

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

Price Data Collection Agency: Bureau of Statistics, Punjab  
 Daily Price Report: 09-08-2025, Thursday  
 Comparison with: 2<sup>nd</sup> week of July. 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 09-08-2025, compared with the 2<sup>nd</sup> week of July 2025, of the Punjab, given as follows: -

Sr. No.	Commodities	Unit	Average Retail Price on		% Change	Trend
			09-08-2025	2 <sup>nd</sup> week of July. 2025		
			(1)	(2)		
1.	Wheat Flour (Thaila)	10 kg	721	727	-0.8	Decreased
2.	Sugar White	1 kg	180	186	-3.4	Decreased
3.	Potatoes	1 kg	93	83	12.1	Increased
4.	Tomatoes	1 kg	105	93	12.4	Increased
5.	Gram Dal	1 kg	304	306	-0.7	Decreased
6.	Moong Dal washed	1 kg	393	392	0.4	Increased
7.	Chicken Meat Broiler	1 kg	573	566	1.3	Increased
8.	Beef with bone	1 kg	1039	1022	1.7	Increased
9.	Onion	1 kg	67	60	12.1	Increased
10.	Veg. Ghee (Dalda)	5 kg	2842	2847	-0.2	Decreased
Out of 09 essential items, the retail price of 06 items are increased, 04 decreased.						
Source: Bureau of Statistics, Punjab.						

## Retail Price of 70 Household Essential Commodities of The Punjab, on 09-08-2025

Compared with 2nd week of July-2025, and 2nd week of August-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average 09-08-2025	Weekly Average of (Min+ Max) Retail Prices 2nd week of		% Change on Average Price (Min+ Max) Date Over 2nd week of	
			Min	Max		July. 2025	August. 2024	July. 2025	August. 2024

**Staples**

1	WHEAT ATTA LOOSE (MILL)	kg	65	90	77.0	77.2	95.1	-0.2	-19.0
2	WHEAT ATTA LOOSE (CHAKKI)	kg	75	110	86.0	87.4	107.5	-1.6	-20.0
3	WHEAT ATTA (THAILA)	10 kg	650	770	721.0	727.1	-	-0.8	-
4	MAIDA	kg	90	120	108.0	110.1	137.5	-1.9	-21.5
5	RAWA/SUJI	kg	90	150	110.0	111.0	138.9	-0.9	-20.8
6	VEG. GHEE (POUCH) (LOCAL)	kg	405	520	483.0	485.2	443.6	-0.5	8.9
7	VEG. GHEE DALDA (CARTON)	5 kg	2,750	2,900	2,842.0	2,847.3	2,552.2	-0.2	11.4
8	COOKING OIL DALDA (CARTON)	5 Litre	2,780	2,950	2,858.0	2,868.3	2,660.6	-0.4	7.4
9	BAISAN (GROUND GRAM)	kg	280	340	313.0	312.3	318.9	0.2	-1.8
10	RICE BASMATI (SUPERIOR QUALITY)	kg	300	370	331.0	332.3	317.8	-0.4	4.2
11	RICE BASMATI (AVERAGE QUALITY)	kg	240	320	268.0	271.2	-	-1.2	-
12	BROKEN BASMATI	kg	170	250	196.0	199.2	230.1	-1.6	-14.8
13	GRAM (BLACK)	kg	270	340	307.0	305.1	304.2	0.6	0.9
14	GRAM (WHITE)	kg	260	370	327.0	336.1	-	-2.7	-
15	GRAM DAL	kg	270	340	304.0	306.1	317.9	-0.7	-4.4
16	MASOOR (WHOLE)	kg	260	340	300.0	305.2	317.9	-1.7	-5.6
17	MASOOR (DAL)	kg	300	350	320.0	321.2	321.0	-0.4	-0.3
18	MASH DAL (WASHED)	kg	440	560	505.0	513.5	599.7	-1.6	-15.8
19	MOONG (WHOLE)	kg	300	400	374.0	374.9	301.2	-0.2	24.2
20	MOONG DAL (WASHED)	kg	340	430	393.0	391.6	332.1	0.4	18.3
21	CHILLIES (GROUND)	250 g	180	250	207.0	206.4	192.2	0.3	7.7
22	SUGAR WHITE	kg	173	200	180.0	186.2	145.6	-3.4	23.7
23	GUR	kg	180	260	225.0	226.0	219.8	-0.4	2.4
24	SALT POWDERED PACK (NATIONAL/SHAN)	800 g	70	80	73.0	74.0	-	-1.4	-
25	DOUBLE ROTI (LOCAL)	400 g	100	120	104.0	104.6	108.1	-0.6	-3.8
26	DOUBLE ROTI DAWN	360 g	110	120	110.0	111.2	113.3	-1.1	-2.9
27	TANORI ROTI	100 g	12	15	14.0	14.4	15.9	-2.6	-11.9

**Dairy & Meat**

28	CHICKEN ALIVE (BROILER)	kg	348	450	397.0	397.4	421.6	-0.1	-5.8
29	CHICKEN MEAT (BROILER) WITH ORGANS	kg	550	632	573.0	565.7	606.8	1.3	-5.6
30	MUTTON	kg	1,800	2,300	1,995.0	1,969.8	1,858.3	1.3	7.4
31	BEEF WITH BONE	kg	850	1,300	1,039.0	1,021.8	897.2	1.7	15.8
32	EGGS (FARMI)	Dozen	230	300	281.0	249.8	270.2	12.5	4.0
33	MILK (FRESH)	Litre	160	220	187.0	183.6	183.3	1.9	2.0
34	CURD (FRESH)	kg	190	240	221.0	220.2	216.7	0.4	2.0
35	MILK TETRA PACK ( MILK PACK / OLPER)	250 ml	90	100	95.0	93.9	-	1.2	-

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

Source: Bureau of Statistics, Punjab.

