

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

Price Data Collection Agency: Bureau of Statistics, Punjab
 Daily Price Report: 18-10-2025, Saturday
 Comparison with: 3rd week of Sep. 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 18-10-2025, compared with the 3rd week of Sep. 2025, of the Punjab, given as follows: -

Sr. No.	Commodities	Unit	Average Retail Price on		% Change	Trend
			18-10-2025	3 rd week of Sep. 2025		
	(1)	(2)	(3)	(4)	(5)	(6)
1.	Wheat Flour (Thaila)	10 kg	973	975	-0.2	Stable
2.	Sugar White	1 kg	184	182	1.4	Increased
3.	Potatoes	1 kg	97	96	1.0	Stable
4.	Tomatoes	1 kg	345	223	54.8	Increased
5.	Gram Dal	1 kg	305	308	-0.9	Stable
6.	Moong Dal washed	1 kg	393	395	-0.4	Stable
7.	Chicken Meat Broiler	1 kg	435	555	-21.6	Decreased
8.	Beef with bone	1 kg	1075	1064	1.0	Increased
9.	Onion	1 kg	102	89	14.4	Increased
10.	Veg. Ghee (Dalda)	5 kg	2848	2845	0.1	Stable

Out of 10 essential items, the retail price of 04 item's price are increased, 01 is decreased while 05 are stable.

Source: Bureau of Statistics, Punjab.

Retail Price of 70 Household Essential Commodities of The Punjab, on 18-10-2025

Compared with 3rd week of Sep-2025, and 3rd week of Oct-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices 3rd week of		% Change on Average Price (Min+ Max) Date Over 3rd week of	
			Min	Max		Sep. 2025	Oct. 2024	Sep. 2025	Oct. 2024

Staples

1	WHEAT ATTA LOOSE (MILL)	kg	95	130	104.0	104.2	91.4	-0.2	13.8
2	WHEAT ATTA LOOSE (CHAKKI)	kg	90	135	113.0	111.3	102.4	1.5	10.4
3	WHEAT ATTA (THAILA)	10 kg	900	1,200	973.0	975.3	854.6	-0.2	-
4	MAIDA	kg	110	150	127.0	127.5	130.1	-0.4	-2.4
5	RAWA/SUJI	kg	110	150	130.0	130.1	132.1	-0.1	-1.6
6	VEG. GHEE (POUCH) (LOCAL)	kg	420	520	482.0	482.4	461.3	-0.1	4.5
7	VEG. GHEE DALDA (CARTON)	5 kg	2,780	2,930	2,848.0	2,844.7	2,550.0	0.1	11.7
8	COOKING OIL DALDA (CARTON)	5 Litre	2,780	2,950	2,865.0	2,862.4	2,625.9	0.1	9.1
9	BAISAN (GROUND GRAM)	kg	280	340	313.0	313.3	383.8	-0.1	-18.4
10	RICE BASMATI (SUPERIOR QUALITY)	kg	300	370	332.0	334.6	331.5	-0.8	0.2
11	RICE BASMATI (AVERAGE QUALITY)	kg	240	320	272.0	271.6	271.0	0.1	-
12	BROKEN BASMATI	kg	170	240	198.0	198.1	210.1	-0.1	-5.8
13	GRAM (BLACK)	kg	270	340	300.0	306.6	378.1	-2.2	-20.6
14	GRAM (WHITE)	kg	260	370	327.0	330.2	362.3	-1.0	-
15	GRAM DAL	kg	270	330	305.0	307.8	387.2	-0.9	-21.2
16	MASOOR (WHOLE)	kg	260	340	301.0	304.7	317.9	-1.2	-5.3
17	MASOOR (DAL)	kg	290	350	319.0	324.2	328.2	-1.6	-2.8
18	MASH DAL (WASHED)	kg	440	560	499.0	501.7	576.5	-0.5	-13.4
19	MOONG (WHOLE)	kg	340	400	375.0	375.3	318.6	-0.1	17.7
20	MOONG DAL (WASHED)	kg	350	450	393.0	394.6	341.6	-0.4	15.1
21	CHILLIES (GROUND)	250 g	180	250	207.0	206.8	191.4	0.1	8.1
22	SUGAR WHITE	kg	175	200	184.0	181.5	136.8	1.4	34.5
23	GUR	kg	180	250	226.0	224.8	217.5	0.6	3.9
24	SALT POWDERED PACK (NATIONAL/SHAN)	800 g	60	80	72.0	72.8	70.3	-1.1	-
25	DOUBLE ROTI (LOCAL)	400 g	100	120	104.0	104.2	104.4	-0.1	-0.4
26	DOUBLE ROTI DAWN	360 g	110	120	110.0	110.9	111.8	-0.8	-1.6
27	TANORI ROTI	100 g	14	20	15.0	14.8	14.6	1.3	2.7

Dairy & Meat

28	CHICKEN ALIVE (BROILER)	kg	270	340	303.0	387.4	428.3	-21.8	-29.3
29	CHICKEN MEAT (BROILER) WITH ORGANS	kg	390	495	435.0	555.1	619.1	-21.6	-29.7
30	MUTTON	kg	1,800	2,400	2,054.0	2,012.4	1,859.6	2.1	10.5
31	BEEF WITH BONE	kg	900	1,300	1,075.0	1,064.4	896.9	1.0	19.9
32	EGGS (FARMI)	Dozen	300	330	317.0	302.5	297.4	4.8	6.6
33	MILK (FRESH)	Litre	160	220	189.0	188.6	181.0	0.2	4.4
34	CURD (FRESH)	kg	190	240	221.0	222.1	214.2	-0.5	3.2
35	MILK TETRA PACK (MILK PACK / OLPER)	250 ml	90	100	95.0	94.7	90.9	0.3	-

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

Source: Bureau of Statistics, Punjab.

Retail Price of 70 Household Essential Commodities of The Punjab, on 18-10-2025

Compared with 3rd week of Sep-2025, and 3rd week of Oct-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices 3rd week of		% Change on Average Price (Min+ Max) Date Over 3rd week of	
			Min	Max		Sep. 2025	Oct. 2024	Sep. 2025	Oct. 2024

Vegetables

36	GARLIC (CHINA)	kg	320	500	406.0	398.1	607.9	2.0	-33.2
37	GINGER	250 g	80	220	165.0	148.9	262.5	10.8	-37.1
38	POTATOES	kg	80	140	97.0	96.1	106.9	1.0	-9.2
39	ONIONS	kg	80	140	102.0	89.2	152.3	14.4	-33.0
40	SPINACH	kg	40	100	67.0	74.7	68.6	-10.3	-2.3
41	TOMATOES	kg	190	400	345.0	222.9	127.3	54.8	170.9
42	BRINJAL	kg	80	160	118.0	149.7	122.6	-21.2	-3.8
43	BITTER GOURD	1 Kg	140	230	176.0	202.9	175.1	-13.2	0.5
44	LADY FINGER	1 Kg	120	240	183.0	199.4	144.7	-8.2	26.5
45	TINDA	1 Kg	220	350	279.0	286.5	217.8	-2.6	28.1
46	GHIA KADDU	1 Kg	120	220	170.0	164.2	119.6	3.5	42.2
47	ARVI	1 Kg	110	200	148.0	141.8	175.9	4.4	-15.9
48	GHIA TORRI	1 Kg	100	250	173.0	174.6	141.9	-0.9	22.0
49	COCUMBER (KHEERA)	1 Kg	70	140	108.0	116.0	134.2	-6.9	-19.5
50	LEMON	250 gm	30	120	70.0	89.1	84.5	-21.4	-

