

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

Price Data Collection Agency: Bureau of Statistics, Punjab  
 Daily Price Report: 01-1-2026, Thursday  
 Comparison with: 1<sup>st</sup> week of Dec. 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 01-1-2026, compared with the 1<sup>st</sup> week of Dec. 2025, of the Punjab, given as follows: -

Sr. No.	Commodities	Unit	Average Retail Price on		% Change	Trend
			01-1-2026	1 <sup>st</sup> week of Dec. 2025		
	(1)	(2)	(3)	(4)	(5)	(6)
1.	Wheat Flour (Thaila)	10 kg	955	966	-1.1	Decreased
2.	Sugar White	1 kg	168	187	-10.3	Decreased
3.	Potatoes	1 kg	59	74	-20.0	Decreased
4.	Tomatoes	1 kg	82	114	-28.1	Decreased
5.	Gram Dal	1 kg	290	298	-2.6	Decreased
6.	Moong Dal washed	1 kg	378	385	-1.7	Decreased
7.	Chicken Meat Broiler	1 kg	578	469	23.3	Increased
8.	Beef with bone	1 kg	1086	1081	0.5	Stable
9.	Onion	1 kg	87	113	-23.2	Decreased
10.	Veg. Ghee (Dalda)	5 kg	2867	2859	0.3	Stable
Out of 10 essential items, the retail price of 01 item is increased, 07 are decreased while 02 are stable.						
Source: Bureau of Statistics, Punjab.						

## Retail Price of 67 Household Essential Commodities of The Punjab, on 01-01-2026

Compared with 1st week of Dec-2025, and 1st week of Jan-2025

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					01-01-2026	Dec. 2025	Jan. 2025	Dec. 2025	Jan. 2025

**Staples**

1	WHEAT ATTA LOOSE (MILL)	kg	95	140	108.0	104.6	91.3	3.3	18.3
2	WHEAT ATTA LOOSE (CHAKKI)	kg	105	150	119.0	115.1	104.3	3.4	14.1
3	WHEAT ATTA (THAILA)	10 kg	900	1,220	955.0	965.5	861.7	-1.1	10.8
4	MAIDA	kg	115	150	132.0	129.8	128.8	1.7	2.5
5	RAWA/SUJI	kg	115	150	134.0	131.9	132.5	1.6	1.1
6	VEG. GHEE (POUCH) (LOCAL)	kg	420	550	489.0	487.7	526.3	0.3	-7.1
7	VEG. GHEE DALDA (CARTON)	5 kg	2,800	2,960	2,867.0	2,858.6	2,825.0	0.3	1.5
8	COOKING OIL DALDA (CARTON)	5 Litre	2,830	2,960	2,889.0	2,876.7	2,866.7	0.4	0.8
9	BAISAN (GROUND GRAM)	kg	260	330	311.0	312.1	388.8	-0.4	-20.0
10	RICE BASMATI (SUPERIOR QUALITY)	kg	260	370	335.0	336.4	338.6	-0.4	-1.1
11	RICE BASMATI (AVERAGE QUALITY)	kg	190	310	274.0	275.3	264.6	-0.5	3.6
12	BROKEN BASMATI	kg	170	250	201.0	202.2	204.2	-0.6	-1.6
13	GRAM (BLACK)	kg	240	340	290.0	295.6	379.6	-1.9	-23.6
14	GRAM (WHITE)	kg	250	380	318.0	322.5	353.4	-1.4	-10.0
15	GRAM DAL	kg	240	330	290.0	297.6	381.4	-2.6	-24.0
16	MASOOR (WHOLE)	kg	230	340	296.0	302.0	318.7	-2.0	-7.1
17	MASOOR (DAL)	kg	230	350	311.0	317.1	333.2	-1.9	-6.7
18	MASH DAL (WASHED)	kg	400	560	488.0	494.6	566.4	-1.3	-13.8
19	MOONG (WHOLE)	kg	300	400	363.0	368.9	343.8	-1.6	5.6
20	MOONG DAL (WASHED)	kg	320	420	378.0	384.7	365.7	-1.7	3.4
21	CHILLIES (GROUND)	250 g	180	250	206.0	206.4	193.5	-0.2	6.4
22	SUGAR WHITE	kg	150	190	168.0	187.3	135.6	-10.3	23.9
23	GUR	kg	180	260	219.0	226.4	201.2	-3.3	8.9
24	SALT POWDERED PACK (NATIONAL/SHAN)	800 g	60	90	72.0	71.9	70.8	0.2	1.7
25	DOUBLE ROTI (LOCAL)	400 g	100	120	104.0	104.2	104.3	-0.1	-0.3
26	DOUBLE ROTI DAWN	360 g	110	120	110.0	110.6	111.9	-0.6	-1.7
27	TANORI ROTI	100 g	14	20	15.0	15.0	14.9	0.1	0.7

**Dairy & Meat**

28	CHICKEN ALIVE (BROILER)	kg	360	450	408.0	335.0	431.1	21.8	-5.4
29	CHICKEN MEAT (BROILER) WITH ORGANS	kg	470	626	578.0	469.0	602.7	23.3	-4.1
30	MUTTON	kg	1,800	2,400	2,060.0	2,052.4	1,880.6	0.4	9.5
31	BEEF WITH BONE	kg	900	1,300	1,086.0	1,080.8	918.4	0.5	18.3
32	EGGS (FARMI)	Dozen	310	360	342.0	344.5	331.3	-0.7	3.2
33	MILK (FRESH)	Litre	160	220	187.0	188.2	179.3	-0.6	4.3
34	CURD (FRESH)	kg	190	240	220.0	223.3	213.0	-1.5	3.3
35	MILK TETRA PACK ( MILK PACK / OLPER)	250 ml	90	100	95.0	95.5	92.5	-0.5	2.7

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

Source: Bureau of Statistics, Punjab.

**Retail Price of 70 Household Essential Commodities of The Punjab, on 01-01-2026**

**Compared with 1st week of Dec-2025, and 1st week of Jan-2025**

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average 01-01-2026	Weekly Average of (Min+ Max) Retail Prices 1st week of		% Change on Average Price (Min+ Max) Date Over 1st week of	
			Min	Max		Dec. 2025	Jan. 2025	Dec. 2025	Jan. 2025

**Vegetables**

36	GARLIC (CHINA)	kg	300	540	437.0	431.1	661.2	1.4	-33.9
37	GINGER	250 g	90	150	110.0	115.0	117.2	-4.3	-6.1
38	POTATOES	kg	50	100	59.0	73.8	103.3	-20.0	-42.9
39	ONIONS	kg	60	120	87.0	113.3	131.2	-23.2	-33.7
40	SPINACH	kg	30	70	49.0	53.6	49.5	-8.6	-1.0
41	TOMATOES	kg	50	110	82.0	114.1	215.6	-28.1	-62.0
42	BRINJAL	kg	50	100	74.0	81.0	94.2	-8.6	-21.4
43	CAULIFLOWER	1 Kg	20	70	46.0	53.2	78.7	-13.6	-41.6
44	TURNIP	1 Kg	40	80	58.0	65.1	61.1	-10.9	-5.1
45	CARROT	1 Kg	40	100	64.0	97.2	68.8	-34.1	-6.9
46	PEAS	1 Kg	70	180	107.0	196.8	171.1	-45.6	-37.5
47	RADISH	1 Kg	30	80	47.0	54.4	48.8	-13.6	-3.7