## Retail Price of 70 Household Essential Commodities of The Punjab, on 09-08-2025

Compared with 2nd week of July-2025, and 2nd week of August-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average 09-08-2025	Weekly Average of (Min+ Max) Retail Prices 2nd week of		% Change on Average Price (Min+ Max) Date Over 2nd week of		
			Min	Max		July. 2025	August. 2024	July. 2025	August. 2024	
<b>Vegetables</b>										
36	GARLIC (CHINA)	kg	300	450	363.0	357.9	538.6	1.4		-32.6
37	GINGER	250 g	120	340	148.0	154.0	181.1	-3.9		-18.3
38	POTATOES	kg	70	130	93.0	82.9	111.2	12.1		-16.4
39	ONIONS	kg	50	90	67.0	59.8	144.4	12.1		-53.6
40	SPINACH	kg	50	140	80.0	78.1	86.0	2.5		-7.0
41	TOMATOES	kg	70	150	105.0	93.4	143.3	12.4		-26.7
42	BRINJAL	kg	80	180	128.0	162.4	230.4	-21.2		-44.5
43	BITTER GOURD	1 Kg	100	220	147.0	200.9	176.1	-26.8		-16.5
44	LADY FINGER	1 Kg	100	220	147.0	210.0	237.0	-30.0		-38.0
45	TINDA	1 Kg	120	400	253.0	296.1	238.9	-14.5		5.9
46	GHIA KADDU	1 Kg	100	260	172.0	261.3	315.3	-34.2		-45.5
47	ARVI	1 Kg	100	160	122.0	194.8	200.1	-37.4		-39.0
48	GHIA TORRI	1 Kg	80	180	130.0	177.5	175.3	-26.8		-25.9
49	COCUMBER (KHEERA)	1 Kg	80	150	109.0	83.7	110.4	30.2		-1.3
50	LEMON	250 gm	70	130	97.0	114.9	-	-15.6		-
<b>Fruits</b>										
51	APPLE SUPERIOR QUALITY	kg	240	430	332.0	496.5	353.9	-33.1		-6.2
52	APPLE AVERAGE QUALITY	kg	130	300	200.0	328.3	225.3	-39.1		-11.2
53	BANANA	Dozen	120	250	155.0	174.9	137.3	-11.4		12.9
54	DATES (IRANI)	kg	400	600	503.0	505.5	533.4	-0.5		-5.7
55	GUAVA	kg	140	200	177.0	195.7	183.6	-9.6		-3.6
<b>Household Essentials</b>										
56	L.P.G	kg	230	310	274.0	295.4	-	-7.2		-
57	L.E.D (BULB) 12 W (LOCAL)	Each	150	220	166.0	166.6	-	-0.3		-
58	LIFE BUOY (128 gm)	Cake	105	125	123.0	120.5	100.6	2.1		22.3
59	LUX SOAP (WHITE) (98gm)	Cake	100	120	112.0	109.7	-	2.1		-
60	WASHING SOAP (SUFU) (250g)	Cake	120	140	130.0	130.1	129.2	-0.1		0.6
61	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49.0	49.9	-	-1.8		-
62	SURF EXCEL	500 g	265	300	283.0	280.5	-	0.9		-
63	SURF BONUS	kg	220	240	231.0	231.5	-	-0.2		-
64	COLD DRINK (COKE/PEPSI)	1.5 Liter	180	200	196.0	197.9	-	-1.0		-
65	TOOTH PASTE (COLGATE)	100 g	200	220	211.0	210.5	-	0.2		-
66	MATCHES 50 STICKS	Each	5	7	6.0	6.2	6.3	-3.8		-4.5
67	MUSTARD OIL (LOCAL)	kg	480	620	548.0	547.1	528.8	0.2		3.6
<b>Tea &amp; Tobacco</b>										
68	TEA (YELLOW LABEL)	140 g	390	408	400.0	399.6	-	0.1		-
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	250	240.0	240.1	229.4	-0.1		4.6
70	TEA PREPARED (Sada)	Cup	50	70	61.0	62.0	61.7	-1.6		-1.1

(-) Data not available.

Source: Bureau of Statistics, Punjab.