Fruits

51	APPLE SUPERIOR QUALITY	kg	250	400	325.0	317.9	264.5	2.2	22.9
52	APPLE AVERAGE QUALITY	kg	150	290	212.0	194.7	171.8	8.9	23.4
53	BANANA	Dozen	80	150	110.0	126.7	119.0	-13.1	-7.5
54	DATES (IRANI)	kg	480	600	528.0	526.8	562.1	0.2	-6.1
55	GUAVA	kg	100	300	180.0	155.6	224.0	15.7	-19.7

Household Essentials

56	L.P.G	kg	240	320	274.0	277.6	282.6	-1.3	-
57	L.E.D (BULB) 12 W (LOCAL)	Each	125	220	163.0	164.6	172.4	-0.9	-
58	LIFE BUOY (128 gm)	Cake	115	125	124.0	124.1	107.8	-0.1	15.0
59	LUX SOAP (WHITE) (98gm)	Cake	100	130	114.0	114.7	106.6	-0.6	-
60	WASHING SOAP (SUFU) (250g)	Cake	130	135	130.0	129.9	128.3	0.1	1.3
61	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50.0	49.9	49.5	0.2	-
62	SURF EXCEL	500 g	270	290	283.0	284.2	275.0	-0.4	-
63	SURF BONUS	kg	220	240	231.0	231.9	230.1	-0.4	-
64	COLD DRINK (COKE/PEPSI)	1.5 Liter	180	200	196.0	196.4	197.1	-0.2	-
65	TOOTH PASTE (COLGATE)	100 g	200	220	211.0	211.4	207.7	-0.2	-
66	MATCHES 50 STICKS	Each	5	7	6.0	6.2	6.2	-3.5	-3.5
67	MUSTARD OIL (LOCAL)	kg	480	600	544.0	548.1	533.6	-0.7	2.0

Tea & Tobacco

68	TEA (YELLOW LABEL)	140 g	390	400	399.0	399.7	400.0	-0.2	-
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	250	241.0	241.0	230.6	0.0	4.5
70	TEA PREPARED (Sada)	Cup	50	70	62.0	62.2	62.4	-0.4	-0.7

(-) Data not available.

Source: Bureau of Statistics, Punjab.

Increasing Decreasing or constant



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	110	106	105.83	87.5	0.16	21.14
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	105	115	113	113	95	0	18.95
3	WHEAT ATTA (THAILA)	10Kg	905	1,100	1036	1036	855	0	21.17
4	MAIDA	kg	120	125	121	121	120.83	0	0.14
5	RAWA/SUJI	Kg	120	125	121	121	120.83	0	0.14
6	VEG. GHEE (POUCH) (LOCAL)	kg	470	510	502	503	459.58	-0.2	9.23
7	VEG. GHEE DALDA (CARTON)	5Kg	2,845	2,930	2873	2846	2576.67	0.95	11.5
8	COOKING OIL DALDA (CARTON)	5Litre	2,845	2,930	2873	2846	2676.67	0.95	7.33
9	BAISAN (GROUND GRAM)	Kg	300	320	307	306.67	381.67	0.11	-19.56
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	360	343	342.67	350	0.1	-2
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	290	267	267.17	270	-0.06	-1.11
12	BROKEN BASMATI	Kg	170	200	192	192.17	173.33	-0.09	10.77
13	GRAM (BLACK)	Kg	280	320	308	308	381.67	0	-19.3
14	GRAM (WHITE)	Kg	340	360	353	350.67	345	0.66	2.32
15	GRAM DAL	Kg	290	300	298	298	383.33	0	-22.26
16	MASOOR (WHOLE)	Kg	270	320	308	313	320.83	-1.6	-4
17	MASOOR (DAL)	Kg	290	320	302	305.5	320.83	-1.15	-5.87
18	MASH DAL (WASHED)	Kg	470	550	520	537.17	565	-3.2	-7.96
19	MOONG (WHOLE)	Kg	340	400	383	390.33	310	-1.88	23.55
20	MOONG DAL (WASHED)	Kg	380	400	383	390	329.17	-1.79	16.35
21	CHILLIES (GROUND)	250g	200	200	200	200	182.5	0	9.59
22	SUGAR WHITE	Kg	175	190	179	177.67	135	0.75	32.59
23	GUR	Kg	200	250	215	214.33	200	0.31	7.5
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	70	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	95	0	5.26
26	DOUBLE ROTI DAWN	360g	110	120	113	113	110	0	2.73
27	TANORI ROTI	100g	14	20	15	14.33	13.5	4.68	11.11
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	280	300	289	375	411.42	-22.93	-29.76
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	400	420	408	556.67	598.92	-26.71	-31.88
30	MUTTON	Kg	2,000	2,200	2167	2116.5	1775	2.39	22.08
31	BEEF WITH BONE	Kg	1,050	1,200	1158	1158	1000	0	15.8
32	EGGS (FARM)	Dozen	300	325	308	290	292.33	6.21	5.36
33	MILK (FRESH)	Litre	170	180	172	172	170	0	1.18
34	CURD (fresh)	Kg	200	220	207	207	200	0	3.5
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	90	90	90	90	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	350	390	362	344.83	541.67	4.98	-33.17
37	GINGER	250g	150	170	163	147.17	219.17	10.76	-25.63
38	POTATOES	Kg	80	100	95	96.17	90	-1.22	5.56
39	ONIONS	Kg	80	100	88	87.17	135.83	0.95	-35.21



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
40	SPINACH	Kg	50	80	68	75.67	60	-10.14	13.33
41	TOMATOES	Kg	190	400	267	258.83	120.83	3.16	120.97
42	BRINJAL	Kg	100	120	110	136.17	103.33	-19.22	6.46
43	BITTER GOURD	Kg	150	180	162	228.67	146.67	-29.16	10.45
44	LADY FINGER	Kg	120	160	145	203.33	120	-28.69	20.83
45	TINDA	Kg	260	330	303	284.67	171.67	6.44	76.5
46	GHIA KADDU	Kg	170	200	180	230.67	90	-21.97	100
47	ARVI	Kg	110	150	138	146.67	143.33	-5.91	-3.72
48	GHIA TORRI	Kg	160	220	180	220	118.33	-18.18	52.12
49	COCUMBER (KHEERA)	Kg	90	110	98	97.33	135.83	0.69	-27.85
50	LEMON	250g	70	120	105	102	69.17	2.94	51.8
Household Essentials									
51	L.P.G	Kg	290	300	298	298	285	0	4.56
52	L.E.D (BULB) 12 W (LOCAL)	Each	125	180	151	163.17	175	-7.46	-13.71
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	104.58	0	19.53
54	LUX SOAP (WHITE) (98gm)	Cake	120	120	120	120	102.5	0	17.07
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	125.42	0	3.65
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
57	SURF EXCEL	500g	290	290	290	282	275	2.84	5.45
58	SURF BONUS	Kg	230	230	230	230	230	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	197	197.5	190	-0.25	3.68
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	210	0	0
61	MATCHES 50 STICKS	Each	6	7	7	7	6.5	0	7.69
62	MUSTARD OIL (LOCAL)	Kg	500	530	515	509.5	510	1.08	0.98
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	270	400	327	324.5	246.67	0.77	32.57
64	APPLE AVERAGE QUALITY	Kg	200	290	238	199.17	175	19.5	36
65	BANANA	Dozen	80	120	98	133.5	126.67	-26.59	-22.63
66	DATES (IRANI)	Kg	500	550	542	543.33	575	-0.24	-5.74
67	GUAVA	Kg	170	200	185	171.5	186.67	7.87	-0.89
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	242	240	240.33	226.67	-0.14	5.88
70	TEA PREPARED (Sada)	Cup	50	60	58	58	60	0	-3.33