**Fruits**

48	APPLE SUPERIOR QUALITY	kg	300	450	365.0	355.3	289.5	2.7	26.1
49	APPLE AVERAGE QUALITY	kg	150	300	246.0	233.9	192.6	5.2	27.7
50	BANANA	Dozen	100	160	122.0	118.6	121.0	2.9	0.8
51	DATES (IRANI)	kg	480	700	544.0	549.6	552.6	-1.0	-1.6
52	GUAVA	kg	80	200	134.0	168.3	135.3	-20.4	-1.0

**Household Essentials**

53	L.P.G	kg	280	350	313.0	311.0	312.5	0.6	0.1
54	L.E.D (BULB) 12 W (LOCAL)	Each	125	250	165.0	164.9	167.5	0.1	-1.5
55	LIFE BUOY (128 gm)	Cake	115	130	123.0	123.9	105.8	-0.7	16.2
56	LUX SOAP (WHITE) (98gm)	Cake	110	135	120.0	120.3	102.7	-0.3	16.8
57	WASHING SOAP (SUFU) (250g)	Cake	125	130	129.0	129.6	128.5	-0.5	0.4
58	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50.0	50.0	49.3	0.0	1.4
59	SURF EXCEL	500 g	270	290	286.0	285.8	274.9	0.1	4.0
60	SURF BONUS	kg	220	240	231.0	231.0	229.4	0.0	0.7
61	COLD DRINK (COKE/PEPSI)	1.5 Liter	180	200	196.0	196.7	198.6	-0.4	-1.3
62	TOOTH PASTE (COLGATE)	100 g	200	220	211.0	211.9	207.6	-0.4	1.6
63	MATCHES 50 STICKS	Each	5	7	6.0	6.2	6.3	-3.5	-4.5
64	MUSTARD OIL (LOCAL)	kg	480	600	556.0	551.4	563.9	0.8	-1.4

**Tea & Tobacco**

65	TEA (YELLOW LABEL)	140 g	400	400	400.0	400.0	400.0	0.0	0.0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	250	241.0	241.4	231.0	-0.2	4.3
67	TEA PREPARED (Sada)	Cup	50	70	62.0	62.6	62.8	-0.9	-1.3

(-) Data not available.

Source: Bureau of Statistics, Punjab.

Increasing Decreasing or constant



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT BAHAWALPUR ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					01-01-2026	Dec-25	Jan-25	Dec-25	Jan-25
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	98	110	107	106	90	0.94	18.89
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	105	115	113	113.33	95	-0.29	18.95
3	WHEAT ATTA (THAILA)	10Kg	900	905	902	902	878.33	0	2.69
4	MAIDA	kg	130	140	132	128.33	125	2.86	5.6
5	RAWA/SUJI	Kg	120	135	129	128	125	0.78	3.2
6	VEG. GHEE (POUCH) (LOCAL)	kg	470	510	502	502.5	525	-0.1	-4.38
7	VEG. GHEE DALDA (CARTON)	5Kg	2,845	2,960	2883	2883	2850	0	1.16
8	COOKING OIL DALDA (CARTON)	5Litre	2,845	2,960	2883	2883	2924.17	0	-1.41
9	BAISAN (GROUND GRAM)	Kg	300	310	305	306.5	388.33	-0.49	-21.46
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	350	342	341.5	340	0.15	0.59
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	300	270	265.17	267.5	1.82	0.93
12	BROKEN BASMATI	Kg	170	200	193	196.33	170	-1.7	13.53
13	GRAM (BLACK)	Kg	270	300	278	277.83	377.5	0.06	-26.36
14	GRAM (WHITE)	Kg	340	380	353	348.67	345	1.24	2.32
15	GRAM DAL	Kg	250	310	268	267.83	375	0.06	-28.53
16	MASOOR (WHOLE)	Kg	260	320	303	310	325	-2.26	-6.77
17	MASOOR (DAL)	Kg	280	300	283	290	325	-2.41	-12.92
18	MASH DAL (WASHED)	Kg	400	550	497	499.33	575	-0.47	-13.57
19	MOONG (WHOLE)	Kg	340	360	355	383.67	333.33	-7.47	6.5
20	MOONG DAL (WASHED)	Kg	380	390	382	383.67	355	-0.44	7.61
21	CHILLIES (GROUND)	250g	200	200	200	200	175	0	14.29
22	SUGAR WHITE	Kg	150	180	171	182.33	132.92	-6.21	28.65
23	GUR	Kg	200	230	208	220.33	195	-5.6	6.67
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	60	70	63	63	70	0	-10
25	DOUBLE ROTI (LOCAL)	400g	100	110	102	102	100	0	2
26	DOUBLE ROTI DAWN	360g	110	120	113	113	110	0	2.73
27	TANORI ROTI	100g	14	20	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	376	400	393	340.67	436.67	15.36	-10
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	545	570	563	453.17	590.83	24.24	-4.71
30	MUTTON	Kg	2,000	2,200	2167	2167	1800	0	20.39
31	BEEF WITH BONE	Kg	1,100	1,200	1167	1167	950	0	22.84
32	EGGS (FARM)	Dozen	340	345	341	343	330	-0.58	3.33
33	MILK (FRESH)	Litre	170	180	172	172	175	0	-1.71
34	CURD (fresh)	Kg	200	220	207	207	205	0	0.98
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	95	93	93	90	0	3.33
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	410	460	438	417.67	635.83	4.87	-31.11
37	GINGER	250g	100	120	108	110.17	140.83	-1.97	-23.31
38	POTATOES	Kg	50	60	53	72.33	108.33	-26.72	-51.08
39	ONIONS	Kg	80	110	100	103.83	120	-3.69	-16.67



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT BAHAWALPUR ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average 01-01-2026	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-25	Jan-25	Dec-25	Jan-25	
40	SPINACH	Kg	45	70	59	69.5	44.17	-15.11	33.57
41	TOMATOES	Kg	70	80	77	111	201.67	-30.63	-61.82
42	BRINJAL	Kg	50	80	68	77.33	85.83	-12.07	-20.77
43	CAULIFLOWER	Kg	40	50	47	63.5	76.67	-25.98	-38.7
44	TURNIP	Kg	50	80	67	74	66.67	-9.46	0.49
45	CARROT	Kg	60	80	68	105.33	70.42	-35.44	-3.44
46	PEAS	Kg	70	140	112	222.17	160	-49.59	-30
47	RADISH	Kg	40	70	55	57.17	50	-3.8	10
<b>Household Essentials</b>									
48	L.P.G	Kg	300	330	310	311.67	315	-0.54	-1.59
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	163	165	175	-1.21	-6.86
50	LIFE BUOY (128 gm)	Cake	125	125	125	125	105	0	19.05
51	LUX SOAP (WHITE) (98gm)	Cake	120	120	120	120	100	0	20
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
54	SURF EXCEL	500g	290	290	290	290	275	0	5.45
55	SURF BONUS	Kg	230	230	230	230	230	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	197	199	200	-1.01	-1.5
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	210	0	0
58	MATCHES 50 STICKS	Each	7	7	7	7	6.5	0	7.69
59	MUSTARD OIL (LOCAL)	Kg	530	580	542	550.5	510	-1.54	6.27
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	360	390	380	380.5	290.83	-0.13	30.66
61	APPLE AVERAGE QUALITY	Kg	230	260	240	253.17	222.5	-5.2	7.87
62	BANANA	Dozen	130	150	142	131.5	130	7.98	9.23
63	DATES (IRANI)	Kg	550	600	563	559.83	550	0.57	2.36
64	GUAVA	Kg	110	130	120	177.83	137.5	-32.52	-12.73
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	230	0	4.35
67	TEA PREPARED (Sada)	Cup	50	60	58	58	60	0	-3.33

