

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

Price Data Collection Agency: Bureau of Statistics, Punjab
 Daily Price Report: 03-1-2026, Saturday
 Comparison with: 1st 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 03-1-2026, compared with the 1st week of Dec. 2025, of the Punjab, given as follows: -

Sr. No.	Commodities	Unit	Average Retail Price on		% Change	Trend
			03-1-2026	1 st week of Dec. 2025		
			(1)	(2)		
1.	Wheat Flour (Thaila)	10 kg	953	966	-1.3	Decreased
2.	Sugar White	1 kg	165	187	-11.9	Decreased
3.	Potatoes	1 kg	58	74	-21.4	Decreased
4.	Tomatoes	1 kg	80	114	-29.9	Decreased
5.	Gram Dal	1 kg	288	298	-3.2	Decreased
6.	Moong Dal washed	1 kg	378	385	-1.7	Decreased
7.	Chicken Meat Broiler	1 kg	579	469	23.5	Increased
8.	Beef with bone	1 kg	1091	1081	0.9	Stable
9.	Onion	1 kg	86	113	-24.1	Decreased
10.	Veg. Ghee (Dalda)	5 kg	2877	2859	0.6	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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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

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	120.0	115.1	104.3	4.3	15.1
3	WHEAT ATTA (THAILA)	10 kg	900	1,240	953.0	965.5	861.7	-1.3	10.6
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	485.0	487.7	526.3	-0.6	-7.8
7	VEG. GHEE DALDA (CARTON)	5 kg	2,800	2,960	2,877.0	2,858.6	2,825.0	0.6	1.8
8	COOKING OIL DALDA (CARTON)	5 Litre	2,830	2,960	2,895.0	2,876.7	2,866.7	0.6	1.0
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	333.0	336.4	338.6	-1.0	-1.6
11	RICE BASMATI (AVERAGE QUALITY)	kg	190	320	273.0	275.3	264.6	-0.8	3.2
12	BROKEN BASMATI	kg	170	250	202.0	202.2	204.2	-0.1	-1.1
13	GRAM (BLACK)	kg	240	340	292.0	295.6	379.6	-1.2	-23.1
14	GRAM (WHITE)	kg	250	370	315.0	322.5	353.4	-2.3	-10.9
15	GRAM DAL	kg	240	330	288.0	297.6	381.4	-3.2	-24.5
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	492.0	494.6	566.4	-0.5	-13.1
19	MOONG (WHOLE)	kg	320	400	364.0	368.9	343.8	-1.3	5.9
20	MOONG DAL (WASHED)	kg	320	420	378.0	384.7	365.7	-1.7	3.4
21	CHILLIES (GROUND)	250 g	180	250	208.0	206.4	193.5	0.8	7.5
22	SUGAR WHITE	kg	150	190	165.0	187.3	135.6	-11.9	21.7
23	GUR	kg	180	260	217.0	226.4	201.2	-4.2	7.9
24	SALT POWDERED PACK (NATIONAL/SHAN)	800 g	60	80	71.0	71.9	70.8	-1.2	0.3
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	350	440	407.0	335.0	431.1	21.5	-5.6
29	CHICKEN MEAT (BROILER) WITH ORGANS	kg	550	620	579.0	469.0	602.7	23.5	-3.9
30	MUTTON	kg	1,800	2,400	2,078.0	2,052.4	1,880.6	1.2	10.5
31	BEEF WITH BONE	kg	900	1,300	1,091.0	1,080.8	918.4	0.9	18.8
32	EGGS (FARMI)	Dozen	310	360	341.0	344.5	331.3	-1.0	2.9
33	MILK (FRESH)	Litre	160	220	187.0	188.2	179.3	-0.6	4.3
34	CURD (FRESH)	kg	190	240	221.0	223.3	213.0	-1.0	3.7
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 67 Household Essential Commodities of The Punjab, on 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	550	440.0	431.1	661.2	2.1	-33.5
37	GINGER	250 g	80	150	108.0	115.0	117.2	-6.1	-7.8
38	POTATOES	kg	50	100	58.0	73.8	103.3	-21.4	-43.8
39	ONIONS	kg	60	120	86.0	113.3	131.2	-24.1	-34.5
40	SPINACH	kg	30	70	47.0	53.6	49.5	-12.3	-5.0
41	TOMATOES	kg	50	110	80.0	114.1	215.6	-29.9	-62.9
42	BRINJAL	kg	50	100	73.0	81.0	94.2	-9.9	-22.5
43	CAULIFLOWER	1 Kg	20	70	44.0	53.2	78.7	-17.3	-44.1
44	TURNIP	1 Kg	40	80	56.0	65.1	61.1	-14.0	-8.4
45	CARROT	1 Kg	40	100	61.0	97.2	68.8	-37.2	-11.3
46	PEAS	1 Kg	70	180	102.0	196.8	171.1	-48.2	-40.4
47	RADISH	1 Kg	30	80	45.0	54.4	48.8	-17.3	-7.8