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	110	110	110	110	87.5	0	25.71
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	120	117	117	97.5	0	20
3	WHEAT ATTA (THAILA)	10Kg	1,000	1,100	1075	1100	816.67	-2.27	31.63
4	MAIDA	kg	120	130	123	123	131.67	0	-6.58
5	RAWA/SUJI	Kg	120	130	123	123	131.67	0	-6.58
6	VEG. GHEE (POUCH) (LOCAL)	kg	510	520	518	518	474.17	0	9.24
7	VEG. GHEE DALDA (CARTON)	5Kg	2,840	2,860	2854	2854	2562.5	0	11.38
8	COOKING OIL DALDA (CARTON)	5Litre	2,840	2,870	2861	2861	2679.17	0	6.79
9	BAISAN (GROUND GRAM)	Kg	300	330	318	318.33	396.67	-0.1	-19.83
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	350	338	338	340	0	-0.59
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	310	293	293	285	0	2.81
12	BROKEN BASMATI	Kg	200	230	205	205	243.33	0	-15.75
13	GRAM (BLACK)	Kg	280	330	313	313.33	385.83	-0.11	-18.88
14	GRAM (WHITE)	Kg	340	370	360	360	375.83	0	-4.21
15	GRAM DAL	Kg	300	330	318	318	415	0	-23.37
16	MASOOR (WHOLE)	Kg	280	310	300	300	305	0	-1.64
17	MASOOR (DAL)	Kg	300	330	320	319.67	325	0.1	-1.54
18	MASH DAL (WASHED)	Kg	480	530	502	505.5	593.33	-0.69	-15.39
19	MOONG (WHOLE)	Kg	350	390	375	375.83	310	-0.22	20.97
20	MOONG DAL (WASHED)	Kg	380	420	403	403	340	0	18.53
21	CHILLIES (GROUND)	250g	180	200	197	197	190	0	3.68
22	SUGAR WHITE	Kg	175	180	177	175	130.83	1.14	35.29
23	GUR	Kg	210	230	222	217.83	193.33	1.91	14.83
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	70	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	108	108	120	0	-10
26	DOUBLE ROTI DAWN	360g	110	120	112	112	120	0	-6.67
27	TANORI ROTI	100g	15	15	15	15	15	0	0
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	280	290	282	368.83	411.75	-23.54	-31.51
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	400	440	410	549.83	630	-25.43	-34.92
30	MUTTON	Kg	2,000	2,000	2000	1991.5	1650	0.43	21.21
31	BEEF WITH BONE	Kg	1,000	1,200	1067	1041.75	850	2.42	25.53
32	EGGS (FARM)	Dozen	300	330	308	290.33	284.17	6.09	8.39
33	MILK (FRESH)	Litre	160	180	175	175	165	0	6.06
34	CURD (fresh)	Kg	200	240	230	230	220	0	4.55
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	95	94	94	92.5	0	1.62
Vegetables									
36	GARLIC (CHINA)	Kg	320	450	362	353.17	595.83	2.5	-39.24
37	GINGER	250g	120	170	137	138.5	277.5	-1.08	-50.63
38	POTATOES	Kg	80	100	95	92.83	107.5	2.34	-11.63
39	ONIONS	Kg	80	100	88	80	152.5	10	-42.3



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
40	SPINACH	Kg	60	70	67	67.67	65.83	-0.99	1.78
41	TOMATOES	Kg	350	400	375	198.83	132.5	88.6	183.02
42	BRINJAL	Kg	120	140	132	119.33	95.83	10.62	37.74
43	BITTER GOURD	Kg	150	170	162	143.83	157.5	12.63	2.86
44	LADY FINGER	Kg	150	160	155	141.67	155	9.41	0
45	TINDA	Kg	220	340	263	209.33	148.33	25.64	77.31
46	GHIA KADDU	Kg	120	140	130	103	100	26.21	30
47	ARVI	Kg	120	130	128	116	159.17	10.34	-19.58
48	GHIA TORRI	Kg	130	140	132	103.83	126.67	27.13	4.21
49	COCUMBER (KHEERA)	Kg	100	130	118	117.5	143.33	0.43	-17.67
50	LEMON	250g	80	120	103	97.17	88.33	6	16.61
Household Essentials									
51	L.P.G	Kg	300	310	302	302	290	0	4.14
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	150	0	0
53	LIFE BUOY (128 gm)	Cake	120	125	124	124	107.5	0	15.35
54	LUX SOAP (WHITE) (98gm)	Cake	110	120	117	117	100	0	17
55	WASHING SOAP (SUFU) (250g)	Cake	130	135	133	133	125	0	6.4
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	47.92	0	4.34
57	SURF EXCEL	500g	270	280	272	272	285	0	-4.56
58	SURF BONUS	Kg	230	230	230	230	230	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	190	200	198	198	200	0	-1
60	TOOTH PASTE (COLGATE)	100g	200	220	213	213	205	0	3.9
61	MATCHES 50 STICKS	Each	7	7	7	7	7	0	0
62	MUSTARD OIL (LOCAL)	Kg	520	600	538	538	525	0	2.48
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	300	350	327	319.67	275	2.29	18.91
64	APPLE AVERAGE QUALITY	Kg	200	250	242	242	200	0	21
65	BANANA	Dozen	80	130	115	130.33	125	-11.76	-8
66	DATES (IRANI)	Kg	500	550	528	542.5	550	-2.67	-4
67	GUAVA	Kg	120	150	135	131	200	3.05	-32.5
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	224.17	0	7.06
70	TEA PREPARED (Sada)	Cup	60	70	68	68	65	0	4.62