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					01-01-2026	Dec-25	Jan-25	Dec-25	Jan-25
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	100	110	107	107.17	90	-0.16	18.89
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	120	117	117	100	0	17
3	WHEAT ATTA (THAILA)	10Kg	950	1,100	1050	1053.33	800	-0.32	31.25
4	MAIDA	kg	120	130	122	121.67	125	0.27	-2.4
5	RAWA/SUJI	Kg	120	130	122	121.67	125	0.27	-2.4
6	VEG. GHEE (POUCH) (LOCAL)	kg	500	520	515	515.33	540	-0.06	-4.63
7	VEG. GHEE DALDA (CARTON)	5Kg	2,840	2,860	2854	2834.5	2827.5	0.69	0.94
8	COOKING OIL DALDA (CARTON)	5Litre	2,840	2,870	2861	2841.5	2862.5	0.69	-0.05
9	BAISAN (GROUND GRAM)	Kg	300	330	318	318.67	390	-0.21	-18.46
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	360	340	339.83	340	0.05	0
11	RICE BASMATI (AVERAGE QUALITY)	Kg	270	310	297	296.17	283.33	0.28	4.82
12	BROKEN BASMATI	Kg	200	240	208	207.33	235	0.32	-11.49
13	GRAM (BLACK)	Kg	280	330	313	314	395.83	-0.32	-20.93
14	GRAM (WHITE)	Kg	340	370	360	360.5	379.17	-0.14	-5.06
15	GRAM DAL	Kg	300	330	318	319	425	-0.31	-25.18
16	MASOOR (WHOLE)	Kg	280	310	300	300.5	305	-0.17	-1.64
17	MASOOR (DAL)	Kg	300	330	320	320.5	325	-0.16	-1.54
18	MASH DAL (WASHED)	Kg	480	520	497	496.67	593.33	0.07	-16.24
19	MOONG (WHOLE)	Kg	350	390	375	375.83	342.5	-0.22	9.49
20	MOONG DAL (WASHED)	Kg	380	420	403	403.83	370	-0.21	8.92
21	CHILLIES (GROUND)	250g	180	200	197	197.17	200	-0.09	-1.5
22	SUGAR WHITE	Kg	150	180	169	180	137.08	-6.11	23.29
23	GUR	Kg	200	220	215	220	187.5	-2.27	14.67
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	70	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	108	108.33	120	-0.3	-10
26	DOUBLE ROTI DAWN	360g	110	120	112	111.67	120	0.3	-6.67
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	360	390	385	319.5	405.83	20.5	-5.13
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	470	600	558	471.67	580.83	18.3	-3.93
30	MUTTON	Kg	2,000	2,000	2000	2000	1700	0	17.65
31	BEEF WITH BONE	Kg	1,000	1,200	1067	1067	900	0	18.56
32	EGGS (FARM)	Dozen	310	360	326	335.5	321.92	-2.83	1.27
33	MILK (FRESH)	Litre	170	180	178	178.67	170	-0.37	4.71
34	CURD (fresh)	Kg	220	240	233	233.5	220	-0.21	5.91
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	95	95	95	95	90	0	5.56
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	450	500	473	391.5	625	20.82	-24.32
37	GINGER	250g	120	150	142	144.17	125	-1.51	13.6
38	POTATOES	Kg	50	100	83	87.67	105.83	-5.33	-21.57
39	ONIONS	Kg	80	100	95	137.33	120.83	-30.82	-21.38



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
40	SPINACH	Kg	50	70	60	62.83	55	-4.5	9.09
41	TOMATOES	Kg	70	100	92	130.33	205	-29.41	-55.12
42	BRINJAL	Kg	60	100	88	90.33	81.67	-2.58	7.75
43	CAULIFLOWER	Kg	20	70	52	63.5	61.67	-18.11	-15.68
44	TURNIP	Kg	50	80	68	72.83	54.17	-6.63	25.53
45	CARROT	Kg	60	80	70	83.5	63.33	-16.17	10.53
46	PEAS	Kg	100	180	148	250.33	190.83	-40.88	-22.44
47	RADISH	Kg	50	80	65	71.33	47.5	-8.87	36.84
<b>Household Essentials</b>									
48	L.P.G	Kg	300	320	305	305.5	310	-0.16	-1.61
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	150	0	0
50	LIFE BUOY (128 gm)	Cake	120	125	122	121.67	107.5	0.27	13.49
51	LUX SOAP (WHITE) (98gm)	Cake	120	135	130	130.5	100	-0.38	30
52	WASHING SOAP (SUFU) (250g)	Cake	125	130	127	126.67	125	0.26	1.6
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
54	SURF EXCEL	500g	270	280	273	273	285	0	-4.21
55	SURF BONUS	Kg	230	230	230	230	230	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	200	0	0
57	TOOTH PASTE (COLGATE)	100g	200	220	213	213.5	205	-0.23	3.9
58	MATCHES 50 STICKS	Each	7	7	7	7	7	0	0
59	MUSTARD OIL (LOCAL)	Kg	520	600	538	526.17	590	2.25	-8.81
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	350	400	358	357.5	295	0.14	21.36
61	APPLE AVERAGE QUALITY	Kg	250	300	258	252.83	225	2.04	14.67
62	BANANA	Dozen	120	160	133	104.67	120	27.07	10.83
63	DATES (IRANI)	Kg	500	550	522	509	550	2.55	-5.09
64	GUAVA	Kg	130	150	137	125.33	144.17	9.31	-4.97
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	230	0	4.35
67	TEA PREPARED (Sada)	Cup	70	70	70	70	65	0	7.69