Increasing

Decreasing or constant



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					09-08-2025	Jul-25	Aug-24	Jul-25	Aug-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	70	75	74	74	95	0	-22.11
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	80	80	80	81	100	-1.23	-20
3	WHEAT ATTA (THAILA)	10Kg	670	730	712	715	0	0	0
4	MAIDA	kg	100	100	100	100	140	0	-28.57
5	RAWA/SUJI	Kg	90	100	98	98.67	140	-0.68	-30
6	VEG. GHEE (POUCH) (LOCAL)	kg	480	510	503	511	445	-1.57	13.03
7	VEG. GHEE DALDA (CARTON)	5Kg	2,845	2,850	2846	2846	2600	0	9.46
8	COOKING OIL DALDA (CARTON)	5Litre	2,845	2,850	2846	2846	2750	0	3.49
9	BAISAN (GROUND GRAM)	Kg	300	320	308	294	360	4.76	-14.44
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	360	345	344.67	310	0.1	11.29
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	280	267	267.5	0	0	0
12	BROKEN BASMATI	Kg	180	200	193	192.33	220	0.35	-12.27
13	GRAM (BLACK)	Kg	280	320	308	311.67	308	-1.18	0
14	GRAM (WHITE)	Kg	330	360	347	348.33	0	0	0
15	GRAM DAL	Kg	300	300	300	289.33	355	3.69	-15.49
16	MASOOR (WHOLE)	Kg	300	320	313	313	335	0	-6.57
17	MASOOR (DAL)	Kg	300	330	308	308	345	0	-10.72
18	MASH DAL (WASHED)	Kg	530	550	542	548.67	581	-1.22	-6.71
19	MOONG (WHOLE)	Kg	370	400	392	392.17	320	-0.04	22.5
20	MOONG DAL (WASHED)	Kg	380	420	390	389.5	355	0.13	9.86
21	CHILLIES (GROUND)	250g	200	200	200	200	180	0	11.11
22	SUGAR WHITE	Kg	175	180	177	180	140	-1.67	26.43
23	GUR	Kg	200	220	207	205	200	0.98	3.5
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	100	0	0
26	DOUBLE ROTI DAWN	360g	110	120	113	113	110	0	2.73
27	TANORI ROTI	100g	12	15	14	14	15	0	-6.67
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	380	410	388	392.83	405	-1.23	-4.2
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	550	600	567	529.67	590	7.05	-3.9
30	MUTTON	Kg	1,800	2,200	2067	2067	1800	0	14.83
31	BEEF WITH BONE	Kg	1,100	1,200	1167	1167	1000	0	16.7
32	EGGS (FARM)	Dozen	275	290	280	246.33	271	13.67	3.32
33	MILK (FRESH)	Litre	170	180	172	172	175	0	-1.71
34	CURD (fresh)	Kg	200	220	203	206.33	200	-1.61	1.5
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	320	350	335	308.67	525	8.53	-36.19
37	GINGER	250g	140	150	147	158.67	165	-7.35	-10.91
38	POTATOES	Kg	80	100	95	86.17	110	10.25	-13.64
39	ONIONS	Kg	60	80	70	56.33	143	24.27	-51.05



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average 09-08-2025	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					Jul-25	Aug-24	Jul-25	Aug-24	
40	SPINACH	Kg	50	85	64	70.83	95	-9.64	-32.63
41	TOMATOES	Kg	70	100	83	80.83	157	2.68	-47.13
42	BRINJAL	Kg	80	180	147	151	198	-2.65	-25.76
43	BITTER GOURD	Kg	130	150	138	202	176	-31.68	-21.59
44	LADY FINGER	Kg	120	130	127	219	277	-42.01	-54.15
45	TINDA	Kg	280	400	357	341.67	275	4.49	29.82
46	GHIA KADDU	Kg	160	240	213	253	310	-15.81	-31.29
47	ARVI	Kg	100	150	133	219.17	220	-39.32	-39.55
48	GHIA TORRI	Kg	100	160	137	208.67	210	-34.35	-34.76
49	COCUMBER (KHEERA)	Kg	100	140	118	61.83	85	90.85	38.82
50	LEMON	250g	100	120	107	132.5	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	290	300	297	300	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	172	163	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	95	0	31.58
54	LUX SOAP (WHITE) (98gm)	Cake	120	120	120	120	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	140	137	137	130	0	5.38
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	265	290	282	290	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	197	199.5	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	6	7	7	7	6.5	0	7.69
62	MUSTARD OIL (LOCAL)	Kg	480	520	503	510.33	490	-1.44	2.65
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	300	400	348	536	309	-35.07	12.62
64	APPLE AVERAGE QUALITY	Kg	200	250	232	374.5	220	-38.05	5.45
65	BANANA	Dozen	150	200	167	162.5	145	2.77	15.17
66	DATES (IRANI)	Kg	500	550	542	550	550	-1.45	-1.45
67	GUAVA	Kg	160	200	173	170	155	1.76	11.61
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	239.5	230	0.21	4.35
70	TEA PREPARED (Sada)	Cup	50	60	58	57.17	60	1.45	-3.33