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		18-10-2025	3rd week of		3rd week of
					Sep-25		Oct-24	Sep-25	Oct-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	100	110	105	105.33	95	-0.31	10.53
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	120	120	120	120	100	0	20
3	WHEAT ATTA (THAILA)	10Kg	900	950	925	926.67	875	-0.18	5.71
4	MAIDA	kg	130	140	135	145.33	135	-7.11	0
5	RAWA/SUJI	Kg	130	140	135	145.33	135	-7.11	0
6	VEG. GHEE (POUCH) (LOCAL)	kg	500	520	510	510.67	495	-0.13	3.03
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,900	2875	2876.67	2512.5	-0.06	14.43
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,950	2925	2926.67	2612.5	-0.06	11.96
9	BAISAN (GROUND GRAM)	Kg	300	320	310	333	390	-6.91	-20.51
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	315	333.67	310	-5.6	1.61
11	RICE BASMATI (AVERAGE QUALITY)	Kg	270	280	275	275.33	240	-0.12	14.58
12	BROKEN BASMATI	Kg	190	200	195	195.33	190	-0.17	2.63
13	GRAM (BLACK)	Kg	280	300	290	323.33	385	-10.31	-24.68
14	GRAM (WHITE)	Kg	300	310	305	333.33	370	-8.5	-17.57
15	GRAM DAL	Kg	320	330	325	345.33	395	-5.89	-17.72
16	MASOOR (WHOLE)	Kg	280	300	290	308.67	335	-6.05	-13.43
17	MASOOR (DAL)	Kg	300	320	310	333	345	-6.91	-10.14
18	MASH DAL (WASHED)	Kg	500	520	510	510.67	542.5	-0.13	-5.99
19	MOONG (WHOLE)	Kg	340	350	345	345.33	325	-0.1	6.15
20	MOONG DAL (WASHED)	Kg	400	420	410	410.67	345	-0.16	18.84
21	CHILLIES (GROUND)	250g	200	220	210	210.67	190	-0.32	10.53
22	SUGAR WHITE	Kg	180	180	180	177.5	135	1.41	33.33
23	GUR	Kg	230	240	235	235.33	225	-0.14	4.44
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	14	15	7.14	0
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	330	340	335	404.67	405	-17.22	-17.28
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	470	480	475	585.33	605	-18.85	-21.49
30	MUTTON	Kg	2,000	2,000	2000	2000	1975	0	1.27
31	BEEF WITH BONE	Kg	1,000	1,000	1000	1000	825	0	21.21
32	EGGS (FARM)	Dozen	310	320	315	315.33	305	-0.1	3.28
33	MILK (FRESH)	Litre	200	200	200	200	195	0	2.56
34	CURD (fresh)	Kg	220	240	230	230.67	230	-0.29	0
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	100	100	100	100	90	0	11.11
Vegetables									
36	GARLIC (CHINA)	Kg	380	400	390	350.67	585	11.22	-33.33
37	GINGER	250g	150	160	155	135.33	275	14.53	-43.64
38	POTATOES	Kg	80	90	85	85.33	105	-0.39	-19.05
39	ONIONS	Kg	90	100	95	77	155	23.38	-38.71



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
40	SPINACH	Kg	60	70	65	75.33	75	-13.71	-13.33
41	TOMATOES	Kg	230	240	235	219.67	123.33	6.98	90.55
42	BRINJAL	Kg	100	110	105	151.33	123.33	-30.62	-14.86
43	BITTER GOURD	Kg	200	210	205	198.83	183.33	3.1	11.82
44	LADY FINGER	Kg	180	200	190	215	125	-11.63	52
45	TINDA	Kg	260	270	265	288	218.33	-7.99	21.38
46	GHIA KADDU	Kg	150	160	155	135.5	131.67	14.39	17.72
47	ARVI	Kg	140	150	145	120.33	143.33	20.5	1.17
48	GHIA TORRI	Kg	150	160	155	188.67	117.5	-17.85	31.91
49	COCUMBER (KHEERA)	Kg	120	130	125	113.67	130	9.97	-3.85
50	LEMON	250g	60	70	65	70.33	91.67	-7.58	-29.09
Household Essentials									
51	L.P.G	Kg	260	270	265	265.33	285	-0.12	-7.02
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	200	0	-25
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	115	0	8.7
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	130	0	-15.38
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
57	SURF EXCEL	500g	274	280	277	277.33	274	-0.12	1.09
58	SURF BONUS	Kg	230	230	230	230	230	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	190	190.67	190	-0.35	0
60	TOOTH PASTE (COLGATE)	100g	200	200	200	200	200	0	0
61	MATCHES 50 STICKS	Each	6	7	7	7	5.5	0	27.27
62	MUSTARD OIL (LOCAL)	Kg	530	550	540	540.67	500	-0.12	8
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	250	270	260	260.67	210	-0.26	23.81
64	APPLE AVERAGE QUALITY	Kg	180	200	190	175.33	155	8.37	22.58
65	BANANA	Dozen	80	100	90	95.33	90	-5.59	0
66	DATES (IRANI)	Kg	550	600	575	576.67	525	-0.29	9.52
67	GUAVA	Kg	100	120	110	110.67	212.5	-0.61	-48.24
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	245	245.33	240	-0.13	2.08
70	TEA PREPARED (Sada)	Cup	60	60	60	60	60	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT GUJRANWALA ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	120	106	106	95	0	11.58
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	110	108	108	105	0	2.86
3	WHEAT ATTA (THAILA)	10Kg	905	1,200	995	995	925	0	7.57
4	MAIDA	kg	120	140	128	125	120	2.4	6.67
5	RAWA/SUJI	Kg	140	150	143	143	135.83	0	5.28
6	VEG. GHEE (POUCH) (LOCAL)	kg	450	460	452	455	454.17	-0.66	-0.48
7	VEG. GHEE DALDA (CARTON)	5Kg	2,780	2,800	2797	2797	2545	0	9.9
8	COOKING OIL DALDA (CARTON)	5Litre	2,780	2,800	2797	2797	2590	0	7.99
9	BAISAN (GROUND GRAM)	Kg	280	300	290	290	375	0	-22.67
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	350	340	342	315	-0.58	7.94
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	300	282	282	250	0	12.8
12	BROKEN BASMATI	Kg	180	200	190	190	190	0	0
13	GRAM (BLACK)	Kg	270	280	278	278	400	0	-30.5
14	GRAM (WHITE)	Kg	270	320	292	292	338.33	0	-13.69
15	GRAM DAL	Kg	280	300	292	292	410	0	-28.78
16	MASOOR (WHOLE)	Kg	270	300	285	285	320	0	-10.94
17	MASOOR (DAL)	Kg	300	320	312	318	325	-1.89	-4
18	MASH DAL (WASHED)	Kg	450	480	472	462	583.33	2.16	-19.09
19	MOONG (WHOLE)	Kg	390	400	398	398	326.67	0	21.84
20	MOONG DAL (WASHED)	Kg	380	450	412	415	356.67	-0.72	15.51
21	CHILLIES (GROUND)	250g	200	200	200	203	200	-1.48	0
22	SUGAR WHITE	Kg	190	190	190	190	140	0	35.71
23	GUR	Kg	250	250	250	252	245	-0.79	2.04
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	60	70	67	67	71.67	0	-6.52
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	109.17	0	0.76
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	14	15	15	15	14.92	0	0.54
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	303	303	303	380	426.75	-20.26	-29
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	439	475	451	560.33	629.67	-19.51	-28.38
30	MUTTON	Kg	1,800	2,200	2050	2050	1825	0	12.33
31	BEEF WITH BONE	Kg	900	1,100	1017	1017	875	0	16.23
32	EGGS (FARMI)	Dozen	320	320	320	301	304.5	6.31	5.09
33	MILK (FRESH)	Litre	220	220	220	220	200	0	10
34	CURD (fresh)	Kg	220	240	233	233	212.5	0	9.65
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	97	97	92.5	0	4.86
Vegetables									
36	GARLIC (CHINA)	Kg	400	500	433	444.67	595.83	-2.62	-27.33
37	GINGER	250g	150	180	165	138	273.33	19.57	-39.63
38	POTATOES	Kg	80	100	83	86.5	110	-4.05	-24.55
39	ONIONS	Kg	100	120	103	95.5	155.83	7.85	-33.9