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT FAISALABAD ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	130	140	135	105.33	95	28.17	42.11
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	140	150	145	120	105	20.83	38.1
3	WHEAT ATTA (THAILA)	10Kg	950	1,000	975	926.33	925	5.25	5.41
4	MAIDA	kg	150	150	150	135.33	132.5	10.84	13.21
5	RAWA/SUJI	Kg	150	150	150	135.33	132.5	10.84	13.21
6	VEG. GHEE (POUCH) (LOCAL)	kg	540	550	545	545.33	555	-0.06	-1.8
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,900	2875	2876.33	2850	-0.05	0.88
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,950	2925	2926.33	2875	-0.05	1.74
9	BAISAN (GROUND GRAM)	Kg	320	330	325	325.33	371.67	-0.1	-12.56
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	350	360	355	355.33	332.5	-0.09	6.77
11	RICE BASMATI (AVERAGE QUALITY)	Kg	280	300	290	290.5	243.33	-0.17	19.18
12	BROKEN BASMATI	Kg	220	230	225	225.33	192.5	-0.15	16.88
13	GRAM (BLACK)	Kg	270	280	275	290.5	353.33	-5.34	-22.17
14	GRAM (WHITE)	Kg	280	300	290	305.33	326.67	-5.02	-11.23
15	GRAM DAL	Kg	270	280	275	290.5	353.33	-5.34	-22.17
16	MASOOR (WHOLE)	Kg	270	280	275	290.5	305	-5.34	-9.84
17	MASOOR (DAL)	Kg	300	320	310	310.5	325	-0.16	-4.62
18	MASH DAL (WASHED)	Kg	480	500	490	510.5	540	-4.02	-9.26
19	MOONG (WHOLE)	Kg	320	340	330	330.5	365	-0.15	-9.59
20	MOONG DAL (WASHED)	Kg	360	380	370	370.5	365	-0.13	1.37
21	CHILLIES (GROUND)	250g	200	220	210	195.33	177.5	7.51	18.31
22	SUGAR WHITE	Kg	160	160	160	186.67	137.5	-14.29	16.36
23	GUR	Kg	210	220	215	233.67	190	-7.99	13.16
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	70	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	100	0	0
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	410	420	415	353.67	420.83	17.34	-1.39
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	580	590	585	463.67	614.17	26.17	-4.75
30	MUTTON	Kg	2,000	2,000	2000	2000	1950	0	2.56
31	BEEF WITH BONE	Kg	1,000	1,000	1000	1000	875	0	14.29
32	EGGS (FARM)	Dozen	350	350	350	350	350	0	0
33	MILK (FRESH)	Litre	200	220	210	210.5	195	-0.24	7.69
34	CURD (fresh)	Kg	240	240	240	240	230	0	4.35
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	100	100	100	100	95	0	5.26
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	350	370	360	426.33	625	-15.56	-42.4
37	GINGER	250g	90	100	95	90.33	78.33	5.17	21.28
38	POTATOES	Kg	50	60	55	55.33	95.83	-0.6	-42.61
39	ONIONS	Kg	80	90	85	97	121.67	-12.37	-30.14



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT FAISALABAD ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
40	SPINACH	Kg	50	60	55	55.33	35	-0.6	57.14
41	TOMATOES	Kg	90	100	95	108.67	232.5	-12.58	-59.14
42	BRINJAL	Kg	70	80	75	75.33	60	-0.44	25
43	CAULIFLOWER	Kg	40	50	45	47	75	-4.26	-40
44	TURNIP	Kg	60	70	65	53.67	55.83	21.11	16.42
45	CARROT	Kg	50	60	55	90.33	51.67	-39.11	6.44
46	PEAS	Kg	90	100	95	200.33	150	-52.58	-36.67
47	RADISH	Kg	40	50	45	45.33	45	-0.73	0
<b>Household Essentials</b>									
48	L.P.G	Kg	310	320	315	302	315	4.3	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	150	0	0
50	LIFE BUOY (128 gm)	Cake	125	125	125	125	105	0	19.05
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	105	0	4.76
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
54	SURF EXCEL	500g	290	290	290	290	274	0	5.84
55	SURF BONUS	Kg	230	230	230	230	230	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	190	190.5	190	-0.26	0
57	TOOTH PASTE (COLGATE)	100g	200	200	200	200	200	0	0
58	MATCHES 50 STICKS	Each	6	7	7	7	5.5	0	27.27
59	MUSTARD OIL (LOCAL)	Kg	560	580	570	563	500	1.24	14
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	330	350	340	326.33	293.33	4.19	15.91
61	APPLE AVERAGE QUALITY	Kg	270	280	275	250	211.67	10	29.92
62	BANANA	Dozen	100	120	110	108.67	109.17	1.22	0.76
63	DATES (IRANI)	Kg	500	520	510	557.17	550	-8.47	-7.27
64	GUAVA	Kg	100	110	105	160.33	103.33	-34.51	1.62
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	245	245.33	235	-0.13	4.26
67	TEA PREPARED (Sada)	Cup	60	60	60	60	60	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT GUJRANWALA ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					01-01-2026	Dec-25	Jan-25	Dec-25	Jan-25
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	120	106	108.33	93.5	-2.15	13.37
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	120	117	108.33	105	8	11.43
3	WHEAT ATTA (THAILA)	10Kg	905	1,100	970	991.67	911.67	-2.19	6.4
4	MAIDA	kg	120	150	135	135.83	117.5	-0.61	14.89
5	RAWA/SUJI	Kg	140	150	143	144.17	135	-0.81	5.93
6	VEG. GHEE (POUCH) (LOCAL)	kg	450	460	455	455.83	535	-0.18	-14.95
7	VEG. GHEE DALDA (CARTON)	5Kg	2,830	2,900	2863	2841.67	2887.5	0.75	-0.85
8	COOKING OIL DALDA (CARTON)	5Litre	2,830	2,900	2863	2841.67	2887.5	0.75	-0.85
9	BAISAN (GROUND GRAM)	Kg	260	300	280	291.67	355	-4	-21.13
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	290	350	313	340.83	310	-8.17	0.97
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	300	282	285	260	-1.05	8.46
12	BROKEN BASMATI	Kg	180	200	190	191.67	195	-0.87	-2.56
13	GRAM (BLACK)	Kg	240	270	257	274.17	355	-6.26	-27.61
14	GRAM (WHITE)	Kg	260	280	270	278.33	325	-2.99	-16.92
15	GRAM DAL	Kg	240	290	263	305	360	-13.77	-26.94
16	MASOOR (WHOLE)	Kg	230	300	258	287.5	315	-10.26	-18.1
17	MASOOR (DAL)	Kg	230	320	265	313.33	320	-15.42	-17.19
18	MASH DAL (WASHED)	Kg	400	470	422	456.67	575	-7.59	-26.61
19	MOONG (WHOLE)	Kg	340	380	360	374.17	350	-3.79	2.86
20	MOONG DAL (WASHED)	Kg	320	400	348	395.83	390	-12.08	-10.77
21	CHILLIES (GROUND)	250g	200	240	213	217.5	210	-2.07	1.43
22	SUGAR WHITE	Kg	170	190	178	195	140	-8.72	27.14
23	GUR	Kg	240	260	248	254.17	210	-2.43	18.1
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	60	70	67	65.83	65	1.78	3.08
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	14	15	15	14.83	14.5	1.15	3.45
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	405	428	420	330	430.42	27.27	-2.42
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	591	626	614	477.67	635.42	28.54	-3.37
30	MUTTON	Kg	1,800	2,250	2083	1987.5	1875	4.81	11.09
31	BEEF WITH BONE	Kg	900	1,150	1050	987.75	900	6.3	16.67
32	EGGS (FARMI)	Dozen	330	350	344	349.33	318.92	-1.53	7.86
33	MILK (FRESH)	Litre	200	220	213	210.83	200	1.03	6.5
34	CURD (fresh)	Kg	220	240	233	230.83	220	0.94	5.91
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	97	95.83	95	1.22	2.11
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	400	450	408	404.33	652.5	0.91	-37.47
37	GINGER	250g	90	110	100	94.83	107.5	5.45	-6.98
38	POTATOES	Kg	50	60	53	73.17	104.17	-27.57	-49.12
39	ONIONS	Kg	80	120	98	116.33	144.17	-15.76	-32.02