Fruits

48	APPLE SUPERIOR QUALITY	kg	280	450	364.0	355.3	289.5	2.5	25.7
49	APPLE AVERAGE QUALITY	kg	150	300	245.0	233.9	192.6	4.8	27.2
50	BANANA	Dozen	100	160	121.0	118.6	121.0	2.1	0.0
51	DATES (IRANI)	kg	450	700	541.0	549.6	552.6	-1.6	-2.1
52	GUAVA	kg	80	200	134.0	168.3	135.3	-20.4	-1.0

Household Essentials

53	L.P.G	kg	280	400	314.0	311.0	312.5	1.0	0.5
54	L.E.D (BULB) 12 W (LOCAL)	Each	125	300	166.0	164.9	167.5	0.7	-0.9
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	230	197.0	196.7	198.6	0.1	-0.8
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	554.0	551.4	563.9	0.5	-1.8

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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					03-01-2026	Dec-25	Jan-25	Dec-25	Jan-25
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	104	110	109	106	90	2.83	21.11
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	115	114	113.33	95	0.59	20
3	WHEAT ATTA (THAILA)	10Kg	900	905	901	902	878.33	-0.11	2.58
4	MAIDA	kg	130	135	131	128.33	125	2.08	4.8
5	RAWA/SUJI	Kg	130	130	130	128	125	1.56	4
6	VEG. GHEE (POUCH) (LOCAL)	kg	500	510	508	502.5	525	1.09	-3.24
7	VEG. GHEE DALDA (CARTON)	5Kg	2,900	2,960	2912	2883	2850	1.01	2.18
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,960	2912	2883	2924.17	1.01	-0.42
9	BAISAN (GROUND GRAM)	Kg	300	310	306	306.5	388.33	-0.16	-21.2
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	350	342	341.5	340	0.15	0.59
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	290	266	265.17	267.5	0.31	-0.56
12	BROKEN BASMATI	Kg	170	200	194	196.33	170	-1.19	14.12
13	GRAM (BLACK)	Kg	270	300	276	277.83	377.5	-0.66	-26.89
14	GRAM (WHITE)	Kg	350	370	354	348.67	345	1.53	2.61
15	GRAM DAL	Kg	250	310	262	267.83	375	-2.18	-30.13
16	MASOOR (WHOLE)	Kg	280	320	312	310	325	0.65	-4
17	MASOOR (DAL)	Kg	280	300	284	290	325	-2.07	-12.62
18	MASH DAL (WASHED)	Kg	420	550	516	499.33	575	3.34	-10.26
19	MOONG (WHOLE)	Kg	350	360	358	383.67	333.33	-6.69	7.4
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	170	166	182.33	132.92	-8.96	24.89
23	GUR	Kg	200	220	204	220.33	195	-7.41	4.62
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	60	70	62	63	70	-1.59	-11.43
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	102	100	-1.96	0
26	DOUBLE ROTI DAWN	360g	110	120	112	113	110	-0.88	1.82
27	TANORI ROTI	100g	15	20	16	15	15	6.67	6.67
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	383	400	397	340.67	436.67	16.54	-9.08
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	555	570	567	453.17	590.83	25.12	-4.03
30	MUTTON	Kg	2,000	2,200	2160	2167	1800	-0.32	20
31	BEEF WITH BONE	Kg	1,100	1,200	1180	1167	950	1.11	24.21
32	EGGS (FARM)	Dozen	340	340	340	343	330	-0.87	3.03
33	MILK (FRESH)	Litre	170	180	172	172	175	0	-1.71
34	CURD (fresh)	Kg	200	220	204	207	205	-1.45	-0.49
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	95	94	93	90	1.08	4.44
Vegetables									
36	GARLIC (CHINA)	Kg	430	460	446	417.67	635.83	6.78	-29.86
37	GINGER	250g	100	120	108	110.17	140.83	-1.97	-23.31
38	POTATOES	Kg	50	60	54	72.33	108.33	-25.34	-50.15
39	ONIONS	Kg	80	110	100	103.83	120	-3.69	-16.67



