0.4	2.5
35	MILK TETRA PACK (MILK PACK / OLPER)	250 ml	90	100	94.0	94.8	-	-0.8	-

(-) Data not available. M.D=meat less day.

Source: Bureau of Statistics, Punjab.

Retail Price of 70 Household Essential Commodities of The Punjab, on 11-09-2025

Compared with 2nd week of Aug-2025, and 2nd week of Sep-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average 11-09-2025	Weekly Average of (Min+ Max) Retail Prices 2nd week of		% Change on Average Price (Min+ Max) Date Over 2nd week of		
			Min	Max		Aug. 2025	Sep. 2024	Aug. 2025	Sep. 2024	

Vegetables

36	GARLIC (CHINA)	kg	260	600	395.0	365.3	568.9	8.1	-30.6
37	GINGER	250 g	110	200	147.0	146.0	175.8	0.7	-16.4
38	POTATOES	kg	70	130	96.0	93.6	111.9	2.5	-14.2
39	ONIONS	kg	70	100	85.0	67.9	155.3	25.2	-45.3
40	SPINACH	kg	50	120	73.0	80.2	83.8	-9.0	-12.9
41	TOMATOES	kg	140	340	248.0	105.7	115.4	134.6	115.0
42	BRINJAL	kg	80	200	147.0	121.1	92.6	21.4	58.8
43	BITTER GOURD	1 Kg	120	300	197.0	149.9	166.2	31.4	18.5
44	LADY FINGER	1 Kg	130	250	195.0	151.3	123.8	28.9	57.5
45	TINDA	1 Kg	150	420	279.0	248.4	236.9	12.3	17.8
46	GHIA KADDU	1 Kg	70	260	162.0	161.3	89.2	0.4	81.7
47	ARVI	1 Kg	100	200	144.0	124.6	186.6	15.5	-22.8
48	GHIA TORRI	1 Kg	70	260	166.0	125.4	110.3	32.4	50.5
49	COCUMBER (KHEERA)	1 Kg	100	160	122.0	110.3	153.3	10.6	-20.4
50	LEMON	250 gm	70	120	92.0	97.8	-	-5.9	-

Fruits

51	APPLE SUPERIOR QUALITY	kg	230	400	312.0	331.3	270.7	-5.8	15.3
52	APPLE AVERAGE QUALITY	kg	130	300	188.0	198.3	169.0	-5.2	11.3
53	BANANA	Dozen	100	180	134.0	156.5	131.9	-14.4	1.6
54	DATES (IRANI)	kg	450	600	526.0	507.1	530.6	3.7	-0.9
55	GUAVA	kg	100	200	140.0	173.5	184.4	-19.3	-24.1

Household Essentials

56	L.P.G	kg	250	320	278.0	273.7	-	1.6	-
57	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	164.0	165.1	-	-0.7	-
58	LIFE BUOY (128 gm)	Cake	115	125	124.0	123.4	100.6	0.5	23.3
59	LUX SOAP (WHITE) (98gm)	Cake	100	120	114.0	113.3	-	0.6	-
60	WASHING SOAP (SUFU) (250g)	Cake	110	135	129.0	130.4	129.4	-1.1	-0.3
61	LEMON MAX (DISH WASH) (165gm)	Cake	45	58	50.0	49.9	-	0.2	-
62	SURF EXCEL	500 g	265	300	284.0	283.2	-	0.3	-
63	SURF BONUS	kg	220	250	231.0	231.6	-	-0.3	-
64	COLD DRINK (COKE/PEPSI)	1.5 Liter	180	200	196.0	197.0	-	-0.5	-
65	TOOTH PASTE (COLGATE)	100 g	200	220	211.0	211.5	-	-0.2	-
66	MATCHES 50 STICKS	Each	5	7	6.0	6.3	6.3	-4.3	-4.5
67	MUSTARD OIL (LOCAL)	kg	480	620	550.0	547.4	536.6	0.5	2.5

Tea & Tobacco

68	TEA (YELLOW LABEL)	140 g	390	400	399.0	399.8	-	-0.2	-
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	250	240.0	240.2	229.4	-0.1	4.6
70	TEA PREPARED (Sada)	Cup	50	70	62.0	62.3	61.7	-0.5	0.5

(-) Data not available.

Source: Bureau of Statistics, Punjab.

Increasing Decreasing or constant



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					11-09-2025	Aug-25	Sep-24	Aug-25	Sep-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	110	106	73.8	95	43.63	11.58
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	105	115	113	80	100	41.25	13
3	WHEAT ATTA (THAILA)	10Kg	905	1,100	1036	711.6	0	0	0
4	MAIDA	kg	120	125	121	100	130	21	-6.92
5	RAWA/SUJI	Kg	120	125	121	98.8	130	22.47	-6.92
6	VEG. GHEE (POUCH) (LOCAL)	kg	480	510	503	503.6	445	-0.12	13.03
7	VEG. GHEE DALDA (CARTON)	5Kg	2,845	2,850	2846	2846	2600	0	9.46
8	COOKING OIL DALDA (CARTON)	5Litre	2,845	2,850	2846	2846	2675	0	6.39
9	BAISAN (GROUND GRAM)	Kg	300	320	308	304.8	360	1.05	-14.44
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	360	345	345	310	0	11.29
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	290	268	267.6	0	0	0
12	BROKEN BASMATI	Kg	170	200	192	192.4	220	-0.21	-12.73
13	GRAM (BLACK)	Kg	280	320	308	308	320	0	-3.75
14	GRAM (WHITE)	Kg	330	360	350	347.4	0	0	0
15	GRAM DAL	Kg	290	300	298	300	355	-0.67	-16.06
16	MASOOR (WHOLE)	Kg	300	320	315	313	320	0.64	-1.56
17	MASOOR (DAL)	Kg	300	330	308	308	310	0	-0.65
18	MASH DAL (WASHED)	Kg	530	550	538	540.4	530	-0.44	1.51
19	MOONG (WHOLE)	Kg	360	400	390	391.6	300	-0.41	30
20	MOONG DAL (WASHED)	Kg	380	420	390	389.4	320	0.15	21.88
21	CHILLIES (GROUND)	250g	200	200	200	200	180	0	11.11
22	SUGAR WHITE	Kg	175	180	176	177	140	-0.56	25.71
23	GUR	Kg	200	250	215	206.6	200	4.07	7.5
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	100	0	0
26	DOUBLE ROTI DAWN	360g	110	120	113	113	110	0	2.73
27	TANORI ROTI	100g	14	15	14	14	15	0	-6.67
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	420	430	423	390.6	390	8.29	8.46
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	600	640	612	565.4	560	8.24	9.29
30	MUTTON	Kg	1,800	2,200	2100	2067	1800	1.6	16.67
31	BEEF WITH BONE	Kg	1,050	1,200	1158	1167	1000	-0.77	15.8
32	EGGS (FARM)	Dozen	280	310	290	281.4	300	3.06	-3.33
33	MILK (FRESH)	Litre	170	180	172	172	175	0	-1.71
34	CURD (fresh)	Kg	200	220	207	204.6	200	1.17	3.5
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	330	360	345	335.6	475	2.8	-27.37
37	GINGER	250g	140	155	148	146.6	155	0.95	-4.52
38	POTATOES	Kg	80	100	95	96.6	110	-1.66	-13.64
39	ONIONS	Kg	80	90	85	69.6	140	22.13	-39.29