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT GUJRANWALA ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
40	SPINACH	Kg	40	60	52	55.83	60	-6.86	-13.33
41	TOMATOES	Kg	80	110	92	109.17	224.17	-15.73	-58.96
42	BRINJAL	Kg	80	100	95	84	112.5	13.1	-15.56
43	CAULIFLOWER	Kg	40	50	47	55	88.33	-14.55	-46.79
44	TURNIP	Kg	40	50	48	54	65	-11.11	-26.15
45	CARROT	Kg	60	80	72	97.33	75.83	-26.02	-5.05
46	PEAS	Kg	100	120	107	169.83	185	-37	-42.16
47	RADISH	Kg	40	50	43	48	38.33	-10.42	12.18
<b>Household Essentials</b>									
48	L.P.G	Kg	320	350	330	322.5	320	2.33	3.13
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	150	0	0
50	LIFE BUOY (128 gm)	Cake	125	130	126	126.67	107.5	-0.53	17.21
51	LUX SOAP (WHITE) (98gm)	Cake	120	120	120	120	110	0	9.09
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	127.5	0	1.96
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
54	SURF EXCEL	500g	280	290	287	285.83	275	0.41	4.36
55	SURF BONUS	Kg	230	230	230	230	227.5	0	1.1
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	190	200	197	195.83	199.17	0.6	-1.09
57	TOOTH PASTE (COLGATE)	100g	210	220	213	214.17	205.83	-0.55	3.48
58	MATCHES 50 STICKS	Each	5	7	6	5.83	6	2.92	0
59	MUSTARD OIL (LOCAL)	Kg	550	600	575	564.17	590	1.92	-2.54
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	300	370	347	343.33	286.67	1.07	21.05
61	APPLE AVERAGE QUALITY	Kg	200	250	233	204.17	194.17	14.12	20
62	BANANA	Dozen	100	150	127	127.5	112.5	-0.39	12.89
63	DATES (IRANI)	Kg	550	600	575	570	550	0.88	4.55
64	GUAVA	Kg	100	150	120	173.5	94.17	-30.84	27.43
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	245.83	240	0.48	2.92
67	TEA PREPARED (Sada)	Cup	60	70	67	65.83	65	1.78	3.08

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT LAHORE ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average 01-01-2026	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-25	Jan-25	Dec-25	Jan-25	
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	100	110	103	104.17	92.5	-1.12	11.35
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	130	120	119.67	114.17	0.28	5.11
3	WHEAT ATTA (THAILA)	10Kg	905	1,000	919	938.33	860	-2.06	6.86
4	MAIDA	kg	120	140	131	127.5	140.83	2.75	-6.98
5	RAWA/SUJI	Kg	120	150	136	130.5	145	4.21	-6.21
6	VEG. GHEE (POUCH) (LOCAL)	kg	470	520	501	491.67	516.67	1.9	-3.03
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,925	2853	2846	2837.5	0.25	0.55
8	COOKING OIL DALDA (CARTON)	5Litre	2,880	2,925	2906	2884.17	2864.17	0.76	1.46
9	BAISAN (GROUND GRAM)	Kg	280	330	311	312.5	398.33	-0.48	-21.92
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	260	350	325	333.67	350	-2.6	-7.14
11	RICE BASMATI (AVERAGE QUALITY)	Kg	190	300	273	285.67	290	-4.44	-5.86
12	BROKEN BASMATI	Kg	180	250	218	212	215	2.83	1.4
13	GRAM (BLACK)	Kg	240	320	291	290.33	377.5	0.23	-22.91
14	GRAM (WHITE)	Kg	250	330	301	313	350.83	-3.83	-14.2
15	GRAM DAL	Kg	240	300	273	279.67	391.67	-2.38	-30.3
16	MASOOR (WHOLE)	Kg	300	340	314	313.83	338.33	0.05	-7.19
17	MASOOR (DAL)	Kg	320	350	331	326.67	360	1.33	-8.06
18	MASH DAL (WASHED)	Kg	430	500	464	459	576.67	1.09	-19.54
19	MOONG (WHOLE)	Kg	300	380	350	355.33	316.67	-1.5	10.53
20	MOONG DAL (WASHED)	Kg	320	370	351	356.33	345.83	-1.5	1.49
21	CHILLIES (GROUND)	250g	190	220	201	201	200	0	0.5
22	SUGAR WHITE	Kg	174	180	177	190.5	139.17	-7.09	27.18
23	GUR	Kg	210	240	231	224.33	209.17	2.97	10.44
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	75	74.83	75.83	0.23	-1.09
25	DOUBLE ROTI (LOCAL)	400g	100	120	106	106.17	110	-0.16	-3.64
26	DOUBLE ROTI DAWN	360g	110	110	110	111	110	-0.9	0
27	TANORI ROTI	100g	14	15	15	15	14.5	0	3.45
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	390	420	401	324.83	402.83	23.45	-0.45
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	560	600	582	457.83	597.08	27.12	-2.53
30	MUTTON	Kg	1,800	2,300	2088	2092.75	1950	-0.23	7.08
31	BEEF WITH BONE	Kg	1,100	1,300	1188	1187.5	950	0.04	25.05
32	EGGS (FARM)	Dozen	330	340	333	348.67	332	-4.49	0.3
33	MILK (FRESH)	Litre	180	220	208	208.67	180	-0.32	15.56
34	CURD (fresh)	Kg	200	240	226	225.67	210	0.15	7.62
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	95	94.83	92.5	0.18	2.7
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	300	460	369	377.5	645.83	-2.25	-42.86
37	GINGER	250g	90	110	100	123.5	107.5	-19.03	-6.98
38	POTATOES	Kg	50	60	54	70.67	98.33	-23.59	-45.08
39	ONIONS	Kg	60	110	80	118.33	154.17	-32.39	-48.11



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT LAHORE ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average 01-01-2026	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
			Dec-25	Jan-25	Dec-25	Jan-25	Dec-25	Jan-25	
40	SPINACH	Kg	30	60	48	54.17	45	-11.39	6.67
41	TOMATOES	Kg	70	110	84	121.67	234.17	-30.96	-64.13
42	BRINJAL	Kg	50	80	73	84.67	105.83	-13.78	-31.02
43	CAULIFLOWER	Kg	30	50	43	51.17	82.5	-15.97	-47.88
44	TURNIP	Kg	40	80	59	66.67	63.33	-11.5	-6.84
45	CARROT	Kg	60	100	78	90.83	80.83	-14.13	-3.5
46	PEAS	Kg	80	120	101	186.83	166.67	-45.94	-39.4
47	RADISH	Kg	30	60	44	50.67	50	-13.16	-12
<b>Household Essentials</b>									
48	L.P.G	Kg	280	320	299	301.67	309.17	-0.89	-3.29
49	L.E.D (BULB) 12 W (LOCAL)	Each	125	250	181	177.17	191.67	2.16	-5.57
50	LIFE BUOY (128 gm)	Cake	120	125	123	123	109.17	0	12.67
51	LUX SOAP (WHITE) (98gm)	Cake	110	125	121	120.83	105	0.14	15.24
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	127.08	0	2.3
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	47.5	0	5.26
54	SURF EXCEL	500g	274	280	277	276	272.5	0.36	1.65
55	SURF BONUS	Kg	220	240	229	229	225	0	1.78
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	200	0	0
57	TOOTH PASTE (COLGATE)	100g	210	220	214	214.5	201.67	-0.23	6.11
58	MATCHES 50 STICKS	Each	5	7	6	6	6	0	0
59	MUSTARD OIL (LOCAL)	Kg	500	600	573	572.83	567.5	0.03	0.97
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	300	370	343	331	264.17	3.63	29.84
61	APPLE AVERAGE QUALITY	Kg	150	250	201	199.67	175	0.67	14.86
62	BANANA	Dozen	100	150	134	134.67	115	-0.5	16.52
63	DATES (IRANI)	Kg	500	700	619	622.17	550	-0.51	12.55
64	GUAVA	Kg	80	200	136	187	125	-27.27	8.8
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	245	244.83	230	0.07	6.52
67	TEA PREPARED (Sada)	Cup	50	70	60	60.17	55	-0.28	9.09