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT BAHAWALPUR ON 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	40	60	52	69.5	44.17	-25.18	17.73
41	TOMATOES	Kg	70	80	74	111	201.67	-33.33	-63.31
42	BRINJAL	Kg	50	80	70	77.33	85.83	-9.48	-18.44
43	CAULIFLOWER	Kg	40	50	44	63.5	76.67	-30.71	-42.61
44	TURNIP	Kg	50	80	70	74	66.67	-5.41	4.99
45	CARROT	Kg	60	70	66	105.33	70.42	-37.34	-6.28
46	PEAS	Kg	90	140	122	222.17	160	-45.09	-23.75
47	RADISH	Kg	40	60	48	57.17	50	-16.04	-4
Household Essentials									
48	L.P.G	Kg	300	330	306	311.67	315	-1.82	-2.86
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	160	165	175	-3.03	-8.57
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	200	200	200	199	200	0.5	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	210	0	0
58	MATCHES 50 STICKS	Each	6	7	7	7	6.5	0	7.69
59	MUSTARD OIL (LOCAL)	Kg	530	570	538	550.5	510	-2.27	5.49
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	380	390	384	380.5	290.83	0.92	32.04
61	APPLE AVERAGE QUALITY	Kg	230	280	244	253.17	222.5	-3.62	9.66
62	BANANA	Dozen	140	150	144	131.5	130	9.51	10.77
63	DATES (IRANI)	Kg	550	600	560	559.83	550	0.03	1.82
64	GUAVA	Kg	110	120	116	177.83	137.5	-34.77	-15.64
Tea & Tobacco									
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	60	60	60	58	60	3.45	0

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	
Staples									
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	159	180	137.08	-11.67	15.99
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
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	350	390	382	319.5	405.83	19.56	-5.87
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	560	600	568	471.67	580.83	20.42	-2.21
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
Vegetables									
36	GARLIC (CHINA)	Kg	450	500	488	391.5	625	24.65	-21.92
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	120	103	137.33	120.83	-25	-14.76



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	50	70	60	62.83	55	-4.5	9.09
41	TOMATOES	Kg	80	100	87	130.33	205	-33.25	-57.56
42	BRINJAL	Kg	60	100	87	90.33	81.67	-3.69	6.53
43	CAULIFLOWER	Kg	20	70	52	63.5	61.67	-18.11	-15.68
44	TURNIP	Kg	50	80	67	72.83	54.17	-8	23.68
45	CARROT	Kg	60	80	72	83.5	63.33	-13.77	13.69
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
Household Essentials									
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
Fruits									
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	100	160	115	104.67	120	9.87	-4.17
63	DATES (IRANI)	Kg	500	550	522	509	550	2.55	-5.09
64	GUAVA	Kg	130	150	135	125.33	144.17	7.72	-6.36
Tea & Tobacco									
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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		03-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
Staples									
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
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	400	410	405	353.67	420.83	14.51	-3.76
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	560	570	565	463.67	614.17	21.85	-8.01
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
Vegetables									
36	GARLIC (CHINA)	Kg	330	350	340	426.33	625	-20.25	-45.6
37	GINGER	250g	80	90	85	90.33	78.33	-5.9	8.52
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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	50	60	55	55.33	35	-0.6	57.14
41	TOMATOES	Kg	80	90	85	108.67	232.5	-21.78	-63.44
42	BRINJAL	Kg	60	70	65	75.33	60	-13.71	8.33
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
Household Essentials									
48	L.P.G	Kg	320	330	325	302	315	7.62	3.17
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
Fruits									
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	90	100	95	160.33	103.33	-40.75	-8.06
Tea & Tobacco									
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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	
Staples									
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
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	403	428	420	330	430.42	27.27	-2.42
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	584	620	608	477.67	635.42	27.28	-4.32
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	343	349.33	318.92	-1.81	7.55
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
Vegetables									
36	GARLIC (CHINA)	Kg	400	430	412	404.33	652.5	1.9	-36.86
37	GINGER	250g	100	120	105	94.83	107.5	10.72	-2.33
38	POTATOES	Kg	50	70	55	73.17	104.17	-24.83	-47.2
39	ONIONS	Kg	70	120	95	116.33	144.17	-18.34	-34.11