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price(Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					11-09-2025	Aug-25	Sep-24	Aug-25	Sep-24
40	SPINACH	Kg	70	80	74	62.8	71.67	17.83	3.25
41	TOMATOES	Kg	210	250	228	83.2	106.67	174.04	113.74
42	BRINJAL	Kg	110	160	127	123	109.17	3.25	16.33
43	BITTER GOURD	Kg	200	240	218	140.8	155	54.83	40.65
44	LADY FINGER	Kg	200	240	223	123.2	112.5	81.01	98.22
45	TINDA	Kg	270	320	287	315.4	200	-9	43.5
46	GHIA KADDU	Kg	180	260	227	210	82.5	8.1	175.15
47	ARVI	Kg	140	150	148	138.4	167.5	6.94	-11.64
48	GHIA TORRI	Kg	180	260	230	126.2	126.67	82.25	81.57
49	COCUMBER (KHEERA)	Kg	120	140	127	113.2	135	12.19	-5.93
50	LEMON	250g	90	120	105	106.6	0	0	0
Household Essentials									
51	L.P.G	Kg	290	300	298	295.4	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	163	164.8	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	124.6	95	0.32	31.58
54	LUX SOAP (WHITE) (98gm)	Cake	120	120	120	120.4	0	0	0
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	132.8	130	-2.11	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	265	290	282	282	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	197	197.6	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	6	7	7	7	6.5	0	7.69
62	MUSTARD OIL (LOCAL)	Kg	500	520	510	502.8	490	1.43	4.08
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	300	380	328	348.6	250	-5.91	31.2
64	APPLE AVERAGE QUALITY	Kg	160	280	203	232.8	169.17	-12.8	20
65	BANANA	Dozen	130	140	135	167	139.17	-19.16	-3
66	DATES (IRANI)	Kg	500	550	542	543.6	550	-0.29	-1.45
67	GUAVA	Kg	160	180	172	173.8	155	-1.04	10.97
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	239.6	230	0.17	4.35
70	TEA PREPARED (Sada)	Cup	50	60	58	58	60	0	-3.33

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		11-09-2025	2nd week of		2nd week of
					Aug-25		Sep-24	Aug-25	Sep-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	110	110	110	74	90	48.65	22.22
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	120	117	83	110	40.96	6.36
3	WHEAT ATTA (THAILA)	10Kg	1,100	1,100	1100	702.4	0	0	0
4	MAIDA	kg	110	130	117	102	120	14.71	-2.5
5	RAWA/SUJI	Kg	110	130	117	102	120	14.71	-2.5
6	VEG. GHEE (POUCH) (LOCAL)	kg	510	520	518	514	455	0.78	13.85
7	VEG. GHEE DALDA (CARTON)	5Kg	2,840	2,860	2854	2848	2550	0.21	11.92
8	COOKING OIL DALDA (CARTON)	5Litre	2,840	2,870	2861	2854	2650	0.25	7.96
9	BAISAN (GROUND GRAM)	Kg	300	330	318	318	335	0	-5.07
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	350	338	336.4	295	0.48	14.58
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	310	293	293.4	0	0	0
12	BROKEN BASMATI	Kg	200	220	203	202.8	225	0.1	-9.78
13	GRAM (BLACK)	Kg	280	330	313	313	345	0	-9.28
14	GRAM (WHITE)	Kg	340	370	360	353	0	0	0
15	GRAM DAL	Kg	300	330	318	318	345	0	-7.83
16	MASOOR (WHOLE)	Kg	280	310	300	300	295	0	1.69
17	MASOOR (DAL)	Kg	300	330	320	320	325	0	-1.54
18	MASH DAL (WASHED)	Kg	480	540	505	504.6	605	0.08	-16.53
19	MOONG (WHOLE)	Kg	350	390	375	375	325	0	15.38
20	MOONG DAL (WASHED)	Kg	380	420	403	403	355	0	13.52
21	CHILLIES (GROUND)	250g	180	200	197	197	185	0	6.49
22	SUGAR WHITE	Kg	173	175	175	175.4	145	-0.23	20.69
23	GUR	Kg	200	230	218	217.2	200	0.37	9
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	108	108	120	0	-10
26	DOUBLE ROTI DAWN	360g	110	120	112	112	120	0	-6.67
27	TANORI ROTI	100g	15	15	15	14	15	7.14	0
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	390	410	400	383.8	375	4.22	6.67
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	600	640	607	574.8	565	5.6	7.43
30	MUTTON	Kg	1,900	2,000	1983	1983	1800	0	10.17
31	BEEF WITH BONE	Kg	1,000	1,100	1017	1017	900	0	13
32	EGGS (FARM)	Dozen	280	300	285	273.2	300	4.32	-5
33	MILK (FRESH)	Litre	160	180	175	175	180	0	-2.78
34	CURD (fresh)	Kg	200	240	230	228	240	0.88	-4.17
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	95	94	94.2	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	260	430	312	346.6	565	-9.98	-44.78
37	GINGER	250g	110	180	133	138	175	-3.62	-24
38	POTATOES	Kg	70	100	92	89.6	115	2.68	-20
39	ONIONS	Kg	70	90	80	78.2	146.67	2.3	-45.46