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT MULTAN ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	100	100	100	95	90	5.26	11.11
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	110	110	110	100	0	10
3	WHEAT ATTA (THAILA)	10Kg	910	910	910	910	868.33	0	4.8
4	MAIDA	kg	130	130	130	124.67	135	4.28	-3.7
5	RAWA/SUJI	Kg	130	130	130	124.33	135	4.56	-3.7
6	VEG. GHEE (POUCH) (LOCAL)	kg	520	520	520	520	570	0	-8.77
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,850	2850	2850	2800	0	1.79
8	COOKING OIL DALDA (CARTON)	5Litre	2,875	2,875	2875	2875	2850	0	0.88
9	BAISAN (GROUND GRAM)	Kg	300	300	300	300	385.83	0	-22.25
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	340	340	320	359.17	6.25	-5.34
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	260	260	260	274.17	0	-5.17
12	BROKEN BASMATI	Kg	200	200	200	200	220.83	0	-9.43
13	GRAM (BLACK)	Kg	300	300	300	300	400	0	-25
14	GRAM (WHITE)	Kg	340	340	340	341	359.17	-0.29	-5.34
15	GRAM DAL	Kg	300	300	300	300	383.33	0	-21.74
16	MASOOR (WHOLE)	Kg	320	320	320	320.83	345.83	-0.26	-7.47
17	MASOOR (DAL)	Kg	330	330	330	330.17	355.83	-0.05	-7.26
18	MASH DAL (WASHED)	Kg	540	540	540	540.83	525.83	-0.15	2.69
19	MOONG (WHOLE)	Kg	390	390	390	390	346.67	0	12.5
20	MOONG DAL (WASHED)	Kg	400	400	400	400	356.67	0	12.15
21	CHILLIES (GROUND)	250g	200	200	200	200	200	0	0
22	SUGAR WHITE	Kg	170	170	170	187.5	137.92	-9.33	23.26
23	GUR	Kg	220	240	225	240	190	-6.25	18.42
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	90	83	80	70	3.75	18.57
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	100	0	10
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	450	450	450	339.5	462.5	32.55	-2.7
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	570	570	570	456.17	579.17	24.95	-1.58
30	MUTTON	Kg	2,000	2,000	2000	2000	1900	0	5.26
31	BEEF WITH BONE	Kg	1,000	1,000	1000	1000	900	0	11.11
32	EGGS (FARMI)	Dozen	360	360	360	325	333.33	10.77	8
33	MILK (FRESH)	Litre	170	170	170	170	175	0	-2.86
34	CURD (fresh)	Kg	220	220	220	240.33	210	-8.46	4.76
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	90	90	90	90	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	400	440	425	402.67	641.67	5.55	-33.77
37	GINGER	250g	100	100	100	100.5	116.67	-0.5	-14.29
38	POTATOES	Kg	50	60	55	78	102.5	-29.49	-46.34
39	ONIONS	Kg	80	90	85	92.5	111.67	-8.11	-23.88



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT MULTAN ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average 01-01-2026	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-25	Jan-25	Dec-25	Jan-25	
40	SPINACH	Kg	30	40	33	36.83	46.67	-10.4	-29.29
41	TOMATOES	Kg	50	50	50	98.33	194.17	-49.15	-74.25
42	BRINJAL	Kg	50	50	50	53.17	75	-5.96	-33.33
43	CAULIFLOWER	Kg	30	40	35	38.33	61.67	-8.69	-43.25
44	TURNIP	Kg	40	40	40	52.17	54.17	-23.33	-26.16
45	CARROT	Kg	60	60	60	100	75	-40	-20
46	PEAS	Kg	120	120	120	199.17	175	-39.75	-31.43
47	RADISH	Kg	30	40	35	42.67	50	-17.98	-30
<b>Household Essentials</b>									
48	L.P.G	Kg	290	290	290	320	292.5	-9.38	-0.85
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	150	0	0
50	LIFE BUOY (128 gm)	Cake	125	125	125	125	105	0	19.05
51	LUX SOAP (WHITE) (98gm)	Cake	125	125	125	125	100	0	25
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	45	0	11.11
54	SURF EXCEL	500g	290	290	290	290	274	0	5.84
55	SURF BONUS	Kg	240	240	240	240	225	0	6.67
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	200	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	207.5	0	1.2
58	MATCHES 50 STICKS	Each	7	7	7	7	7	0	0
59	MUSTARD OIL (LOCAL)	Kg	600	600	600	600	570	0	5.26
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	420	450	443	400	270.83	10.75	63.57
61	APPLE AVERAGE QUALITY	Kg	220	250	240	200	156.67	20	53.19
62	BANANA	Dozen	120	120	120	113.33	137.5	5.89	-12.73
63	DATES (IRANI)	Kg	560	560	560	560	533.33	0	5
64	GUAVA	Kg	120	140	128	200	185	-36	-30.81
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
67	TEA PREPARED (Sada)	Cup	60	60	60	60	70	0	-14.29