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	70	75	74	73.5	90	0.68	-17.78
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	80	85	83	83	110	0	-24.55
3	WHEAT ATTA (THAILA)	10Kg	700	720	703	696	0	0	0
4	MAIDA	kg	100	110	102	102	140	0	-27.14
5	RAWA/SUJI	Kg	100	110	102	102	140	0	-27.14
6	VEG. GHEE (POUCH) (LOCAL)	kg	500	520	514	521	435	-1.34	18.16
7	VEG. GHEE DALDA (CARTON)	5Kg	2,840	2,850	2848	2854	2550	-0.21	11.69
8	COOKING OIL DALDA (CARTON)	5Litre	2,840	2,860	2854	2881	2650	-0.94	7.7
9	BAISAN (GROUND GRAM)	Kg	300	330	318	318	305	0	4.26
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	350	338	337.33	305	0.2	10.82
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	310	293	302.33	0	0	0
12	BROKEN BASMATI	Kg	200	220	203	211.5	245	-4.02	-17.14
13	GRAM (BLACK)	Kg	280	330	313	300.33	275	4.22	13.82
14	GRAM (WHITE)	Kg	320	370	353	353	0	0	0
15	GRAM DAL	Kg	300	330	318	319	275	-0.31	15.64
16	MASOOR (WHOLE)	Kg	280	310	300	288	310	4.17	-3.23
17	MASOOR (DAL)	Kg	300	330	320	308	320	3.9	0
18	MASH DAL (WASHED)	Kg	480	540	505	509.33	595	-0.85	-15.13
19	MOONG (WHOLE)	Kg	350	390	375	381.5	285	-1.7	31.58
20	MOONG DAL (WASHED)	Kg	380	420	403	410	315	-1.71	27.94
21	CHILLIES (GROUND)	250g	180	200	197	197	195	0	1.03
22	SUGAR WHITE	Kg	175	180	176	182.5	145	-3.56	21.38
23	GUR	Kg	200	230	218	220.83	200	-1.28	9
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	108	108	120	0	-10
26	DOUBLE ROTI DAWN	360g	110	120	112	112	120	0	-6.67
27	TANORI ROTI	100g	12	15	14	14	15	0	-6.67
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	370	390	382	375.83	395	1.64	-3.29
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	560	600	573	561.83	595	1.99	-3.7
30	MUTTON	Kg	1,900	2,000	1983	1983	1800	0	10.17
31	BEEF WITH BONE	Kg	1,000	1,100	1017	1017	900	0	13
32	EGGS (FARM)	Dozen	270	280	272	239	262	13.81	3.82
33	MILK (FRESH)	Litre	160	180	175	175	180	0	-2.78
34	CURD (fresh)	Kg	200	240	230	229	240	0.44	-4.17
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	97	95	94	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	320	400	347	329.67	555	5.26	-37.48
37	GINGER	250g	120	180	138	167	175	-17.37	-21.14
38	POTATOES	Kg	70	100	88	88.33	120	-0.37	-26.67
39	ONIONS	Kg	70	90	80	55	125	45.45	-36



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price(Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					09-08-2025	Jul-25	Aug-24	Jul-25	Aug-24
40	SPINACH	Kg	60	80	68	67.17	65	1.24	4.62
41	TOMATOES	Kg	80	110	97	71.33	111	35.99	-12.61
42	BRINJAL	Kg	100	130	112	100.33	155	11.63	-27.74
43	BITTER GOURD	Kg	100	130	117	211.5	159	-44.68	-26.42
44	LADY FINGER	Kg	130	140	135	232.5	239	-41.94	-43.51
45	TINDA	Kg	120	220	153	204.5	125	-25.18	22.4
46	GHIA KADDU	Kg	140	170	150	231.33	219	-35.16	-31.51
47	ARVI	Kg	100	120	110	169.33	161	-35.04	-31.68
48	GHIA TORRI	Kg	100	120	107	149.17	147	-28.27	-27.21
49	COCUMBER (KHEERA)	Kg	80	110	100	96.67	129	3.44	-22.48
50	LEMON	250g	80	110	97	109.5	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	300	310	302	305	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	120	125	124	124.33	95	-0.27	30.53
54	LUX SOAP (WHITE) (98gm)	Cake	110	120	117	117	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	135	133	132.5	130	0.38	2.31
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	270	280	272	269.67	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	190	200	198	195	0	0	0
60	TOOTH PASTE (COLGATE)	100g	200	220	213	213	0	0	0
61	MATCHES 50 STICKS	Each	7	7	7	7	7	0	0
62	MUSTARD OIL (LOCAL)	Kg	510	600	535	535	525	0	1.9
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	300	400	342	525	325	-34.86	5.23
64	APPLE AVERAGE QUALITY	Kg	250	300	258	342	245	-24.56	5.31
65	BANANA	Dozen	140	250	172	206.67	165	-16.78	4.24
66	DATES (IRANI)	Kg	500	550	518	516.67	505	0.26	2.57
67	GUAVA	Kg	150	200	182	180	200	1.11	-9
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
70	TEA PREPARED (Sada)	Cup	60	70	68	68	70	0	-2.86