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT GUJRANWALA ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
40	SPINACH	Kg	60	80	75	86.5	87.5	-13.29	-14.29
41	TOMATOES	Kg	400	400	400	227.83	135.83	75.57	194.49
42	BRINJAL	Kg	120	150	130	157.17	135	-17.29	-3.7
43	BITTER GOURD	Kg	160	200	180	275.83	180	-34.74	0
44	LADY FINGER	Kg	180	240	203	224	150.83	-9.38	34.59
45	TINDA	Kg	250	350	305	323.5	232.5	-5.72	31.18
46	GHIA KADDU	Kg	180	200	197	210.5	147.5	-6.41	33.56
47	ARVI	Kg	140	200	165	159.17	226.67	3.66	-27.21
48	GHIA TORRI	Kg	200	250	222	191.17	136.67	16.13	62.44
49	COCUMBER (KHEERA)	Kg	100	140	118	108.33	137.5	8.93	-14.18
50	LEMON	250g	50	90	63	91.83	65	-31.39	-3.08
Household Essentials									
51	L.P.G	Kg	260	320	281	280	294.17	0.36	-4.48
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	145	0	3.45
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	105	0	19.05
54	LUX SOAP (WHITE) (98gm)	Cake	110	130	114	112	105	1.79	8.57
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	127	127.5	2.36	1.96
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
57	SURF EXCEL	500g	270	290	283	283	276.33	0	2.41
58	SURF BONUS	Kg	230	230	230	230	230	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	190	200	197	197	200	0	-1.5
60	TOOTH PASTE (COLGATE)	100g	210	220	213	213	210	0	1.43
61	MATCHES 50 STICKS	Each	5	7	6	6	6	0	0
62	MUSTARD OIL (LOCAL)	Kg	500	600	558	558	550	0	1.45
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	320	350	340	340	260.83	0	30.35
64	APPLE AVERAGE QUALITY	Kg	200	250	222	217	173.33	2.3	28.08
65	BANANA	Dozen	120	150	132	133.83	110.83	-1.37	19.1
66	DATES (IRANI)	Kg	500	500	500	483	550	3.52	-9.09
67	GUAVA	Kg	140	200	162	162	260	0	-37.69
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	390	400	397	397	400	0	-0.75
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	247	236.67	0	4.36
70	TEA PREPARED (Sada)	Cup	60	70	67	67	65	0	3.08

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT LAHORE ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		18-10-2025	3rd week of		3rd week of
					Sep-25		Oct-24	Sep-25	Oct-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	100	130	107	106	92.5	0.94	15.68
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	130	116	112.67	110	2.96	5.45
3	WHEAT ATTA (THAILA)	10Kg	905	1,170	985	988	860	-0.3	14.53
4	MAIDA	kg	110	130	123	120.33	140	2.22	-12.14
5	RAWA/SUJI	Kg	110	140	126	122.33	141.67	3	-11.06
6	VEG. GHEE (POUCH) (LOCAL)	kg	470	520	499	491.83	476.25	1.46	4.78
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,900	2839	2839.83	2575	-0.03	10.25
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,900	2881	2872	2675	0.31	7.7
9	BAISAN (GROUND GRAM)	Kg	300	340	321	319.17	358.33	0.57	-10.42
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	350	339	337.83	343.33	0.35	-1.26
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	320	277	279.67	279.17	-0.95	-0.78
12	BROKEN BASMATI	Kg	180	240	211	211.33	215	-0.16	-1.86
13	GRAM (BLACK)	Kg	270	310	294	300	360	-2	-18.33
14	GRAM (WHITE)	Kg	320	340	327	328.67	371.67	-0.51	-12.02
15	GRAM DAL	Kg	270	310	294	293.67	368.33	0.11	-20.18
16	MASOOR (WHOLE)	Kg	300	340	313	311.33	322.5	0.54	-2.95
17	MASOOR (DAL)	Kg	320	350	331	331.5	316.67	-0.15	4.53
18	MASH DAL (WASHED)	Kg	440	480	464	460.5	570.83	0.76	-18.71
19	MOONG (WHOLE)	Kg	340	380	369	368.33	298.33	0.18	23.69
20	MOONG DAL (WASHED)	Kg	350	420	377	380.33	316.67	-0.88	19.05
21	CHILLIES (GROUND)	250g	180	220	201	200.67	198.33	0.16	1.35
22	SUGAR WHITE	Kg	180	200	185	186.17	137.92	-0.63	34.14
23	GUR	Kg	180	240	213	209.67	207.5	1.59	2.65
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	74	75.33	74.17	-1.77	-0.23
25	DOUBLE ROTI (LOCAL)	400g	100	120	109	108.33	110	0.62	-0.91
26	DOUBLE ROTI DAWN	360g	110	120	112	112.67	109.17	-0.59	2.59
27	TANORI ROTI	100g	14	15	15	15	14.67	0	2.25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	291	315	305	389.17	411.75	-21.63	-25.93
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	439	450	442	557.17	617.75	-20.67	-28.45
30	MUTTON	Kg	1,800	2,200	2029	2056.5	1912.5	-1.34	6.09
31	BEEF WITH BONE	Kg	1,100	1,300	1186	1188	900	-0.17	31.78
32	EGGS (FARMI)	Dozen	321	325	322	305.67	301.92	5.34	6.65
33	MILK (FRESH)	Litre	180	220	207	203.5	180	1.72	15
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	90.83	0	3.49
Vegetables									
36	GARLIC (CHINA)	Kg	350	430	397	376.33	606.67	5.49	-34.56
37	GINGER	250g	140	220	176	153.33	272.5	14.79	-35.41
38	POTATOES	Kg	80	100	89	91.67	111.67	-2.91	-20.3
39	ONIONS	Kg	90	120	106	97.83	162.5	8.35	-34.77



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT LAHORE ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
40	SPINACH	Kg	70	100	81	89.83	82.5	-9.83	-1.82
41	TOMATOES	Kg	250	400	334	231.33	130.83	44.38	155.29
42	BRINJAL	Kg	110	160	139	172	128.33	-19.19	8.31
43	BITTER GOURD	Kg	180	200	187	223.83	180	-16.45	3.89
44	LADY FINGER	Kg	160	220	193	206	130	-6.31	48.46
45	TINDA	Kg	230	330	264	276.67	245	-4.58	7.76
46	GHIA KADDU	Kg	200	220	209	199.33	115	4.85	81.74
47	ARVI	Kg	120	160	143	152.5	194.17	-6.23	-26.35
48	GHIA TORRI	Kg	160	220	187	173.67	151.67	7.68	23.29
49	COCUMBER (KHEERA)	Kg	80	110	97	143.5	128.33	-32.4	-24.41
50	LEMON	250g	50	90	68	84.17	87.5	-19.21	-22.29
Household Essentials									
51	L.P.G	Kg	250	260	254	259.33	282.75	-2.06	-10.17
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	220	177	175.83	193.33	0.67	-8.45
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	110	0	13.64
54	LUX SOAP (WHITE) (98gm)	Cake	100	120	111	111.33	122.5	-0.3	-9.39
55	WASHING SOAP (SUFU) (250g)	Cake	130	135	131	131.17	133.33	-0.13	-1.75
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	49	50.42	2.04	-0.83
57	SURF EXCEL	500g	270	280	275	286.67	273.83	-4.07	0.43
58	SURF BONUS	Kg	220	240	233	233.83	230.42	-0.35	1.12
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	200	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	211	212.17	199.17	-0.55	5.94
61	MATCHES 50 STICKS	Each	5	7	6	6	5.67	0	5.82
62	MUSTARD OIL (LOCAL)	Kg	500	600	569	580	568.33	-1.9	0.12
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	260	400	323	307.5	263.33	5.04	22.66
64	APPLE AVERAGE QUALITY	Kg	150	200	174	166.5	175	4.5	-0.57
65	BANANA	Dozen	100	130	119	134.5	125	-11.52	-4.8
66	DATES (IRANI)	Kg	500	600	561	563.83	536.67	-0.5	4.53
67	GUAVA	Kg	160	250	194	172	246.67	12.79	-21.35
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	250	240	239	230	0.42	4.35
70	TEA PREPARED (Sada)	Cup	50	70	59	57.83	55	2.02	7.27