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT RAWALPINDI ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	115	122	120	117	97.5	2.56	23.08
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	120	130	127	125	120	1.6	5.83
3	WHEAT ATTA (THAILA)	10Kg	905	1,220	1008	1127	875	-10.56	15.2
4	MAIDA	kg	115	140	129	129	135	0	-4.44
5	RAWA/SUJI	Kg	115	150	138	138	140.83	0	-2.01
6	VEG. GHEE (POUCH) (LOCAL)	kg	420	480	458	457	478.33	0.22	-4.25
7	VEG. GHEE DALDA (CARTON)	5Kg	2,860	2,950	2894	2844	2847.92	1.76	1.62
8	COOKING OIL DALDA (CARTON)	5Litre	2,880	2,950	2909	2854	2858.33	1.93	1.77
9	BAISAN (GROUND GRAM)	Kg	310	330	322	323	400	-0.31	-19.5
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	370	362	360	370	0.56	-2.16
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	280	262	260	270	0.77	-2.96
12	BROKEN BASMATI	Kg	180	230	205	208	200	-1.44	2.5
13	GRAM (BLACK)	Kg	280	300	290	290	385.83	0	-24.84
14	GRAM (WHITE)	Kg	340	360	348	350	355	-0.57	-1.97
15	GRAM DAL	Kg	300	320	310	307	375	0.98	-17.33
16	MASOOR (WHOLE)	Kg	290	330	313	313	326.67	0	-4.18
17	MASOOR (DAL)	Kg	320	340	327	327	344.17	0	-4.99
18	MASH DAL (WASHED)	Kg	480	520	498	502	535.83	-0.8	-7.06
19	MOONG (WHOLE)	Kg	350	390	373	375	355.83	-0.53	4.83
20	MOONG DAL (WASHED)	Kg	390	400	393	395	385	-0.51	2.08
21	CHILLIES (GROUND)	250g	190	220	205	209	200	-1.91	2.5
22	SUGAR WHITE	Kg	160	170	163	192	137.5	-15.1	18.55
23	GUR	Kg	200	250	222	223	225	-0.45	-1.33
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	73	73	75	0	-2.67
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	105	0	-4.76
26	DOUBLE ROTI DAWN	360g	110	110	110	110	115	0	-4.35
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	410	415	412	335.5	428.67	22.8	-3.89
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	595	600	596	485.67	621.58	22.72	-4.12
30	MUTTON	Kg	1,950	2,200	2108	2108	2000	0	5.4
31	BEEF WITH BONE	Kg	1,050	1,200	1142	1154.5	1075	-1.08	6.23
32	EGGS (FARM)	Dozen	335	360	349	349.17	335	-0.05	4.18
33	MILK (FRESH)	Litre	160	220	198	200	190	-1	4.21
34	CURD (fresh)	Kg	190	240	225	225	215	0	4.65
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	100	100	100	100	95	0	5.26
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	460	540	495	475.17	720.83	4.17	-31.33
37	GINGER	250g	120	140	128	110.5	124.17	15.84	3.08
38	POTATOES	Kg	50	80	68	74.67	119.17	-8.93	-42.94
39	ONIONS	Kg	80	100	90	124.5	137.5	-27.71	-34.55



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT RAWALPINDI ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
40	SPINACH	Kg	50	60	57	53.83	61.67	5.89	-7.57
41	TOMATOES	Kg	70	80	75	115.67	230.83	-35.16	-67.51
42	BRINJAL	Kg	80	100	88	89.17	115.83	-1.31	-24.03
43	CAULIFLOWER	Kg	50	70	62	63	109.17	-1.59	-43.21
44	TURNIP	Kg	50	80	68	74.67	78.33	-8.93	-13.19
45	CARROT	Kg	70	90	82	116.83	87.5	-29.81	-6.29
46	PEAS	Kg	80	100	95	160.5	192.5	-40.81	-50.65
47	RADISH	Kg	50	70	57	66	65	-13.64	-12.31
<b>Household Essentials</b>									
48	L.P.G	Kg	290	330	315	302	330	4.3	-4.55
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	180	162	162	185	0	-12.43
50	LIFE BUOY (128 gm)	Cake	125	125	125	125	105	0	19.05
51	LUX SOAP (WHITE) (98gm)	Cake	120	130	123	123	100	0	23
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
54	SURF EXCEL	500g	280	290	287	287	270.83	0	5.97
55	SURF BONUS	Kg	230	230	230	230	230	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	190	183	185.33	193.33	-1.26	-5.34
57	TOOTH PASTE (COLGATE)	100g	210	220	217	217	210	0	3.33
58	MATCHES 50 STICKS	Each	5	6	5	5.17	5.33	-3.29	-6.19
59	MUSTARD OIL (LOCAL)	Kg	550	600	572	575	645.83	-0.52	-11.43
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	300	380	327	305.5	280	7.04	16.79
61	APPLE AVERAGE QUALITY	Kg	200	250	223	199	190	12.06	17.37
62	BANANA	Dozen	110	130	122	133.83	138.33	-8.84	-11.81
63	DATES (IRANI)	Kg	480	530	508	525	608.33	-3.24	-16.49
64	GUAVA	Kg	140	180	155	171	149.17	-9.36	3.91
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	237	230	0	3.04
67	TEA PREPARED (Sada)	Cup	60	70	62	62	60	0	3.33

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SAHIWAL ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	100	100	100	100	90	0	11.11
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	105	110	109	105.83	100	3	9
3	WHEAT ATTA (THAILA)	10Kg	900	905	904	903.83	795	0.02	13.71
4	MAIDA	kg	120	125	123	122.83	115	0.14	6.96
5	RAWA/SUJI	Kg	120	125	123	122.83	120	0.14	2.5
6	VEG. GHEE (POUCH) (LOCAL)	kg	440	450	443	443	540	0	-17.96
7	VEG. GHEE DALDA (CARTON)	5Kg	2,840	2,850	2843	2843	2775	0	2.45
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,860	2853	2853	2845	0	0.28
9	BAISAN (GROUND GRAM)	Kg	310	320	318	317.83	390	0.05	-18.46
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	318	317.83	315	0.05	0.95
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	270	265	265.33	240	-0.12	10.42
12	BROKEN BASMATI	Kg	180	200	185	185.33	210	-0.18	-11.9
13	GRAM (BLACK)	Kg	300	310	305	304.67	370	0.11	-17.57
14	GRAM (WHITE)	Kg	300	320	310	309.5	345	0.16	-10.14
15	GRAM DAL	Kg	300	320	305	305.33	370	-0.11	-17.57
16	MASOOR (WHOLE)	Kg	300	310	303	303	310	0	-2.26
17	MASOOR (DAL)	Kg	310	320	315	315.33	315	-0.1	0
18	MASH DAL (WASHED)	Kg	440	450	445	444.67	555	0.07	-19.82
19	MOONG (WHOLE)	Kg	380	400	393	392.5	350	0.13	12.29
20	MOONG DAL (WASHED)	Kg	380	400	390	390	370	0	5.41
21	CHILLIES (GROUND)	250g	200	220	210	210.5	175	-0.24	20
22	SUGAR WHITE	Kg	160	165	163	183.83	132.5	-11.33	23.02
23	GUR	Kg	200	220	215	214.67	210	0.15	2.38
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	70	0	14.29
25	DOUBLE ROTI (LOCAL)	400g	100	105	101	100.83	95	0.17	6.32
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	408	408	408	328.17	414.75	24.33	-1.63
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	592	592	592	475.67	595.83	24.46	-0.64
30	MUTTON	Kg	1,900	1,900	1900	1900	1775	0	7.04
31	BEEF WITH BONE	Kg	1,000	1,000	1000	1000	775	0	29.03
32	EGGS (FARM)	Dozen	334	334	334	350.5	325.83	-4.71	2.51
33	MILK (FRESH)	Litre	160	170	165	165.33	155	-0.2	6.45
34	CURD (fresh)	Kg	200	200	200	200	190	0	5.26
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	95	91	90.83	92.5	0.19	-1.62
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	520	540	530	523.67	748.33	1.21	-29.18
37	GINGER	250g	100	120	110	139.67	118.33	-21.24	-7.04
38	POTATOES	Kg	50	50	50	85.33	95	-41.4	-47.37
39	ONIONS	Kg	80	100	90	110.5	133.33	-18.55	-32.5