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price(Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					11-09-2025	Aug-25	Sep-24	Aug-25	Sep-24
40	SPINACH	Kg	60	70	65	68	75	-4.41	-13.33
41	TOMATOES	Kg	140	250	178	98.6	118.33	80.53	50.43
42	BRINJAL	Kg	80	120	103	115.8	85	-11.05	21.18
43	BITTER GOURD	Kg	120	150	138	132.8	130	3.92	6.15
44	LADY FINGER	Kg	130	150	137	144	145	-4.86	-5.52
45	TINDA	Kg	150	220	172	151.4	153.33	13.61	12.18
46	GHIA KADDU	Kg	70	100	92	142.6	68.33	-35.48	34.64
47	ARVI	Kg	100	120	112	113.4	155	-1.23	-27.74
48	GHIA TORRI	Kg	70	100	92	111.6	68.33	-17.56	34.64
49	COCUMBER (KHEERA)	Kg	100	120	112	106.4	138.33	5.26	-19.03
50	LEMON	250g	80	100	93	101.6	0	0	0
Household Essentials									
51	L.P.G	Kg	300	310	302	301.6	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	120	125	124	124	95	0	30.53
54	LUX SOAP (WHITE) (98gm)	Cake	110	120	117	117	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	135	133	133	130	0	2.31
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	270	280	272	272	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	190	200	198	198	0	0	0
60	TOOTH PASTE (COLGATE)	100g	200	220	213	213	0	0	0
61	MATCHES 50 STICKS	Each	7	7	7	7	7	0	0
62	MUSTARD OIL (LOCAL)	Kg	520	600	538	530	500	1.51	7.6
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	300	350	325	337	255	-3.56	27.45
64	APPLE AVERAGE QUALITY	Kg	200	250	242	254	200	-4.72	21
65	BANANA	Dozen	100	150	135	178.4	145	-24.33	-6.9
66	DATES (IRANI)	Kg	500	560	545	516.8	450	5.46	21.11
67	GUAVA	Kg	120	150	133	180.8	200	-26.44	-33.5
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
70	TEA PREPARED (Sada)	Cup	60	70	68	68	70	0	-2.86

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		11-09-2025	2nd week of		2nd week of
					Aug-25		Sep-24	Aug-25	Sep-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	110	120	115	78	95	47.44	21.05
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	120	120	120	83	103.33	44.58	16.13
3	WHEAT ATTA (THAILA)	10Kg	1,100	1,150	1125	740	0	0	0
4	MAIDA	kg	140	150	145	115	135	26.09	7.41
5	RAWA/SUJI	Kg	140	150	145	115	135	26.09	7.41
6	VEG. GHEE (POUCH) (LOCAL)	kg	500	520	510	510	472.5	0	7.94
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,900	2875	2875	2490	0	15.46
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,950	2925	2925	2650	0	10.38
9	BAISAN (GROUND GRAM)	Kg	330	340	335	335	390	0	-14.1
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	340	335	335	325	0	3.08
11	RICE BASMATI (AVERAGE QUALITY)	Kg	270	280	275	275	0	0	0
12	BROKEN BASMATI	Kg	190	200	195	195	210	0	-7.14
13	GRAM (BLACK)	Kg	320	330	325	325	355	0	-8.45
14	GRAM (WHITE)	Kg	330	340	335	325	0	0	0
15	GRAM DAL	Kg	340	350	345	335	375	2.99	-8
16	MASOOR (WHOLE)	Kg	300	320	310	310	285	0	8.77
17	MASOOR (DAL)	Kg	330	340	335	330	295	1.52	13.56
18	MASH DAL (WASHED)	Kg	500	520	510	495	560	3.03	-8.93
19	MOONG (WHOLE)	Kg	340	350	345	345	305	0	13.11
20	MOONG DAL (WASHED)	Kg	400	420	410	390	345	5.13	18.84
21	CHILLIES (GROUND)	250g	200	220	210	210	175	0	20
22	SUGAR WHITE	Kg	175	175	175	176	147.5	-0.57	18.64
23	GUR	Kg	230	240	235	235	210	0	11.9
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	110	0	-9.09
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	14	14	14	13	15	7.69	-6.67
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	440	450	445	413	391.67	7.75	13.62
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	610	630	620	597	583.33	3.85	6.29
30	MUTTON	Kg	2,000	2,000	2000	1950	1900	2.56	5.26
31	BEEF WITH BONE	Kg	1,000	1,000	1000	875	875	14.29	14.29
32	EGGS (FARM)	Dozen	300	300	300	295	315	1.69	-4.76
33	MILK (FRESH)	Litre	200	200	200	195	195	2.56	2.56
34	CURD (fresh)	Kg	220	240	230	230	230	0	0
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	100	100	100	100	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	340	360	350	332	525	5.42	-33.33
37	GINGER	250g	140	150	145	145	155	0	-6.45
38	POTATOES	Kg	90	100	95	95	105	0	-9.52
39	ONIONS	Kg	70	80	75	65	143.33	15.38	-47.67



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price(Min+ Max) Date Over	
			Min	Max		11-09-2025	2nd week of		2nd week of
					Aug-25		Sep-24	Aug-25	Sep-24
40	SPINACH	Kg	70	80	75	105	105	-28.57	-28.57
41	TOMATOES	Kg	200	220	210	103	108.33	103.88	93.85
42	BRINJAL	Kg	140	150	145	129	80	12.4	81.25
43	BITTER GOURD	Kg	180	190	185	198	166.67	-6.57	11
44	LADY FINGER	Kg	200	210	205	161	115	27.33	78.26
45	TINDA	Kg	260	280	270	245	255	10.2	5.88
46	GHIA KADDU	Kg	100	110	105	182	88.33	-42.31	18.87
47	ARVI	Kg	120	130	125	111	160	12.61	-21.88
48	GHIA TORRI	Kg	160	170	165	137	115	20.44	43.48
49	COCUMBER (KHEERA)	Kg	130	140	135	107	130.83	26.17	3.19
50	LEMON	250g	70	80	75	101	0	0	0
Household Essentials									
51	L.P.G	Kg	260	270	265	275	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	115	0	8.7
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	102	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	274	280	277	277	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	190	190	0	0	0
60	TOOTH PASTE (COLGATE)	100g	200	200	200	200	0	0	0
61	MATCHES 50 STICKS	Each	6	7	7	7	6	0	16.67
62	MUSTARD OIL (LOCAL)	Kg	530	550	540	540	525	0	2.86
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	230	250	240	261	210	-8.05	14.29
64	APPLE AVERAGE QUALITY	Kg	150	170	160	169	145	-5.33	10.34
65	BANANA	Dozen	100	120	110	131	110	-16.03	0
66	DATES (IRANI)	Kg	550	600	575	445	500	29.21	15
67	GUAVA	Kg	100	120	110	149	135	-26.17	-18.52
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	245	240	240	2.08	2.08
70	TEA PREPARED (Sada)	Cup	60	60	60	61.6	60	-2.6	0