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		18-10-2025	3rd week of		3rd week of
					Sep-25		Oct-24	Sep-25	Oct-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	95	95	95	90	0	5.56
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	110	110	100	100	10	10
3	WHEAT ATTA (THAILA)	10Kg	910	910	910	910	850	0	7.06
4	MAIDA	kg	120	120	120	120	138.33	0	-13.25
5	RAWA/SUJI	Kg	120	120	120	120	138.33	0	-13.25
6	VEG. GHEE (POUCH) (LOCAL)	kg	520	520	520	520	470	0	10.64
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,850	2850	2850	2550	0	11.76
8	COOKING OIL DALDA (CARTON)	5Litre	2,875	2,875	2875	2875	2650	0	8.49
9	BAISAN (GROUND GRAM)	Kg	300	300	300	300.83	412.5	-0.28	-27.27
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	320	320	320	340	0	-5.88
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	260	260	258.33	289.17	0.65	-10.09
12	BROKEN BASMATI	Kg	200	200	200	200	259.17	0	-22.83
13	GRAM (BLACK)	Kg	320	320	320	320	400	0	-20
14	GRAM (WHITE)	Kg	370	370	370	364	381.67	1.65	-3.06
15	GRAM DAL	Kg	300	300	300	300	404.17	0	-25.77
16	MASOOR (WHOLE)	Kg	320	320	320	320	321.67	0	-0.52
17	MASOOR (DAL)	Kg	330	330	330	330	341.67	0	-3.42
18	MASH DAL (WASHED)	Kg	560	560	560	560	591.67	0	-5.35
19	MOONG (WHOLE)	Kg	390	400	395	395	340	0	16.18
20	MOONG DAL (WASHED)	Kg	400	410	405	405	362.5	0	11.72
21	CHILLIES (GROUND)	250g	200	200	200	200	181.67	0	10.09
22	SUGAR WHITE	Kg	190	190	190	190	135	0	40.74
23	GUR	Kg	240	240	240	240	200	0	20
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	270	280	278	399	475	-30.33	-41.47
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	390	390	390	519.83	584.17	-24.98	-33.24
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	310	310	310	301.83	290.83	2.71	6.59
33	MILK (FRESH)	Litre	190	190	190	190	200	0	-5
34	CURD (fresh)	Kg	240	240	240	240	230	0	4.35
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	90	90	90	90	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	400	420	410	406.83	627.5	0.78	-34.66
37	GINGER	250g	160	160	160	155.17	228.33	3.11	-29.93
38	POTATOES	Kg	100	100	100	99.17	108.33	0.84	-7.69
39	ONIONS	Kg	100	100	100	92.5	144.17	8.11	-30.64



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
40	SPINACH	Kg	50	60	53	64.5	61.67	-17.83	-14.06
41	TOMATOES	Kg	360	400	390	217.17	122.5	79.58	218.37
42	BRINJAL	Kg	80	80	80	147.5	100.83	-45.76	-20.66
43	BITTER GOURD	Kg	140	160	145	168.33	159.17	-13.86	-8.9
44	LADY FINGER	Kg	200	200	200	210.83	159.17	-5.14	25.65
45	TINDA	Kg	300	300	300	405	290	-25.93	3.45
46	GHIA KADDU	Kg	160	160	160	160.83	118.33	-0.52	35.22
47	ARVI	Kg	120	120	120	120	173.33	0	-30.77
48	GHIA TORRI	Kg	200	200	200	191.67	178.33	4.35	12.15
49	COCUMBER (KHEERA)	Kg	100	100	100	107.5	130.83	-6.98	-23.56
50	LEMON	250g	50	80	58	100	100	-42	-42
Household Essentials									
51	L.P.G	Kg	240	240	240	250	260	-4	-7.69
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	150	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	105.25	0	18.76
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	100	0	10
55	WASHING SOAP (SUF) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	45	0	11.11
57	SURF EXCEL	500g	290	290	290	290	274	0	5.84
58	SURF BONUS	Kg	240	240	240	240	230	0	4.35
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	200	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	210	0	0
61	MATCHES 50 STICKS	Each	7	7	7	7	7	0	0
62	MUSTARD OIL (LOCAL)	Kg	600	600	600	600	528.33	0	13.57
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	400	400	400	392.33	261.67	1.95	52.86
64	APPLE AVERAGE QUALITY	Kg	200	200	200	196.67	151.67	1.69	31.87
65	BANANA	Dozen	100	120	105	127	134.17	-17.32	-21.74
66	DATES (IRANI)	Kg	560	560	560	560	580	0	-3.45
67	GUAVA	Kg	300	300	300	200	306.67	50	-2.17
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
70	TEA PREPARED (Sada)	Cup	60	60	60	60	70	0	-14.29

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT RAWALPINDI ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		18-10-2025	3rd week of		3rd week of
					Sep-25		Oct-24	Sep-25	Oct-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	106	130	117	112.5	95.42	4	22.62
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	110	135	124	118.17	110	4.93	12.73
3	WHEAT ATTA (THAILA)	10Kg	940	1,070	997	980.67	890	1.67	12.02
4	MAIDA	kg	115	140	131	126	145	3.97	-9.66
5	RAWA/SUJI	Kg	115	150	138	129	140	6.98	-1.43
6	VEG. GHEE (POUCH) (LOCAL)	kg	420	470	452	443	449.17	2.03	0.63
7	VEG. GHEE DALDA (CARTON)	5Kg	2,780	2,850	2809	2809	2493.33	0	12.66
8	COOKING OIL DALDA (CARTON)	5Litre	2,800	2,850	2826	2830.67	2593.33	-0.16	8.97
9	BAISAN (GROUND GRAM)	Kg	310	340	330	325.67	405.83	1.33	-18.69
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	370	362	362	370	0	-2.16
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	280	263	261	290	0.77	-9.31
12	BROKEN BASMATI	Kg	180	240	212	211.17	210	0.39	0.95
13	GRAM (BLACK)	Kg	280	300	292	292	383.33	0	-23.83
14	GRAM (WHITE)	Kg	330	360	345	348.17	380	-0.91	-9.21
15	GRAM DAL	Kg	300	330	318	318.67	390.83	-0.21	-18.63
16	MASOOR (WHOLE)	Kg	290	340	318	327.17	327.5	-2.8	-2.9
17	MASOOR (DAL)	Kg	320	350	337	345.5	338.33	-2.46	-0.39
18	MASH DAL (WASHED)	Kg	440	500	467	487	595	-4.11	-21.51
19	MOONG (WHOLE)	Kg	350	400	378	367.67	349.17	2.81	8.26
20	MOONG DAL (WASHED)	Kg	380	400	393	391.33	355.83	0.43	10.45
21	CHILLIES (GROUND)	250g	190	230	213	212.5	205	0.24	3.9
22	SUGAR WHITE	Kg	185	195	188	186.5	145	0.8	29.66
23	GUR	Kg	220	250	232	227.67	235	1.9	-1.28
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	73	73	67.5	0	8.15
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	20	18	15	15	20	20
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	295	303	301	372.33	447.75	-19.16	-32.77
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	430	440	438	545	672.5	-19.63	-34.87
30	MUTTON	Kg	1,850	2,200	2042	2042	2000	0	2.1
31	BEEF WITH BONE	Kg	950	1,200	1075	1075	975	0	10.26
32	EGGS (FARMI)	Dozen	325	330	329	305.67	300	7.63	9.67
33	MILK (FRESH)	Litre	160	220	198	198.67	190	-0.34	4.21
34	CURD (fresh)	Kg	190	240	225	225	215	0	4.65
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	95	100	99	96.33	92.08	2.77	7.52
Vegetables									
36	GARLIC (CHINA)	Kg	450	500	467	455.17	709.17	2.6	-34.15
37	GINGER	250g	170	200	182	153.33	291.67	18.7	-37.6
38	POTATOES	Kg	90	100	93	90.5	107.5	2.76	-13.49
39	ONIONS	Kg	100	140	123	93.33	159.58	31.79	-22.92