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SAHIWAL ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
40	SPINACH	Kg	30	40	35	51	38.33	-31.37	-8.69
41	TOMATOES	Kg	80	100	90	121.33	214.17	-25.82	-57.98
42	BRINJAL	Kg	50	60	55	80.5	95	-31.68	-42.11
43	CAULIFLOWER	Kg	40	50	45	42	64.17	7.14	-29.87
44	TURNIP	Kg	50	60	55	68	48.33	-19.12	13.8
45	CARROT	Kg	40	50	45	97.83	46.67	-54	-3.58
46	PEAS	Kg	80	100	90	190	135.83	-52.63	-33.74
47	RADISH	Kg	40	50	45	62.83	40	-28.38	12.5
<b>Household Essentials</b>									
48	L.P.G	Kg	340	350	348	336.83	315	3.32	10.48
49	L.E.D (BULB) 12 W (LOCAL)	Each	200	200	200	200	200	0	0
50	LIFE BUOY (128 gm)	Cake	125	125	125	125	105	0	19.05
51	LUX SOAP (WHITE) (98gm)	Cake	120	120	120	120	100	0	20
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
54	SURF EXCEL	500g	290	290	290	290	274	0	5.84
55	SURF BONUS	Kg	230	230	230	230	230	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	202.5	0	-1.23
57	TOOTH PASTE (COLGATE)	100g	210	220	218	218.33	210	-0.15	3.81
58	MATCHES 50 STICKS	Each	5	5	5	5	7	0	-28.57
59	MUSTARD OIL (LOCAL)	Kg	550	560	553	523	530	5.74	4.34
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	380	400	395	395.83	300	-0.21	31.67
61	APPLE AVERAGE QUALITY	Kg	280	300	295	295.83	155	-0.28	90.32
62	BANANA	Dozen	100	130	115	109.5	115.83	5.02	-0.72
63	DATES (IRANI)	Kg	520	550	543	542.5	490	0.09	10.82
64	GUAVA	Kg	150	160	155	158	139.17	-1.9	11.37
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	230	0	4.35
67	TEA PREPARED (Sada)	Cup	70	70	70	70	70	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SARGODHA ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	100	98	98	84	0	16.67
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	120	116	116.67	98	-0.57	18.37
3	WHEAT ATTA (THAILA)	10Kg	930	1,050	958	937.33	820	2.21	16.83
4	MAIDA	kg	130	140	136	142.67	135	-4.68	0.74
5	RAWA/SUJI	Kg	130	140	136	142.67	135	-4.68	0.74
6	VEG. GHEE (POUCH) (LOCAL)	kg	430	510	462	458.67	480	0.73	-3.75
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,950	2890	2908.67	2762.5	-0.64	4.62
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,950	2930	2932	2802.5	-0.07	4.55
9	BAISAN (GROUND GRAM)	Kg	320	330	322	313.5	430	2.71	-25.12
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	340	320	318.17	315	0.58	1.59
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	280	268	269.5	265	-0.56	1.13
12	BROKEN BASMATI	Kg	180	200	192	194	190	-1.03	1.05
13	GRAM (BLACK)	Kg	280	340	308	319.17	388.33	-3.5	-20.69
14	GRAM (WHITE)	Kg	260	340	296	296	390	0	-24.1
15	GRAM DAL	Kg	280	330	302	304.17	405	-0.71	-25.43
16	MASOOR (WHOLE)	Kg	260	300	278	278.5	315	-0.18	-11.75
17	MASOOR (DAL)	Kg	320	320	320	320.5	340	-0.16	-5.88
18	MASH DAL (WASHED)	Kg	520	560	544	542	610	0.37	-10.82
19	MOONG (WHOLE)	Kg	340	350	344	343.33	345	0.2	-0.29
20	MOONG DAL (WASHED)	Kg	360	380	368	367.33	370	0.18	-0.54
21	CHILLIES (GROUND)	250g	200	250	222	226.67	210	-2.06	5.71
22	SUGAR WHITE	Kg	150	185	166	187.67	128.5	-11.55	29.18
23	GUR	Kg	180	210	192	207.5	190	-7.47	1.05
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70.33	70	-0.47	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	100	0	0
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	15	14.5	0	3.45
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	375	400	388	343	455.83	13.12	-14.88
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	520	580	542	479.17	621.67	13.11	-12.82
30	MUTTON	Kg	1,900	2,400	2200	2216.5	1850	-0.74	18.92
31	BEEF WITH BONE	Kg	1,100	1,200	1160	1163.5	931.25	-0.3	24.56
32	EGGS (FARM)	Dozen	334	360	344	349	333.42	-1.43	3.17
33	MILK (FRESH)	Litre	170	180	176	177.5	160	-0.85	10
34	CURD (fresh)	Kg	200	220	204	207.33	200	-1.61	2
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	100	100	100	100	95	0	5.26
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	400	480	436	461.17	655	-5.46	-33.44
37	GINGER	250g	100	140	114	121	140.83	-5.79	-19.05
38	POTATOES	Kg	50	80	62	66.83	96.67	-7.23	-35.86
39	ONIONS	Kg	60	80	68	119.5	133.33	-43.1	-49



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SARGODHA ON 01-01-2026

COMPARED WITH 1ST WEEK OF DEC-25 , AND 1ST WEEK OF JAN-25

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 01-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		01-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
40	SPINACH	Kg	40	60	50	43.17	54.92	15.82	-8.96
41	TOMATOES	Kg	80	100	88	110.33	194.17	-20.24	-54.68
42	BRINJAL	Kg	60	90	74	94.33	110.83	-21.55	-33.23
43	CAULIFLOWER	Kg	40	50	46	55.5	82.5	-17.12	-44.24
44	TURNIP	Kg	40	80	56	70	75	-20	-25.33
45	CARROT	Kg	40	60	48	92.67	69.17	-48.2	-30.61
46	PEAS	Kg	80	140	102	192.17	188.33	-46.92	-45.84
47	RADISH	Kg	30	60	42	45.67	60	-8.04	-30
<b>Household Essentials</b>									
48	L.P.G	Kg	300	330	310	297.17	320.67	4.32	-3.33
49	L.E.D (BULB) 12 W (LOCAL)	Each	180	180	180	180	175	0	2.86
50	LIFE BUOY (128 gm)	Cake	115	125	119	118.33	105	0.57	13.33
51	LUX SOAP (WHITE) (98gm)	Cake	110	120	114	113.5	105	0.44	8.57
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	125	0	4
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
54	SURF EXCEL	500g	290	290	290	290	275	0	5.45
55	SURF BONUS	Kg	230	230	230	230	230	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	200	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	210	0	0
58	MATCHES 50 STICKS	Each	5	7	6	6	6	0	0
59	MUSTARD OIL (LOCAL)	Kg	480	500	488	487.5	565	0.1	-13.63
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	350	370	358	357.33	300	0.19	19.33
61	APPLE AVERAGE QUALITY	Kg	240	260	250	250.33	200	-0.13	25
62	BANANA	Dozen	100	100	100	103.33	108.33	-3.22	-7.69
63	DATES (IRANI)	Kg	500	500	500	500.5	575	-0.1	-13.04
64	GUAVA	Kg	140	180	158	162	140.83	-2.47	12.19
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	235	0	2.13
67	TEA PREPARED (Sada)	Cup	50	60	56	57.33	55	-2.32	1.82

M.D. = Meat Less Day