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT GUJRANWALA ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					11-09-2025	Aug-25	Sep-24	Aug-25	Sep-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	120	106	79	95	34.18	11.58
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	110	108	86.6	100	24.71	8
3	WHEAT ATTA (THAILA)	10Kg	905	1,200	995	740	0	0	0
4	MAIDA	kg	120	140	125	115.6	120	8.13	4.17
5	RAWA/SUJI	Kg	140	150	143	118	130	21.19	10
6	VEG. GHEE (POUCH) (LOCAL)	kg	450	460	455	475.6	400	-4.33	13.75
7	VEG. GHEE DALDA (CARTON)	5Kg	2,780	2,800	2797	2796.6	2525	0.01	10.77
8	COOKING OIL DALDA (CARTON)	5Litre	2,780	2,800	2797	2796.6	2625	0.01	6.55
9	BAISAN (GROUND GRAM)	Kg	280	300	290	302.2	370	-4.04	-21.62
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	350	342	313.2	225	9.2	52
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	300	282	263.6	0	0	0
12	BROKEN BASMATI	Kg	180	200	190	178	170	6.74	11.76
13	GRAM (BLACK)	Kg	270	280	278	281.2	391.67	-1.14	-29.02
14	GRAM (WHITE)	Kg	270	320	292	299.6	0	0	0
15	GRAM DAL	Kg	280	300	292	295.6	391.67	-1.22	-25.45
16	MASOOR (WHOLE)	Kg	270	300	285	283.6	305	0.49	-6.56
17	MASOOR (DAL)	Kg	310	320	318	318	320	0	-0.63
18	MASH DAL (WASHED)	Kg	450	480	462	517	590	-10.64	-21.69
19	MOONG (WHOLE)	Kg	390	400	398	398	300	0	32.67
20	MOONG DAL (WASHED)	Kg	390	450	415	406	350	2.22	18.57
21	CHILLIES (GROUND)	250g	200	220	203	217	170	-6.45	19.41
22	SUGAR WHITE	Kg	190	190	190	194.4	150	-2.26	26.67
23	GUR	Kg	250	260	252	252.2	230	-0.08	9.57
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	60	70	67	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	110	0	0
26	DOUBLE ROTI DAWN	360g	110	110	110	110	105	0	4.76
27	TANORI ROTI	100g	14	15	15	15	15	0	0
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	419	435	424	405	407.5	4.69	4.05
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	630	675	645	604.2	604.5	6.75	6.7
30	MUTTON	Kg	1,800	2,200	2050	2053	1800	-0.15	13.89
31	BEEF WITH BONE	Kg	900	1,100	1017	1036.33	825	-1.87	23.27
32	EGGS (FARM)	Dozen	290	305	300	288.8	305	3.88	-1.64
33	MILK (FRESH)	Litre	200	220	213	220	200	-3.18	6.5
34	CURD (fresh)	Kg	220	240	233	229.6	220	1.48	5.91
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	97	97.6	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	400	500	450	404.2	558.33	11.33	-19.4
37	GINGER	250g	120	140	128	131.2	168.33	-2.44	-23.96
38	POTATOES	Kg	80	90	83	88.8	109.17	-6.53	-23.97
39	ONIONS	Kg	80	100	88	73	160	20.55	-45



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT GUJRANWALA ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					11-09-2025	Aug-25	Sep-24	Aug-25	Sep-24
40	SPINACH	Kg	70	100	85	109	104.17	-22.02	-18.4
41	TOMATOES	Kg	280	300	293	121.8	117.5	140.56	149.36
42	BRINJAL	Kg	140	200	165	124	105	33.06	57.14
43	BITTER GOURD	Kg	240	300	272	172.6	211.67	57.59	28.5
44	LADY FINGER	Kg	180	250	205	162.4	132.5	26.23	54.72
45	TINDA	Kg	280	350	317	272.8	325.83	16.2	-2.71
46	GHIA KADDU	Kg	200	250	218	153.2	110	42.3	98.18
47	ARVI	Kg	140	200	165	148.6	207.5	11.04	-20.48
48	GHIA TORRI	Kg	180	240	203	158.8	123.33	27.83	64.6
49	COCUMBER (KHEERA)	Kg	100	120	107	115	176.67	-6.96	-39.44
50	LEMON	250g	100	100	100	99.2	0	0	0
Household Essentials									
51	L.P.G	Kg	260	320	280	280	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	95	0	31.58
54	LUX SOAP (WHITE) (98gm)	Cake	110	115	112	111.6	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	110	130	127	130	130	-2.31	-2.31
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	58	51	50	0	0	0
57	SURF EXCEL	500g	270	290	283	284.4	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	190	200	197	197.6	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	213	212.4	0	0	0
61	MATCHES 50 STICKS	Each	5	7	6	6.2	7	-3.23	-14.29
62	MUSTARD OIL (LOCAL)	Kg	550	600	567	568.6	600	-0.28	-5.5
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	300	400	340	389	250	-12.6	36
64	APPLE AVERAGE QUALITY	Kg	200	300	225	217.4	190	3.5	18.42
65	BANANA	Dozen	120	150	138	147.4	108.33	-6.38	27.39
66	DATES (IRANI)	Kg	450	500	483	481.4	500	0.33	-3.4
67	GUAVA	Kg	140	200	162	200.6	185	-19.24	-12.43
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	390	400	397	397.6	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	247.6	240	-0.24	2.92
70	TEA PREPARED (Sada)	Cup	60	70	67	67.6	60	-0.89	11.67