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT GUJRANWALA ON 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	40	60	52	55.83	60	-6.86	-13.33
41	TOMATOES	Kg	80	100	93	109.17	224.17	-14.81	-58.51
42	BRINJAL	Kg	70	100	88	84	112.5	4.76	-21.78
43	CAULIFLOWER	Kg	40	50	48	55	88.33	-12.73	-45.66
44	TURNIP	Kg	50	60	53	54	65	-1.85	-18.46
45	CARROT	Kg	40	80	63	97.33	75.83	-35.27	-16.92
46	PEAS	Kg	80	130	102	169.83	185	-39.94	-44.86
47	RADISH	Kg	30	50	42	48	38.33	-12.5	9.57
Household Essentials									
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 (SUFU) (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
Fruits									
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	130	127.5	112.5	1.96	15.56
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
Tea & Tobacco									
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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	
Staples									
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	119	119.67	114.17	-0.56	4.23
3	WHEAT ATTA (THAILA)	10Kg	905	1,000	921	938.33	860	-1.85	7.09
4	MAIDA	kg	120	140	131	127.5	140.83	2.75	-6.98
5	RAWA/SUJI	Kg	120	150	134	130.5	145	2.68	-7.59
6	VEG. GHEE (POUCH) (LOCAL)	kg	470	520	499	491.67	516.67	1.49	-3.42
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,925	2854	2846	2837.5	0.28	0.58
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	310	312.5	398.33	-0.8	-22.18
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	260	350	323	333.67	350	-3.2	-7.71
11	RICE BASMATI (AVERAGE QUALITY)	Kg	190	320	271	285.67	290	-5.14	-6.55
12	BROKEN BASMATI	Kg	180	250	220	212	215	3.77	2.33
13	GRAM (BLACK)	Kg	240	320	287	290.33	377.5	-1.15	-23.97
14	GRAM (WHITE)	Kg	250	330	297	313	350.83	-5.11	-15.34
15	GRAM DAL	Kg	240	300	273	279.67	391.67	-2.38	-30.3
16	MASOOR (WHOLE)	Kg	300	340	316	313.83	338.33	0.69	-6.6
17	MASOOR (DAL)	Kg	320	350	333	326.67	360	1.94	-7.5
18	MASH DAL (WASHED)	Kg	430	490	460	459	576.67	0.22	-20.23
19	MOONG (WHOLE)	Kg	340	380	357	355.33	316.67	0.47	12.74
20	MOONG DAL (WASHED)	Kg	320	380	356	356.33	345.83	-0.09	2.94
21	CHILLIES (GROUND)	250g	190	220	201	201	200	0	0.5
22	SUGAR WHITE	Kg	165	180	175	190.5	139.17	-8.14	25.75
23	GUR	Kg	210	240	233	224.33	209.17	3.86	11.39
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	74	74.83	75.83	-1.11	-2.41
25	DOUBLE ROTI (LOCAL)	400g	100	120	107	106.17	110	0.78	-2.73
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
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	389	410	399	324.83	402.83	22.83	-0.95
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	560	595	580	457.83	597.08	26.68	-2.86
30	MUTTON	Kg	1,800	2,300	2057	2092.75	1950	-1.71	5.49
31	BEEF WITH BONE	Kg	1,100	1,300	1186	1187.5	950	-0.13	24.84
32	EGGS (FARM)	Dozen	331	340	333	348.67	332	-4.49	0.3
33	MILK (FRESH)	Litre	180	220	206	208.67	180	-1.28	14.44
34	CURD (fresh)	Kg	200	240	224	225.67	210	-0.74	6.67
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	94	94.83	92.5	-0.88	1.62
Vegetables									
36	GARLIC (CHINA)	Kg	300	480	393	377.5	645.83	4.11	-39.15
37	GINGER	250g	100	120	109	123.5	107.5	-11.74	1.4
38	POTATOES	Kg	50	60	53	70.67	98.33	-25	-46.1
39	ONIONS	Kg	60	110	79	118.33	154.17	-33.24	-48.76