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT RAWALPINDI ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
40	SPINACH	Kg	70	80	75	78.5	68.33	-4.46	9.76
41	TOMATOES	Kg	340	350	347	199	132.5	74.37	161.89
42	BRINJAL	Kg	140	160	150	152.67	149.17	-1.75	0.56
43	BITTER GOURD	Kg	180	230	198	180.17	200.83	9.9	-1.41
44	LADY FINGER	Kg	180	230	205	178.67	164.17	14.74	24.87
45	TINDA	Kg	230	300	257	206.17	195.83	24.65	31.24
46	GHIA KADDU	Kg	170	190	178	144.33	140.83	23.33	26.39
47	ARVI	Kg	160	190	175	164	187.5	6.71	-6.67
48	GHIA TORRI	Kg	150	180	162	157.67	151.67	2.75	6.81
49	COCUMBER (KHEERA)	Kg	90	130	107	139.83	150.83	-23.48	-29.06
50	LEMON	250g	60	70	63	84.67	78.33	-25.59	-19.57
Household Essentials									
51	L.P.G	Kg	260	300	288	293.33	290	-1.82	-0.69
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	180	162	162	185	0	-12.43
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	110	0	13.64
54	LUX SOAP (WHITE) (98gm)	Cake	120	120	120	120	100	0	20
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	125	0	4
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
57	SURF EXCEL	500g	280	290	287	287	274.5	0	4.55
58	SURF BONUS	Kg	230	230	230	230	230	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	190	185	184.33	190	0.36	-2.63
60	TOOTH PASTE (COLGATE)	100g	210	220	217	217	207.92	0	4.37
61	MATCHES 50 STICKS	Each	5	5	5	5	5	0	0
62	MUSTARD OIL (LOCAL)	Kg	550	600	575	573.67	575	0.23	0
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	250	300	270	251	328.33	7.57	-17.77
64	APPLE AVERAGE QUALITY	Kg	160	200	183	160	185.83	14.38	-1.52
65	BANANA	Dozen	100	120	108	120.17	144.17	-10.13	-25.09
66	DATES (IRANI)	Kg	480	520	497	477	625	4.19	-20.48
67	GUAVA	Kg	180	250	223	151.83	230	46.87	-3.04
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	237	230	0	3.04
70	TEA PREPARED (Sada)	Cup	60	70	62	62	64.83	0	-4.37

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SAHIWAL ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		18-10-2025	3rd week of		3rd week of
					Sep-25		Oct-24	Sep-25	Oct-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	100	99	99	90	0	10
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	100	98	98	100	0	-2
3	WHEAT ATTA (THAILA)	10Kg	900	905	904	904	810	0	11.6
4	MAIDA	kg	120	125	123	124	122.5	-0.81	0.41
5	RAWA/SUJI	Kg	120	125	123	124	115	-0.81	6.96
6	VEG. GHEE (POUCH) (LOCAL)	kg	440	450	443	443	455	0	-2.64
7	VEG. GHEE DALDA (CARTON)	5Kg	2,840	2,850	2843	2843	2572.92	0	10.5
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,860	2853	2853	2600	0	9.73
9	BAISAN (GROUND GRAM)	Kg	310	330	320	303	355	5.61	-9.86
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	318	318	310	0	2.58
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	270	265	265	269.17	0	-1.55
12	BROKEN BASMATI	Kg	180	200	185	185	213.33	0	-13.28
13	GRAM (BLACK)	Kg	280	300	285	305	355	-6.56	-19.72
14	GRAM (WHITE)	Kg	300	320	310	300	345	3.33	-10.14
15	GRAM DAL	Kg	300	320	305	304.17	355	0.27	-14.08
16	MASOOR (WHOLE)	Kg	300	310	303	299.67	310	1.11	-2.26
17	MASOOR (DAL)	Kg	310	320	315	311.67	320	1.07	-1.56
18	MASH DAL (WASHED)	Kg	440	450	445	445	565	0	-21.24
19	MOONG (WHOLE)	Kg	380	400	393	393	315	0	24.76
20	MOONG DAL (WASHED)	Kg	380	400	390	390	336.67	0	15.84
21	CHILLIES (GROUND)	250g	200	220	210	210	175	0	20
22	SUGAR WHITE	Kg	175	180	176	176	137.5	0	28
23	GUR	Kg	200	220	215	215	245	0	-12.24
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	70	0	14.29
25	DOUBLE ROTI (LOCAL)	400g	100	105	101	101	95	0	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	306	306	306	379.67	410.83	-19.4	-25.52
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	443	443	443	551	596.25	-19.6	-25.7
30	MUTTON	Kg	1,900	1,900	1900	1888	1800	0.64	5.56
31	BEEF WITH BONE	Kg	1,000	1,000	1000	1000	825	0	21.21
32	EGGS (FARMI)	Dozen	325	325	325	309.67	301.75	4.95	7.71
33	MILK (FRESH)	Litre	160	170	165	165	155	0	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	91	90	0	1.11
Vegetables									
36	GARLIC (CHINA)	Kg	420	430	425	445.83	612.5	-4.67	-30.61
37	GINGER	250g	180	190	183	155	268.33	18.06	-31.8
38	POTATOES	Kg	130	140	135	135	109.17	0	23.66
39	ONIONS	Kg	100	120	110	98	167.5	12.24	-34.33