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	75	80	78	78	93	0	-16.13
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	80	85	83	83	110	0	-24.55
3	WHEAT ATTA (THAILA)	10Kg	730	750	740	740	0	0	0
4	MAIDA	kg	110	120	115	115	145	0	-20.69
5	RAWA/SUJI	Kg	110	120	115	115	145	0	-20.69
6	VEG. GHEE (POUCH) (LOCAL)	kg	500	520	510	510	472.5	0	7.94
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,900	2875	2875	2490	0	15.46
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,950	2925	2925	2650	0	10.38
9	BAISAN (GROUND GRAM)	Kg	330	340	335	335	295	0	13.56
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	340	335	335	325	0	3.08
11	RICE BASMATI (AVERAGE QUALITY)	Kg	270	280	275	275	0	0	0
12	BROKEN BASMATI	Kg	190	200	195	195	210	0	-7.14
13	GRAM (BLACK)	Kg	320	330	325	325	275	0	18.18
14	GRAM (WHITE)	Kg	320	330	325	325	0	0	0
15	GRAM DAL	Kg	330	340	335	335	296	0	13.18
16	MASOOR (WHOLE)	Kg	300	320	310	310	325	0	-4.62
17	MASOOR (DAL)	Kg	320	340	330	330	305	0	8.2
18	MASH DAL (WASHED)	Kg	490	500	495	530	635	-6.6	-22.05
19	MOONG (WHOLE)	Kg	340	350	345	345	280	0	23.21
20	MOONG DAL (WASHED)	Kg	380	400	390	390	325	0	20
21	CHILLIES (GROUND)	250g	200	220	210	210	175	0	20
22	SUGAR WHITE	Kg	175	180	178	193	145	-7.77	22.76
23	GUR	Kg	230	240	235	255	210	-7.84	11.9
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	110	0	-9.09
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	13	13	13	13	15	0	-13.33
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	400	420	410	403.33	410	1.65	0
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	600	595	585	604	1.71	-1.49
30	MUTTON	Kg	1,900	2,000	1950	1950	1900	0	2.63
31	BEEF WITH BONE	Kg	850	900	875	875	875	0	0
32	EGGS (FARMI)	Dozen	290	300	295	263.33	265	12.03	11.32
33	MILK (FRESH)	Litre	190	200	195	195	195	0	0
34	CURD (fresh)	Kg	220	240	230	230	230	0	0
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	100	100	100	100	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	300	350	325	325	425	0	-23.53
37	GINGER	250g	140	150	145	135	175	7.41	-17.14
38	POTATOES	Kg	90	100	95	75	101	26.67	-5.94
39	ONIONS	Kg	60	70	65	55	149	18.18	-56.38



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
40	SPINACH	Kg	100	110	105	75	113	40	-7.08
41	TOMATOES	Kg	100	110	105	90	137	16.67	-23.36
42	BRINJAL	Kg	130	140	135	128.33	240	5.2	-43.75
43	BITTER GOURD	Kg	200	220	210	170.83	210	22.93	0
44	LADY FINGER	Kg	140	150	145	195	233	-25.64	-37.77
45	TINDA	Kg	240	250	245	298.33	228	-17.88	7.46
46	GHIA KADDU	Kg	200	220	210	336.67	255	-37.62	-17.65
47	ARVI	Kg	100	120	110	170	191	-35.29	-42.41
48	GHIA TORRI	Kg	130	140	135	161.67	155	-16.5	-12.9
49	COCUMBER (KHEERA)	Kg	100	120	110	90	105	22.22	4.76
50	LEMON	250g	100	110	105	110	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	270	280	275	305	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	121.67	115	2.74	8.7
54	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	274	280	277	277	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	190	190	0	0	0
60	TOOTH PASTE (COLGATE)	100g	200	200	200	200	0	0	0
61	MATCHES 50 STICKS	Each	6	7	7	7	6	0	16.67
62	MUSTARD OIL (LOCAL)	Kg	530	550	540	510	475	5.88	13.68
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	250	300	275	450	275	-38.89	0
64	APPLE AVERAGE QUALITY	Kg	150	200	175	345	175	-49.28	0
65	BANANA	Dozen	120	130	125	134.17	110	-6.83	13.64
66	DATES (IRANI)	Kg	400	450	425	425	475	0	-10.53
67	GUAVA	Kg	150	160	155	190	130	-18.42	19.23
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	240	0	0
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 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					09-08-2025	Jul-25	Aug-24	Jul-25	Aug-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	77	80	79	79	95	0	-16.84
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	90	87	87	100	0	-13
3	WHEAT ATTA (THAILA)	10Kg	720	750	738	738	0	0	0
4	MAIDA	kg	110	120	115	115	120	0	-4.17
5	RAWA/SUJI	Kg	110	120	118	115	130	2.61	-9.23
6	VEG. GHEE (POUCH) (LOCAL)	kg	470	480	475	462	400	2.81	18.75
7	VEG. GHEE DALDA (CARTON)	5Kg	2,780	2,800	2797	2797	2525	0	10.77
8	COOKING OIL DALDA (CARTON)	5Litre	2,780	2,800	2797	2797	2625	0	6.55
9	BAISAN (GROUND GRAM)	Kg	300	310	302	302	320	0	-5.63
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	320	312	312	270	0	15.56
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	280	265	265	0	0	0
12	BROKEN BASMATI	Kg	170	180	178	182	185	-2.2	-3.78
13	GRAM (BLACK)	Kg	270	290	282	280	335	0.71	-15.82
14	GRAM (WHITE)	Kg	270	360	305	305	0	0	0
15	GRAM DAL	Kg	290	300	295	295	335	0	-11.94
16	MASOOR (WHOLE)	Kg	270	300	285	285	315	0	-9.52
17	MASOOR (DAL)	Kg	310	320	318	318	320	0	-0.63
18	MASH DAL (WASHED)	Kg	500	550	520	520	590	0	-11.86
19	MOONG (WHOLE)	Kg	390	400	398	398	300	0	32.67
20	MOONG DAL (WASHED)	Kg	390	430	408	408	350	0	16.57
21	CHILLIES (GROUND)	250g	200	250	220	220	170	0	29.41
22	SUGAR WHITE	Kg	190	200	194	192	150	1.04	29.33
23	GUR	Kg	250	260	252	250	230	0.8	9.57
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	69	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	110	0	0
26	DOUBLE ROTI DAWN	360g	110	110	110	110	105	0	4.76
27	TANORI ROTI	100g	14	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	405	408	406	394.17	433.2	3	-6.28
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	587	632	602	585.17	616.8	2.88	-2.4
30	MUTTON	Kg	1,800	2,150	2017	1883	1800	7.12	12.06
31	BEEF WITH BONE	Kg	900	1,100	1017	917	825	10.91	23.27
32	EGGS (FARM)	Dozen	280	300	292	243.67	265	19.83	10.19
33	MILK (FRESH)	Litre	220	220	220	207	200	6.28	10
34	CURD (fresh)	Kg	200	240	227	227	220	0	3.18
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	97	97	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	400	450	408	375	510	8.8	-20
37	GINGER	250g	120	150	130	139	175	-6.47	-25.71
38	POTATOES	Kg	80	100	88	84.33	110	4.35	-20
39	ONIONS	Kg	70	80	73	64.33	152	13.48	-51.97