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT LAHORE ON 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	35	60	46	54.17	45	-15.08	2.22
41	TOMATOES	Kg	70	110	89	121.67	234.17	-26.85	-61.99
42	BRINJAL	Kg	60	80	74	84.67	105.83	-12.6	-30.08
43	CAULIFLOWER	Kg	30	50	41	51.17	82.5	-19.87	-50.3
44	TURNIP	Kg	40	80	56	66.67	63.33	-16	-11.57
45	CARROT	Kg	40	100	68	90.83	80.83	-25.13	-15.87
46	PEAS	Kg	80	120	97	186.83	166.67	-48.08	-41.8
47	RADISH	Kg	30	60	43	50.67	50	-15.14	-14
Household Essentials									
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	220	171	177.17	191.67	-3.48	-10.78
50	LIFE BUOY (128 gm)	Cake	120	125	124	123	109.17	0.81	13.58
51	LUX SOAP (WHITE) (98gm)	Cake	110	125	120	120.83	105	-0.69	14.29
52	WASHING SOAP (SUFU) (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	213	214.5	201.67	-0.7	5.62
58	MATCHES 50 STICKS	Each	5	7	6	6	6	0	0
59	MUSTARD OIL (LOCAL)	Kg	500	600	566	572.83	567.5	-1.19	-0.26
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	280	370	339	331	264.17	2.42	28.33
61	APPLE AVERAGE QUALITY	Kg	150	280	199	199.67	175	-0.34	13.71
62	BANANA	Dozen	100	150	133	134.67	115	-1.24	15.65
63	DATES (IRANI)	Kg	500	700	606	622.17	550	-2.6	10.18
64	GUAVA	Kg	80	200	147	187	125	-21.39	17.6
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	244	244.83	230	-0.34	6.09
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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		03-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
Staples									
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	220	220	240	190	-8.33	15.79
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	70	0	14.29
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
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	430	440	438	339.5	462.5	29.01	-5.3
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	550	560	555	456.17	579.17	21.67	-4.17
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
Vegetables									
36	GARLIC (CHINA)	Kg	400	420	405	402.67	641.67	0.58	-36.88
37	GINGER	250g	100	100	100	100.5	116.67	-0.5	-14.29
38	POTATOES	Kg	50	50	50	78	102.5	-35.9	-51.22
39	ONIONS	Kg	70	80	75	92.5	111.67	-18.92	-32.84



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT MULTAN ON 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	30	30	36.83	46.67	-18.54	-35.72
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	33	38.33	61.67	-13.91	-46.49
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	100	100	100	199.17	175	-49.79	-42.86
47	RADISH	Kg	30	30	30	42.67	50	-29.69	-40
Household Essentials									
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
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	450	450	450	400	270.83	12.5	66.16
61	APPLE AVERAGE QUALITY	Kg	240	250	248	200	156.67	24	58.29
62	BANANA	Dozen	100	130	118	113.33	137.5	4.12	-14.18
63	DATES (IRANI)	Kg	560	560	560	560	533.33	0	5
64	GUAVA	Kg	120	140	125	200	185	-37.5	-32.43
Tea & Tobacco									
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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	115	124	120	117	97.5	2.56	23.08
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	120	132	129	125	120	3.2	7.5
3	WHEAT ATTA (THAILA)	10Kg	905	1,240	1016	1127	875	-9.85	16.11
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	2,960	2900	2844	2847.92	1.97	1.83
8	COOKING OIL DALDA (CARTON)	5Litre	2,880	2,960	2915	2854	2858.33	2.14	1.98
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	208	208	200	0	4
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
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	411	425	415	335.5	428.67	23.7	-3.19
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	595	610	598	485.67	621.58	23.13	-3.79
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	202	200	190	1	6.32
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
Vegetables									
36	GARLIC (CHINA)	Kg	450	520	480	475.17	720.83	1.02	-33.41
37	GINGER	250g	110	130	123	110.5	124.17	11.31	-0.94
38	POTATOES	Kg	55	80	71	74.67	119.17	-4.91	-40.42
39	ONIONS	Kg	80	110	92	124.5	137.5	-26.1	-33.09