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT LAHORE ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		11-09-2025	2nd week of		2nd week of
					Aug-25		Sep-24	Aug-25	Sep-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	100	130	109	79.8	100	36.59	9
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	130	113	95.2	120	18.7	-5.83
3	WHEAT ATTA (THAILA)	10Kg	950	1,170	1093	695.4	0	0	0
4	MAIDA	kg	110	140	123	104	155	18.27	-20.65
5	RAWA/SUJI	Kg	110	140	125	106.8	160	17.04	-21.88
6	VEG. GHEE (POUCH) (LOCAL)	kg	460	510	491	486.8	470	0.86	4.47
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,900	2840	2840.4	2525	-0.01	12.48
8	COOKING OIL DALDA (CARTON)	5Litre	2,820	2,900	2874	2864.4	2600	0.34	10.54
9	BAISAN (GROUND GRAM)	Kg	300	330	320	308.6	377.5	3.69	-15.23
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	350	340	332.6	345	2.22	-1.45
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	320	281	277.4	0	0	0
12	BROKEN BASMATI	Kg	180	250	213	214.6	250	-0.75	-14.8
13	GRAM (BLACK)	Kg	270	320	300	299	365	0.33	-17.81
14	GRAM (WHITE)	Kg	320	340	328	326.4	0	0	0
15	GRAM DAL	Kg	270	310	294	289.2	390	1.66	-24.62
16	MASOOR (WHOLE)	Kg	300	340	311	310.6	330	0.13	-5.76
17	MASOOR (DAL)	Kg	310	350	330	330.2	350	-0.06	-5.71
18	MASH DAL (WASHED)	Kg	440	480	461	458	612.5	0.66	-24.73
19	MOONG (WHOLE)	Kg	340	380	370	366.4	320	0.98	15.63
20	MOONG DAL (WASHED)	Kg	350	420	379	377.6	350	0.37	8.29
21	CHILLIES (GROUND)	250g	180	220	201	201.8	210	-0.4	-4.29
22	SUGAR WHITE	Kg	180	200	187	182	150	2.75	24.67
23	GUR	Kg	180	240	211	212.2	240	-0.57	-12.08
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	75	75.2	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	120	110	108	105	1.85	4.76
26	DOUBLE ROTI DAWN	360g	110	120	113	110	115	2.73	-1.74
27	TANORI ROTI	100g	14	15	15	15	15	0	0
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	411	430	419	400.4	402.33	4.65	4.14
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	540	650	602	589	583	2.21	3.26
30	MUTTON	Kg	1,900	2,300	2063	2087.67	2050	-1.18	0.63
31	BEEF WITH BONE	Kg	1,100	1,300	1188	1165.33	950	1.95	25.05
32	EGGS (FARM)	Dozen	300	310	305	283.4	304	7.62	0.33
33	MILK (FRESH)	Litre	180	220	204	196.2	200	3.98	2
34	CURD (fresh)	Kg	200	240	226	226.6	240	-0.26	-5.83
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	94	94.4	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	360	450	399	373.6	575	6.8	-30.61
37	GINGER	250g	130	170	151	149.2	190	1.21	-20.53
38	POTATOES	Kg	80	120	95	92.4	105	2.81	-9.52
39	ONIONS	Kg	80	100	95	71.2	153.33	33.43	-38.04



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT LAHORE ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average 11-09-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					Aug-25	Sep-24	Aug-25	Sep-24	
40	SPINACH	Kg	80	120	93	99.6	96.67	-6.63	-3.8
41	TOMATOES	Kg	240	340	278	131.2	116.67	111.89	138.28
42	BRINJAL	Kg	130	190	170	128.6	103.33	32.19	64.52
43	BITTER GOURD	Kg	200	260	221	182.6	190	21.03	16.32
44	LADY FINGER	Kg	160	240	203	178	125	14.04	62.4
45	TINDA	Kg	240	300	271	227.4	275	19.17	-1.45
46	GHIA KADDU	Kg	170	220	194	153.4	90	26.47	115.56
47	ARVI	Kg	140	160	151	120	200	25.83	-24.5
48	GHIA TORRI	Kg	150	200	176	120.6	110	45.94	60
49	COCUMBER (KHEERA)	Kg	130	160	141	117.8	143.33	19.69	-1.63
50	LEMON	250g	70	110	91	102.6	0	0	0
Household Essentials									
51	L.P.G	Kg	250	280	263	252.6	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	175	182.2	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	121	115	3.31	8.7
54	LUX SOAP (WHITE) (98gm)	Cake	100	120	111	105.8	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	135	131	129.2	130	1.39	0.77
56	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49	49	0	0	0
57	SURF EXCEL	500g	274	300	287	287.6	0	0	0
58	SURF BONUS	Kg	220	240	234	234.2	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	212	212	0	0	0
61	MATCHES 50 STICKS	Each	5	7	6	6.2	6	-3.23	0
62	MUSTARD OIL (LOCAL)	Kg	500	620	578	575.2	620	0.49	-6.77
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	260	400	305	328.8	253.33	-7.24	20.4
64	APPLE AVERAGE QUALITY	Kg	150	200	161	192.2	162.5	-16.23	-0.92
65	BANANA	Dozen	130	180	145	170.8	125	-15.11	16
66	DATES (IRANI)	Kg	500	600	564	533.6	575	5.7	-1.91
67	GUAVA	Kg	150	200	170	179.4	170	-5.24	0
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	239	238	230	0.42	3.91
70	TEA PREPARED (Sada)	Cup	50	60	58	58.4	65	-0.68	-10.77