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SAHIWAL ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
40	SPINACH	Kg	70	80	78	78.5	62.5	-0.64	24.8
41	TOMATOES	Kg	380	400	395	237.5	144.17	66.32	173.98
42	BRINJAL	Kg	100	110	105	145	136.67	-27.59	-23.17
43	BITTER GOURD	Kg	160	170	163	217.33	180.83	-25	-9.86
44	LADY FINGER	Kg	160	180	170	212.33	145.83	-19.94	16.57
45	TINDA	Kg	280	300	290	334.33	213.33	-13.26	35.94
46	GHIA KADDU	Kg	180	200	190	165	131.67	15.15	44.3
47	ARVI	Kg	150	160	155	133.83	190	15.82	-18.42
48	GHIA TORRI	Kg	200	220	210	221.67	154.17	-5.26	36.21
49	COCUMBER (KHEERA)	Kg	120	130	123	103	119.17	19.42	3.21
50	LEMON	250g	60	70	63	84.83	115	-25.73	-45.22
Household Essentials									
51	L.P.G	Kg	270	280	278	278	285	0	-2.46
52	L.E.D (BULB) 12 W (LOCAL)	Each	200	200	200	200	200	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	105	0	19.05
54	LUX SOAP (WHITE) (98gm)	Cake	115	120	119	119	100	0	19
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	50	0	0
57	SURF EXCEL	500g	290	290	290	290	274	0	5.84
58	SURF BONUS	Kg	230	230	230	230	230	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	200	0	0
60	TOOTH PASTE (COLGATE)	100g	220	220	220	217.33	210	1.23	4.76
61	MATCHES 50 STICKS	Each	5	5	5	5	7	0	-28.57
62	MUSTARD OIL (LOCAL)	Kg	520	530	523	538	530	-2.79	-1.32
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	350	400	375	354.67	255.83	5.73	46.58
64	APPLE AVERAGE QUALITY	Kg	250	250	250	183.67	167.5	36.11	49.25
65	BANANA	Dozen	120	130	123	139	115	-11.51	6.96
66	DATES (IRANI)	Kg	480	500	495	495	550	0	-10
67	GUAVA	Kg	160	170	165	150.5	200	9.63	-17.5
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	233.33	0	2.86
70	TEA PREPARED (Sada)	Cup	70	70	70	70	70	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		18-10-2025	3rd week of		3rd week of
					Sep-25		Oct-24	Sep-25	Oct-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	95	100	99	98	84.67	1.02	16.92
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	105	120	117	114.67	99.5	2.03	17.59
3	WHEAT ATTA (THAILA)	10Kg	930	950	934	937	815.83	-0.32	14.48
4	MAIDA	kg	130	150	146	143	120	2.1	21.67
5	RAWA/SUJI	Kg	130	150	146	143	125	2.1	16.8
6	VEG. GHEE (POUCH) (LOCAL)	kg	430	510	446	457	425	-2.41	4.94
7	VEG. GHEE DALDA (CARTON)	5Kg	2,860	2,900	2892	2887	2543.75	0.17	13.69
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,900	2900	2900	2549.58	0	13.74
9	BAISAN (GROUND GRAM)	Kg	320	330	322	323	390	-0.31	-17.44
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	314	317	315	-0.95	-0.32
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	280	266	263	266.67	1.14	-0.25
12	BROKEN BASMATI	Kg	180	200	192	193	190	-0.52	1.05
13	GRAM (BLACK)	Kg	300	340	324	320	360	1.25	-10
14	GRAM (WHITE)	Kg	260	340	284	294.67	366.67	-3.62	-22.55
15	GRAM DAL	Kg	280	320	296	300	376.67	-1.33	-21.42
16	MASOOR (WHOLE)	Kg	260	290	274	277	304.58	-1.08	-10.04
17	MASOOR (DAL)	Kg	320	330	322	323	319.17	-0.31	0.89
18	MASH DAL (WASHED)	Kg	520	560	552	547	574.17	0.91	-3.86
19	MOONG (WHOLE)	Kg	340	350	342	344.33	297.5	-0.68	14.96
20	MOONG DAL (WASHED)	Kg	360	380	364	365.67	320.83	-0.46	13.46
21	CHILLIES (GROUND)	250g	200	250	232	227	198.33	2.2	16.98
22	SUGAR WHITE	Kg	175	200	195	175	133.17	11.43	46.43
23	GUR	Kg	200	220	212	211	204.17	0.47	3.84
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	70	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	101.67	0	-1.64
26	DOUBLE ROTI DAWN	360g	110	110	110	110	109.17	0	0.76
27	TANORI ROTI	100g	15	15	15	15	13.5	0	11.11
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	330	340	334	418.17	436.33	-20.13	-23.45
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	450	495	463	570.67	638.75	-18.87	-27.51
30	MUTTON	Kg	1,900	2,400	2300	1967	1800	16.93	27.78
31	BEEF WITH BONE	Kg	1,100	1,200	1180	1100	900	7.27	31.11
32	EGGS (FARM)	Dozen	300	325	320	303	301.58	5.61	6.11
33	MILK (FRESH)	Litre	170	180	174	173.33	160	0.39	8.75
34	CURD (fresh)	Kg	200	220	208	207.5	200	0.24	4
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	100	100	100	100	92.5	0	8.11
Vegetables									
36	GARLIC (CHINA)	Kg	400	420	412	405.67	595	1.56	-30.76
37	GINGER	250g	80	200	170	163.83	272.5	3.77	-37.61
38	POTATOES	Kg	80	120	104	87.33	113.33	19.09	-8.23
39	ONIONS	Kg	80	120	108	81.33	140.83	32.79	-23.31



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 18-10-2025

COMPARED WITH 3RD WEEK OF SEP-25 , AND 3RD WEEK OF OCT-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 18-10-2025		Average 18-10-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Sep-25	Oct-24	Sep-25	Oct-24	
40	SPINACH	Kg	40	70	48	55.83	60	-14.02	-20
41	TOMATOES	Kg	280	400	364	215.67	110	68.78	230.91
42	BRINJAL	Kg	100	130	114	166	120	-31.33	-5
43	BITTER GOURD	Kg	180	200	188	189	179.17	-0.53	4.93
44	LADY FINGER	Kg	180	200	192	202.67	144.17	-5.26	33.18
45	TINDA	Kg	250	280	270	251	250.83	7.57	7.64
46	GHIA KADDU	Kg	120	140	134	128.67	89.17	4.14	50.27
47	ARVI	Kg	140	180	166	164	178.33	1.22	-6.91
48	GHIA TORRI	Kg	100	140	112	122.67	140.83	-8.7	-20.47
49	COCUMBER (KHEERA)	Kg	70	100	90	113.33	128.33	-20.59	-29.87
50	LEMON	250g	30	60	42	87	67.5	-51.72	-37.78
Household Essentials									
51	L.P.G	Kg	260	300	268	272	290	-1.47	-7.59
52	L.E.D (BULB) 12 W (LOCAL)	Each	180	180	180	180	175	0	2.86
53	LIFE BUOY (128 gm)	Cake	115	125	117	118	105	-0.85	11.43
54	LUX SOAP (WHITE) (98gm)	Cake	110	120	112	113	105	-0.88	6.67
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	127.67	125	1.83	4
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	55	0	-9.09
57	SURF EXCEL	500g	290	290	290	290	275	0	5.45
58	SURF BONUS	Kg	230	230	230	233	230.83	-1.29	-0.36
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	191.67	0	4.35
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	210	0	0
61	MATCHES 50 STICKS	Each	5	7	6	6	6	0	0
62	MUSTARD OIL (LOCAL)	Kg	480	500	484	495	522.5	-2.22	-7.37
Fruits									
63	APPLE SUPERIOR QUALITY	Kg	300	350	310	310.83	275.83	-0.27	12.39
64	APPLE AVERAGE QUALITY	Kg	200	270	214	212	174.17	0.94	22.87
65	BANANA	Dozen	100	100	100	126.17	109.17	-20.74	-8.4
66	DATES (IRANI)	Kg	500	500	500	500	561.67	0	-10.98
67	GUAVA	Kg	150	160	152	151	182.5	0.66	-16.71
Tea & Tobacco									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	400	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	230.83	0	3.97
70	TEA PREPARED (Sada)	Cup	50	60	56	57.33	55	-2.32	1.82

M.D. = Meat Less Day