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT RAWALPINDI ON 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	50	60	55	53.83	61.67	2.17	-10.82
41	TOMATOES	Kg	60	80	70	115.67	230.83	-39.48	-69.67
42	BRINJAL	Kg	80	100	90	89.17	115.83	0.93	-22.3
43	CAULIFLOWER	Kg	40	60	53	63	109.17	-15.87	-51.45
44	TURNIP	Kg	50	80	68	74.67	78.33	-8.93	-13.19
45	CARROT	Kg	70	90	80	116.83	87.5	-31.52	-8.57
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
Household Essentials									
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 (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	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	573	575	645.83	-0.35	-11.28
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	300	350	320	305.5	280	4.75	14.29
61	APPLE AVERAGE QUALITY	Kg	180	240	210	199	190	5.53	10.53
62	BANANA	Dozen	110	130	120	133.83	138.33	-10.33	-13.25
63	DATES (IRANI)	Kg	450	530	497	525	608.33	-5.33	-18.3
64	GUAVA	Kg	140	150	145	171	149.17	-15.2	-2.8
Tea & Tobacco									
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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		03-01-2026	1st week of		1st week of
					Dec-25		Jan-25	Dec-25	Jan-25
Staples									
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
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	403	403	403	328.17	414.75	22.8	-2.83
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	584	584	584	475.67	595.83	22.77	-1.99
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	335	335	335	350.5	325.83	-4.42	2.81
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
Vegetables									
36	GARLIC (CHINA)	Kg	530	550	543	523.67	748.33	3.69	-27.44
37	GINGER	250g	100	100	100	139.67	118.33	-28.4	-15.49
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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		03-01-2026	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	50	50	80.5	95	-37.89	-47.37
43	CAULIFLOWER	Kg	30	50	43	42	64.17	2.38	-32.99
44	TURNIP	Kg	40	50	45	68	48.33	-33.82	-6.89
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
Household Essentials									
48	L.P.G	Kg	340	400	360	336.83	315	6.88	14.29
49	L.E.D (BULB) 12 W (LOCAL)	Each	200	300	225	200	200	12.5	12.5
50	LIFE BUOY (128 gm)	Cake	125	125	125	125	105	0	19.05
51	LUX SOAP (WHITE) (98gm)	Cake	120	130	123	120	100	2.5	23
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	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
Fruits									
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
Tea & Tobacco									
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 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	100	100	100	98	84	2.04	19.05
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	120	120	120	116.67	98	2.85	22.45
3	WHEAT ATTA (THAILA)	10Kg	930	930	930	937.33	820	-0.78	13.41
4	MAIDA	kg	140	140	140	142.67	135	-1.87	3.7
5	RAWA/SUJI	Kg	140	140	140	142.67	135	-1.87	3.7
6	VEG. GHEE (POUCH) (LOCAL)	kg	430	430	430	458.67	480	-6.25	-10.42
7	VEG. GHEE DALDA (CARTON)	5Kg	2,950	2,950	2950	2908.67	2762.5	1.42	6.79
8	COOKING OIL DALDA (CARTON)	5Litre	2,950	2,950	2950	2932	2802.5	0.61	5.26
9	BAISAN (GROUND GRAM)	Kg	320	320	320	313.5	430	2.07	-25.58
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	320	310	318.17	315	-2.57	-1.59
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	280	270	269.5	265	0.19	1.89
12	BROKEN BASMATI	Kg	180	200	190	194	190	-2.06	0
13	GRAM (BLACK)	Kg	320	340	330	319.17	388.33	3.39	-15.02
14	GRAM (WHITE)	Kg	260	280	270	296	390	-8.78	-30.77
15	GRAM DAL	Kg	280	300	290	304.17	405	-4.66	-28.4
16	MASOOR (WHOLE)	Kg	260	280	270	278.5	315	-3.05	-14.29
17	MASOOR (DAL)	Kg	320	320	320	320.5	340	-0.16	-5.88
18	MASH DAL (WASHED)	Kg	560	560	560	542	610	3.32	-8.2
19	MOONG (WHOLE)	Kg	340	340	340	343.33	345	-0.97	-1.45
20	MOONG DAL (WASHED)	Kg	360	360	360	367.33	370	-2	-2.7
21	CHILLIES (GROUND)	250g	230	250	240	226.67	210	5.88	14.29
22	SUGAR WHITE	Kg	150	160	153	187.67	128.5	-18.47	19.07
23	GUR	Kg	180	190	183	207.5	190	-11.81	-3.68
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
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	405	405	405	343	455.83	18.08	-11.15
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	580	600	590	479.17	621.67	23.13	-5.09
30	MUTTON	Kg	2,400	2,400	2400	2216.5	1850	8.28	29.73
31	BEEF WITH BONE	Kg	1,200	1,200	1200	1163.5	931.25	3.14	28.86
32	EGGS (FARM)	Dozen	334	334	334	349	333.42	-4.3	0.17
33	MILK (FRESH)	Litre	170	180	175	177.5	160	-1.41	9.38
34	CURD (fresh)	Kg	200	220	210	207.33	200	1.29	5
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	100	100	100	100	95	0	5.26
Vegetables									
36	GARLIC (CHINA)	Kg	450	460	453	461.17	655	-1.77	-30.84
37	GINGER	250g	100	120	105	121	140.83	-13.22	-25.44
38	POTATOES	Kg	50	60	53	66.83	96.67	-20.69	-45.17
39	ONIONS	Kg	60	60	60	119.5	133.33	-49.79	-55