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		11-09-2025	2nd week of		2nd week of
					Aug-25		Sep-24	Aug-25	Sep-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	95	95	80	90	18.75	5.56
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	100	100	85	100	17.65	0
3	WHEAT ATTA (THAILA)	10Kg	905	910	908	750	0	0	0
4	MAIDA	kg	120	120	120	120	140	0	-14.29
5	RAWA/SUJI	Kg	120	120	120	124.8	140	-3.85	-14.29
6	VEG. GHEE (POUCH) (LOCAL)	kg	520	520	520	520	445	0	16.85
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,850	2850	2850	2600	0	9.62
8	COOKING OIL DALDA (CARTON)	5Litre	2,875	2,875	2875	2875	2700	0	6.48
9	BAISAN (GROUND GRAM)	Kg	300	300	300	320	414.17	-6.25	-27.57
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	320	320	320	340	0	-5.88
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	260	255	248.4	0	0	0
12	BROKEN BASMATI	Kg	190	200	198	198.4	265	-0.2	-25.28
13	GRAM (BLACK)	Kg	320	320	320	320	370	0	-13.51
14	GRAM (WHITE)	Kg	370	370	370	368.4	0	0	0
15	GRAM DAL	Kg	300	300	300	300	400	0	-25
16	MASOOR (WHOLE)	Kg	320	320	320	320	305	0	4.92
17	MASOOR (DAL)	Kg	330	330	330	330	320	0	3.13
18	MASH DAL (WASHED)	Kg	560	560	560	563	600	-0.53	-6.67
19	MOONG (WHOLE)	Kg	390	400	395	394.6	325	0.1	21.54
20	MOONG DAL (WASHED)	Kg	400	410	405	404.6	360	0.1	12.5
21	CHILLIES (GROUND)	250g	200	200	200	200	190	0	5.26
22	SUGAR WHITE	Kg	190	190	190	175	150	8.57	26.67
23	GUR	Kg	240	240	240	240	240	0	0
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	110	0	0
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	490	490	490	443.2	460.83	10.56	6.33
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	600	610	605	558.2	565	8.38	7.08
30	MUTTON	Kg	2,000	2,000	2000	1900	1800	5.26	11.11
31	BEEF WITH BONE	Kg	1,000	1,000	1000	900	900	11.11	11.11
32	EGGS (FARM)	Dozen	310	310	310	270	303.33	14.81	2.2
33	MILK (FRESH)	Litre	190	190	190	190	170	0	11.76
34	CURD (fresh)	Kg	240	240	240	240	225	0	6.67
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	400	420	415	328.8	496.67	26.22	-16.44
37	GINGER	250g	150	150	150	149.4	165	0.4	-9.09
38	POTATOES	Kg	100	100	100	94.6	115.83	5.71	-13.67
39	ONIONS	Kg	80	80	80	62	165	29.03	-51.52



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price(Min+ Max) Date Over	
			Min	Max		11-09-2025	2nd week of		2nd week of
					Aug-25		Sep-24	Aug-25	Sep-24
40	SPINACH	Kg	50	60	53	70.2	70	-24.5	-24.29
41	TOMATOES	Kg	250	270	260	79.2	113.33	228.28	129.42
42	BRINJAL	Kg	130	140	133	112	88.33	18.75	50.57
43	BITTER GOURD	Kg	160	160	160	120	155	33.33	3.23
44	LADY FINGER	Kg	220	220	220	176	128.33	25	71.43
45	TINDA	Kg	400	420	410	333	259.17	23.12	58.2
46	GHIA KADDU	Kg	160	160	160	162	110	-1.23	45.45
47	ARVI	Kg	120	120	120	101	175	18.81	-31.43
48	GHIA TORRI	Kg	120	120	120	115	79.17	4.35	51.57
49	COCUMBER (KHEERA)	Kg	100	100	100	103	173.33	-2.91	-42.31
50	LEMON	250g	100	100	100	85	0	0	0
Household Essentials									
51	L.P.G	Kg	250	250	250	265	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	95	0	31.58
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110.8	0	0	0
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	125	0	4
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	290	290	290	290	0	0	0
58	SURF BONUS	Kg	240	240	240	240	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	7	7	7	7	6	0	16.67
62	MUSTARD OIL (LOCAL)	Kg	600	600	600	600	539.17	0	11.28
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	380	400	395	406.6	310	-2.85	27.42
64	APPLE AVERAGE QUALITY	Kg	170	200	188	187.2	175	0.43	7.43
65	BANANA	Dozen	120	120	120	148.8	140	-19.35	-14.29
66	DATES (IRANI)	Kg	560	560	560	570	550	-1.75	1.82
67	GUAVA	Kg	100	100	100	197	220	-49.24	-54.55
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
70	TEA PREPARED (Sada)	Cup	60	60	60	60	60	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT RAWALPINDI ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					11-09-2025	Aug-25	Sep-24	Aug-25	Sep-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	110	122	117	83	105	40.96	11.43
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	113	125	118	103	115	14.56	2.61
3	WHEAT ATTA (THAILA)	10Kg	900	1,140	997	750	0	0	0
4	MAIDA	kg	115	140	126	116	145	8.62	-13.1
5	RAWA/SUJI	Kg	115	140	129	118	150	9.32	-14
6	VEG. GHEE (POUCH) (LOCAL)	kg	405	470	443	443.2	490	-0.05	-9.59
7	VEG. GHEE DALDA (CARTON)	5Kg	2,780	2,845	2809	2811.8	2496.67	-0.1	12.51
8	COOKING OIL DALDA (CARTON)	5Litre	2,820	2,875	2836	2843	2555	-0.25	11
9	BAISAN (GROUND GRAM)	Kg	310	340	328	328.2	375	-0.06	-12.53
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	370	362	359	310	0.84	16.77
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	280	263	263	0	0	0
12	BROKEN BASMATI	Kg	180	220	207	201.8	230	2.58	-10
13	GRAM (BLACK)	Kg	280	310	297	312.8	363.33	-5.05	-18.26
14	GRAM (WHITE)	Kg	340	360	348	338.8	0	0	0
15	GRAM DAL	Kg	300	340	325	321.6	370	1.06	-12.16
16	MASOOR (WHOLE)	Kg	290	350	330	312.6	330	5.57	0
17	MASOOR (DAL)	Kg	320	360	347	335.4	331.67	3.46	4.62
18	MASH DAL (WASHED)	Kg	470	500	487	477.6	620	1.97	-21.45
19	MOONG (WHOLE)	Kg	350	390	368	370.8	329.17	-0.76	11.8
20	MOONG DAL (WASHED)	Kg	390	400	395	393.2	331.67	0.46	19.09
21	CHILLIES (GROUND)	250g	190	230	213	208	215	2.4	-0.93
22	SUGAR WHITE	Kg	180	195	185	185.8	147.5	-0.43	25.42
23	GUR	Kg	200	250	228	226.6	225	0.62	1.33
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	73	73	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	110	0	-9.09
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	15	15	15	15	18	0	-16.67
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	410	415	411	406.2	429.5	1.18	-4.31
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	595	640	608	594	701.67	2.36	-13.35
30	MUTTON	Kg	1,850	2,200	2042	2064	2100	-1.07	-2.76
31	BEEF WITH BONE	Kg	950	1,200	1075	1102.67	1000	-2.51	7.5
32	EGGS (FARM)	Dozen	300	310	303	288.2	310	5.14	-2.26
33	MILK (FRESH)	Litre	160	220	198	198.2	200	-0.1	-1
34	CURD (fresh)	Kg	190	240	225	224.4	230	0.27	-2.17
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	96	96	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	400	600	472	362	715	30.39	-33.99
37	GINGER	250g	140	160	153	149.4	201.67	2.41	-24.13
38	POTATOES	Kg	90	100	93	78.8	121.67	18.02	-23.56
39	ONIONS	Kg	90	100	98	69	168.33	42.03	-41.78