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT GUJRANWALA ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
40	SPINACH	Kg	100	120	103	106.83	99	-3.59	4.04
41	TOMATOES	Kg	100	150	123	110.33	159	11.48	-22.64
42	BRINJAL	Kg	120	150	130	217	252	-40.09	-48.41
43	BITTER GOURD	Kg	140	200	160	217	193	-26.27	-17.1
44	LADY FINGER	Kg	140	200	160	196.67	227	-18.65	-29.52
45	TINDA	Kg	250	300	268	350.67	260	-23.57	3.08
46	GHIA KADDU	Kg	140	260	180	305.5	419	-41.08	-57.04
47	ARVI	Kg	140	150	145	208.5	205	-30.46	-29.27
48	GHIA TORRI	Kg	150	180	163	197	184	-17.26	-11.41
49	COCUMBER (KHEERA)	Kg	100	150	115	93.5	110	22.99	4.55
50	LEMON	250g	90	100	98	98.33	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	280	280	280	280	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	95	0	31.58
54	LUX SOAP (WHITE) (98gm)	Cake	110	115	112	112	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	270	290	283	283	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	190	200	197	197	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	213	212	0	0	0
61	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
62	MUSTARD OIL (LOCAL)	Kg	550	600	567	558	600	1.61	-5.5
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	380	400	390	458	475	-14.85	-17.89
64	APPLE AVERAGE QUALITY	Kg	200	250	220	320	350	-31.25	-37.14
65	BANANA	Dozen	140	160	147	147	110	0	33.64
66	DATES (IRANI)	Kg	450	500	483	517	500	-6.58	-3.4
67	GUAVA	Kg	200	200	200	197	240	1.52	-16.67
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	390	400	397	396.67	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	247	240	0	2.92
70	TEA PREPARED (Sada)	Cup	60	70	67	67	60	0	11.67