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SARGODHA ON 03-01-2026

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 03-01-2026		Average 03-01-2026	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	40	50	45	43.17	54.92	4.24	-18.06
41	TOMATOES	Kg	90	90	90	110.33	194.17	-18.43	-53.65
42	BRINJAL	Kg	90	90	90	94.33	110.83	-4.59	-18.79
43	CAULIFLOWER	Kg	40	50	45	55.5	82.5	-18.92	-45.45
44	TURNIP	Kg	40	40	40	70	75	-42.86	-46.67
45	CARROT	Kg	40	40	40	92.67	69.17	-56.84	-42.17
46	PEAS	Kg	70	70	70	192.17	188.33	-63.57	-62.83
47	RADISH	Kg	30	30	30	45.67	60	-34.31	-50
Household Essentials									
48	L.P.G	Kg	300	300	300	297.17	320.67	0.95	-6.45
49	L.E.D (BULB) 12 W (LOCAL)	Each	180	180	180	180	175	0	2.86
50	LIFE BUOY (128 gm)	Cake	115	115	115	118.33	105	-2.81	9.52
51	LUX SOAP (WHITE) (98gm)	Cake	110	115	111	113.5	105	-2.2	5.71
52	WASHING SOAP (SUF1) (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	230	208	200	200	4	4
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	480	480	487.5	565	-1.54	-15.04
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	350	350	350	357.33	300	-2.05	16.67
61	APPLE AVERAGE QUALITY	Kg	250	250	250	250.33	200	-0.13	25
62	BANANA	Dozen	100	120	105	103.33	108.33	1.62	-3.07
63	DATES (IRANI)	Kg	500	500	500	500.5	575	-0.1	-13.04
64	GUAVA	Kg	160	180	168	162	140.83	3.7	19.29
Tea & Tobacco									
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	55	57.33	55	-4.06	0

M.D. = Meat Less Day