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT RAWALPINDI ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average 11-09-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					Aug-25	Sep-24	Aug-25	Sep-24	
40	SPINACH	Kg	80	100	88	75	61.67	17.33	42.69
41	TOMATOES	Kg	250	300	268	104.8	121.67	155.73	120.27
42	BRINJAL	Kg	150	180	168	131	132.5	28.24	26.79
43	BITTER GOURD	Kg	170	200	178	130.8	144.17	36.09	23.47
44	LADY FINGER	Kg	160	180	170	141.2	123.33	20.4	37.84
45	TINDA	Kg	210	260	242	165.8	176.67	45.96	36.98
46	GHIA KADDU	Kg	150	180	165	136.4	130.83	20.97	26.12
47	ARVI	Kg	150	200	170	135.2	215	25.74	-20.93
48	GHIA TORRI	Kg	170	200	185	134.8	136.67	37.24	35.36
49	COCUMBER (KHEERA)	Kg	130	160	142	105.6	176.67	34.47	-19.62
50	LEMON	250g	80	90	83	87.6	0	0	0
Household Essentials									
51	L.P.G	Kg	290	300	297	275.4	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	180	162	158.8	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	122.6	95	1.96	31.58
54	LUX SOAP (WHITE) (98gm)	Cake	120	120	120	120	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	280	290	287	276	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	190	183	189.8	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	217	218	0	0	0
61	MATCHES 50 STICKS	Each	5	5	5	5	5	0	0
62	MUSTARD OIL (LOCAL)	Kg	550	620	585	584.6	575	0.07	1.74
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	230	250	243	253.6	352.5	-4.18	-31.06
64	APPLE AVERAGE QUALITY	Kg	130	180	155	154	174.17	0.65	-11.01
65	BANANA	Dozen	120	140	132	140.8	165	-6.25	-20
66	DATES (IRANI)	Kg	450	500	477	476.4	675	0.13	-29.33
67	GUAVA	Kg	130	140	135	160	255	-15.63	-47.06
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	237	225	0	5.33
70	TEA PREPARED (Sada)	Cup	60	70	62	62	60	0	3.33

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SAHIWAL ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					11-09-2025	Aug-25	Sep-24	Aug-25	Sep-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	100	99	78	80	26.92	23.75
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	100	98	79	100	24.05	-2
3	WHEAT ATTA (THAILA)	10Kg	900	905	904	718	0	0	0
4	MAIDA	kg	120	130	125	100	120	25	4.17
5	RAWA/SUJI	Kg	120	130	125	100	120	25	4.17
6	VEG. GHEE (POUCH) (LOCAL)	kg	440	450	443	443	435	0	1.84
7	VEG. GHEE DALDA (CARTON)	5Kg	2,840	2,850	2843	2843	2550	0	11.49
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,860	2853	2853	2650	0	7.66
9	BAISAN (GROUND GRAM)	Kg	280	290	283	283	310	0	-8.71
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	318	318	340	0	-6.47
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	270	265	265	0	0	0
12	BROKEN BASMATI	Kg	180	200	185	185	235	0	-21.28
13	GRAM (BLACK)	Kg	280	290	283	283	320	0	-11.56
14	GRAM (WHITE)	Kg	280	300	290	291	0	0	0
15	GRAM DAL	Kg	280	280	280	285	300	-1.75	-6.67
16	MASOOR (WHOLE)	Kg	270	280	273	285	300	-4.21	-9
17	MASOOR (DAL)	Kg	280	290	283	296	280	-4.39	1.07
18	MASH DAL (WASHED)	Kg	440	450	445	445	590	0	-24.58
19	MOONG (WHOLE)	Kg	380	400	393	393	280	0	40.36
20	MOONG DAL (WASHED)	Kg	380	400	390	403	310	-3.23	25.81
21	CHILLIES (GROUND)	250g	200	220	210	200	210	5	0
22	SUGAR WHITE	Kg	175	180	176	179	140	-1.68	25.71
23	GUR	Kg	200	220	215	215	210	0	2.38
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	105	101	101	105	0	-3.81
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	15	15	0	0
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	425	430	429	401.8	351.67	6.77	21.99
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	625	630	629	581	578.33	8.26	8.76
30	MUTTON	Kg	1,850	1,900	1888	1900	2000	-0.63	-5.6
31	BEEF WITH BONE	Kg	1,000	1,000	1000	1000	900	0	11.11
32	EGGS (FARM)	Dozen	310	310	310	284.8	300	8.85	3.33
33	MILK (FRESH)	Litre	160	170	165	165	150	0	10
34	CURD (fresh)	Kg	200	200	200	200	190	0	5.26
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	95	91	91	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	410	420	415	406	590	2.22	-29.66
37	GINGER	250g	150	160	155	159	172.5	-2.52	-10.14
38	POTATOES	Kg	120	130	125	128.8	110	-2.95	13.64
39	ONIONS	Kg	90	100	95	71	155	33.8	-38.71



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SAHIWAL ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					11-09-2025	Aug-25	Sep-24	Aug-25	Sep-24
40	SPINACH	Kg	60	70	68	66	96.67	3.03	-29.66
41	TOMATOES	Kg	260	280	270	131	100	106.11	170
42	BRINJAL	Kg	150	160	155	107	60	44.86	158.33
43	BITTER GOURD	Kg	180	200	195	143	125	36.36	56
44	LADY FINGER	Kg	180	200	188	131	104.17	43.51	80.47
45	TINDA	Kg	280	300	290	272	262.5	6.62	10.48
46	GHIA KADDU	Kg	170	180	175	188	51.67	-6.91	238.69
47	ARVI	Kg	150	160	153	118.6	211.67	29.01	-27.72
48	GHIA TORRI	Kg	180	190	185	132	68.33	40.15	170.74
49	COCUMBER (KHEERA)	Kg	120	130	123	125	153.33	-1.6	-19.78
50	LEMON	250g	90	100	95	92	0	0	0
Household Essentials									
51	L.P.G	Kg	270	280	278	245	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	200	200	200	200	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	100	0	25
54	LUX SOAP (WHITE) (98gm)	Cake	115	120	119	119	0	0	0
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	290	290	290	290	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	220	220	220	218	0	0	0
61	MATCHES 50 STICKS	Each	5	5	5	5	6	0	-16.67
62	MUSTARD OIL (LOCAL)	Kg	530	540	538	530	480	1.51	12.08
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	300	350	325	328	300	-0.91	8.33
64	APPLE AVERAGE QUALITY	Kg	150	150	150	150	150	0	0
65	BANANA	Dozen	150	160	153	143	110	6.99	39.09
66	DATES (IRANI)	Kg	480	500	495	495	500	0	-1
67	GUAVA	Kg	150	160	153	157	190	-2.55	-19.47
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	230	0	4.35
70	TEA PREPARED (Sada)	Cup	70	70	70	70	55	0	27.27