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT LAHORE ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	70	90	80	81	100	-1.23	-20
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	80	110	98	100.33	125	-2.32	-21.6
3	WHEAT ATTA (THAILA)	10Kg	650	730	705	723.5	0	0	0
4	MAIDA	kg	90	120	106	108.67	165	-2.46	-35.76
5	RAWA/SUJI	Kg	90	120	110	112	170	-1.79	-35.29
6	VEG. GHEE (POUCH) (LOCAL)	kg	460	500	488	490.67	470	-0.54	3.83
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,900	2842	2835.17	2525	0.24	12.55
8	COOKING OIL DALDA (CARTON)	5Litre	2,820	2,900	2855	2884.5	2600	-1.02	9.81
9	BAISAN (GROUND GRAM)	Kg	300	330	308	307.67	340	0.11	-9.41
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	350	331	339.5	370	-2.5	-10.54
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	320	276	283	0	0	0
12	BROKEN BASMATI	Kg	180	250	217	213.67	260	1.56	-16.54
13	GRAM (BLACK)	Kg	270	320	300	300.33	310	-0.11	-3.23
14	GRAM (WHITE)	Kg	320	330	327	329.33	0	0	0
15	GRAM DAL	Kg	270	310	288	295.17	345	-2.43	-16.52
16	MASOOR (WHOLE)	Kg	300	340	309	327	330	-5.5	-6.36
17	MASOOR (DAL)	Kg	310	350	332	348.17	350	-4.64	-5.14
18	MASH DAL (WASHED)	Kg	440	480	459	493.33	625	-6.96	-26.56
19	MOONG (WHOLE)	Kg	300	380	353	349	320	1.15	10.31
20	MOONG DAL (WASHED)	Kg	340	410	381	358.5	350	6.28	8.86
21	CHILLIES (GROUND)	250g	180	220	205	197.33	210	3.89	-2.38
22	SUGAR WHITE	Kg	173	200	182	184.83	150	-1.53	21.33
23	GUR	Kg	180	240	217	212.5	240	2.12	-9.58
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	76	75	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	120	108	107.67	105	0.31	2.86
26	DOUBLE ROTI DAWN	360g	110	110	110	110	115	0	-4.35
27	TANORI ROTI	100g	14	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	348	410	390	373.67	410.4	4.37	-4.97
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	560	590	576	546.17	594.8	5.46	-3.16
30	MUTTON	Kg	1,900	2,300	2100	2026.25	2050	3.64	2.44
31	BEEF WITH BONE	Kg	1,000	1,300	1170	1103.5	950	6.03	23.16
32	EGGS (FARM)	Dozen	230	290	275	253.67	276	8.41	-0.36
33	MILK (FRESH)	Litre	180	200	197	196	205	0.51	-3.9
34	CURD (fresh)	Kg	200	240	229	225.33	240	1.63	-4.58
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	96	92	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	330	400	366	358.67	490	2.04	-25.31
37	GINGER	250g	130	180	144	152.67	190	-5.68	-24.21
38	POTATOES	Kg	80	120	90	89.33	110	0.75	-18.18
39	ONIONS	Kg	60	80	67	69	155	-2.9	-56.77



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT LAHORE ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
40	SPINACH	Kg	80	140	106	96	95	10.42	11.58
41	TOMATOES	Kg	100	140	123	123.33	170	-0.27	-27.65
42	BRINJAL	Kg	120	180	140	187.17	247	-25.2	-43.32
43	BITTER GOURD	Kg	130	190	171	201.33	178	-15.06	-3.93
44	LADY FINGER	Kg	120	220	188	180.17	220	4.35	-14.55
45	TINDA	Kg	180	250	229	263	235	-12.93	-2.55
46	GHIA KADDU	Kg	160	250	187	249	345	-24.9	-45.8
47	ARVI	Kg	100	150	128	199.67	192	-35.89	-33.33
48	GHIA TORRI	Kg	130	160	137	163.5	190	-16.21	-27.89
49	COCUMBER (KHEERA)	Kg	90	130	113	91.33	105	23.73	7.62
50	LEMON	250g	70	130	101	130.83	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	240	280	257	284.33	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	220	188	178	0	0	0
53	LIFE BUOY (128 gm)	Cake	105	125	122	120	115	1.67	6.09
54	LUX SOAP (WHITE) (98gm)	Cake	100	115	105	106.33	0	0	0
55	WASHING SOAP (SUF1) (250g)	Cake	120	135	130	128.67	130	1.03	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49	49	0	0	0
57	SURF EXCEL	500g	274	300	290	285	0	0	0
58	SURF BONUS	Kg	220	240	235	233.33	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	212	212.67	0	0	0
61	MATCHES 50 STICKS	Each	5	7	7	6	6	16.67	16.67
62	MUSTARD OIL (LOCAL)	Kg	500	600	578	572.33	624	0.99	-7.37
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	280	400	330	448	296	-26.34	11.49
64	APPLE AVERAGE QUALITY	Kg	170	250	191	291.5	184	-34.48	3.8
65	BANANA	Dozen	120	250	169	172.5	125	-2.03	35.2
66	DATES (IRANI)	Kg	500	600	515	526.17	575	-2.12	-10.43
67	GUAVA	Kg	150	200	183	233.5	170	-21.63	7.65
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	240	238	237.67	230	0.14	3.48
70	TEA PREPARED (Sada)	Cup	50	70	59	58.83	65	0.29	-9.23

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	80	80	80	80	95	0	-15.79
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	85	85	85	100	0	-15
3	WHEAT ATTA (THAILA)	10Kg	750	750	750	750	0	0	0
4	MAIDA	kg	120	120	120	120	140	0	-14.29
5	RAWA/SUJI	Kg	120	150	128	120	140	6.67	-8.57
6	VEG. GHEE (POUCH) (LOCAL)	kg	520	520	520	520	460	0	13.04
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	320	320	320	320	360	0	-11.11
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	320	320	320	320	0	0
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	250	248	253.33	0	0	0
12	BROKEN BASMATI	Kg	190	200	198	202.17	261	-2.06	-24.14
13	GRAM (BLACK)	Kg	320	320	320	320	310	0	3.23
14	GRAM (WHITE)	Kg	360	370	368	368.67	0	0	0
15	GRAM DAL	Kg	300	300	300	300	350	0	-14.29
16	MASOOR (WHOLE)	Kg	320	320	320	320	345	0	-7.25
17	MASOOR (DAL)	Kg	330	330	330	330	350	0	-5.71
18	MASH DAL (WASHED)	Kg	560	560	560	553.67	600	1.14	-6.67
19	MOONG (WHOLE)	Kg	390	400	395	395	325	0	21.54
20	MOONG DAL (WASHED)	Kg	400	410	405	405	360	0	12.5
21	CHILLIES (GROUND)	250g	200	200	200	200	190	0	5.26
22	SUGAR WHITE	Kg	175	175	175	185	150	-5.41	16.67
23	GUR	Kg	240	240	240	240	218	0	10.09
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	110	0	0
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	430	450	443	413.17	481	7.22	-7.9
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	550	560	553	533.5	581	3.66	-4.82
30	MUTTON	Kg	1,900	1,900	1900	1900	1800	0	5.56
31	BEEF WITH BONE	Kg	900	900	900	900	900	0	0
32	EGGS (FARM)	Dozen	270	270	270	240	270	12.5	0
33	MILK (FRESH)	Litre	190	190	190	189.67	170	0.17	11.76
34	CURD (fresh)	Kg	240	240	240	240	225	0	6.67
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	320	330	328	341.33	496	-3.91	-33.87
37	GINGER	250g	120	340	183	148	161	23.65	13.66
38	POTATOES	Kg	90	100	98	91.67	118	6.91	-16.95
39	ONIONS	Kg	60	60	60	59	135	1.69	-55.56