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		11-09-2025	2nd week of		2nd week of
					Aug-25		Sep-24	Aug-25	Sep-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	100	98	68.4	102.5	43.27	-4.39
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	105	120	115	82	107.5	40.24	6.98
3	WHEAT ATTA (THAILA)	10Kg	930	950	937	675.8	0	0	0
4	MAIDA	kg	130	150	143	105.8	122.5	35.16	16.73
5	RAWA/SUJI	Kg	130	150	143	107	115	33.64	24.35
6	VEG. GHEE (POUCH) (LOCAL)	kg	430	510	457	455.2	440	0.4	3.86
7	VEG. GHEE DALDA (CARTON)	5Kg	2,860	2,900	2887	2883.8	2650	0.11	8.94
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,900	2900	2898.8	2655	0.04	9.23
9	BAISAN (GROUND GRAM)	Kg	320	330	323	322.2	347.5	0.25	-7.05
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	317	318.2	320	-0.38	-0.94
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	280	263	263	0	0	0
12	BROKEN BASMATI	Kg	180	200	193	193	217.5	0	-11.26
13	GRAM (BLACK)	Kg	300	340	320	318.2	332.5	0.57	-3.76
14	GRAM (WHITE)	Kg	260	340	293	293	0	0	0
15	GRAM DAL	Kg	280	320	300	297.8	342.5	0.74	-12.41
16	MASOOR (WHOLE)	Kg	260	290	277	277.2	310	-0.07	-10.65
17	MASOOR (DAL)	Kg	320	330	323	321.8	320	0.37	0.94
18	MASH DAL (WASHED)	Kg	520	560	547	547	587.5	0	-6.89
19	MOONG (WHOLE)	Kg	340	350	343	341	310	0.59	10.65
20	MOONG DAL (WASHED)	Kg	360	380	367	363.8	330	0.88	11.21
21	CHILLIES (GROUND)	250g	200	250	227	227	175	0	29.71
22	SUGAR WHITE	Kg	173	175	175	175.8	142.5	-0.46	22.81
23	GUR	Kg	200	220	210	214	245	-1.87	-14.29
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	97.5	0	2.56
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	15	15	0	0
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	360	480	437	378.2	404.33	15.55	8.08
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	540	620	590	561.6	583.08	5.06	1.19
30	MUTTON	Kg	1,900	2,000	1967	1967	1750	0	12.4
31	BEEF WITH BONE	Kg	1,100	1,100	1100	1100	800	0	37.5
32	EGGS (FARMI)	Dozen	280	310	303	282.4	305	7.29	-0.66
33	MILK (FRESH)	Litre	170	180	173	174.2	155	-0.69	11.61
34	CURD (fresh)	Kg	200	220	207	207	175	0	18.29
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	100	100	100	100	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	400	420	403	399	620	1	-35
37	GINGER	250g	150	200	167	146.2	200	14.23	-16.5
38	POTATOES	Kg	80	100	90	78.2	115	15.09	-21.74
39	ONIONS	Kg	70	80	73	52	165.83	40.38	-55.98



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 11-09-2025

COMPARED WITH 2ND WEEK OF AUG-25 , AND 2ND WEEK OF SEP-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 11-09-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					11-09-2025	Aug-25	Sep-24	Aug-25	Sep-24
40	SPINACH	Kg	50	80	62	66.6	73.33	-6.91	-15.45
41	TOMATOES	Kg	230	280	248	98.4	135.83	152.03	82.58
42	BRINJAL	Kg	150	180	158	119.8	70	31.89	125.71
43	BITTER GOURD	Kg	160	240	207	128.2	218.33	61.47	-5.19
44	LADY FINGER	Kg	200	230	205	144.8	128.33	41.57	59.74
45	TINDA	Kg	230	260	253	252.4	225	0.24	12.44
46	GHIA KADDU	Kg	120	150	128	124.4	70.83	2.89	80.71
47	ARVI	Kg	140	200	158	135.6	187.5	16.52	-15.73
48	GHIA TORRI	Kg	130	150	140	92.8	165	50.86	-15.15
49	COCUMBER (KHEERA)	Kg	100	120	113	99.4	152.5	13.68	-25.9
50	LEMON	250g	80	100	93	104.2	0	0	0
Household Essentials									
51	L.P.G	Kg	260	300	272	273	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	180	180	180	180	0	0	0
53	LIFE BUOY (128 gm)	Cake	115	125	118	118	100	0	18
54	LUX SOAP (WHITE) (98gm)	Cake	110	120	113	113	0	0	0
55	WASHING SOAP (SUF1) (250g)	Cake	120	130	128	128.8	129.17	-0.62	-0.91
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	290	290	290	290	0	0	0
58	SURF BONUS	Kg	230	250	233	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
62	MUSTARD OIL (LOCAL)	Kg	480	530	495	495.4	500	-0.08	-1
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	300	330	308	328.8	255	-6.33	20.78
64	APPLE AVERAGE QUALITY	Kg	200	250	212	227.8	155	-6.94	36.77
65	BANANA	Dozen	120	150	142	181.2	144.17	-21.63	-1.51
66	DATES (IRANI)	Kg	500	500	500	502	475	-0.4	5.26
67	GUAVA	Kg	100	180	127	164.2	150	-22.66	-15.33
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400.8	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	230	0	4.35
70	TEA PREPARED (Sada)	Cup	50	60	57	55.4	65	2.89	-12.31

M.D. = Meat Less Day