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price(Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
40	SPINACH	Kg	70	80	75	70.17	70	6.88	7.14
41	TOMATOES	Kg	70	80	78	69.83	109	11.7	-28.44
42	BRINJAL	Kg	120	120	120	131	244	-8.4	-50.82
43	BITTER GOURD	Kg	120	120	120	185.83	166	-35.42	-27.71
44	LADY FINGER	Kg	160	200	175	270	322	-35.19	-45.65
45	TINDA	Kg	320	320	320	350	368	-8.57	-13.04
46	GHIA KADDU	Kg	120	200	170	287.5	400	-40.87	-57.5
47	ARVI	Kg	100	100	100	183.33	188	-45.45	-46.81
48	GHIA TORRI	Kg	80	120	110	163	184	-32.52	-40.22
49	COCUMBER (KHEERA)	Kg	100	100	100	70.5	128	41.84	-21.88
50	LEMON	250g	80	100	85	109.83	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	260	270	263	310	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	115	95	8.7	31.58
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	100	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	125	0	4
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	290	290	290	290	0	0	0
58	SURF BONUS	Kg	240	240	240	240	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	7	7	7	7	6	0	16.67
62	MUSTARD OIL (LOCAL)	Kg	600	600	600	597.5	490	0.42	22.45
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	400	430	408	637.5	351	-36	16.24
64	APPLE AVERAGE QUALITY	Kg	180	220	195	304.17	233	-35.89	-16.31
65	BANANA	Dozen	150	150	150	162.33	131	-7.6	14.5
66	DATES (IRANI)	Kg	560	580	568	549.33	550	3.4	3.27
67	GUAVA	Kg	200	200	200	170	210	17.65	-4.76
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
70	TEA PREPARED (Sada)	Cup	60	60	60	60	60	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT RAWALPINDI ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					09-08-2025	Jul-25	Aug-24	Jul-25	Aug-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	72	90	84	80	105	5	-20
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	110	103	103	115	0	-10.43
3	WHEAT ATTA (THAILA)	10Kg	720	770	750	768.67	0	0	0
4	MAIDA	kg	110	120	116	118	145	-1.69	-20
5	RAWA/SUJI	Kg	110	120	118	123.33	150	-4.32	-21.33
6	VEG. GHEE (POUCH) (LOCAL)	kg	405	470	443	465.33	440	-4.8	0.68
7	VEG. GHEE DALDA (CARTON)	5Kg	2,750	2,875	2798	2835.17	2530	-1.31	10.59
8	COOKING OIL DALDA (CARTON)	5Litre	2,800	2,875	2828	2853	2620	-0.88	7.94
9	BAISAN (GROUND GRAM)	Kg	310	340	330	329.33	300	0.2	10
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	340	370	360	367	310	-1.91	16.13
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	280	263	267	0	0	0
12	BROKEN BASMATI	Kg	180	220	203	218	230	-6.88	-11.74
13	GRAM (BLACK)	Kg	280	330	313	308	310	1.62	0.97
14	GRAM (WHITE)	Kg	320	360	337	341	0	0	0
15	GRAM DAL	Kg	300	330	320	325	310	-1.54	3.23
16	MASOOR (WHOLE)	Kg	290	320	307	295.5	300	3.89	2.33
17	MASOOR (DAL)	Kg	320	340	328	313.67	305	4.57	7.54
18	MASH DAL (WASHED)	Kg	440	500	472	466.17	580	1.25	-18.62
19	MOONG (WHOLE)	Kg	350	390	373	380.33	300	-1.93	24.33
20	MOONG DAL (WASHED)	Kg	390	400	397	397	315	0	26.03
21	CHILLIES (GROUND)	250g	190	220	208	206.33	225	0.81	-7.56
22	SUGAR WHITE	Kg	175	195	183	192	147.5	-4.69	24.07
23	GUR	Kg	200	250	225	226.67	225	-0.74	0
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	73	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	104.83	110	-4.61	-9.09
26	DOUBLE ROTI DAWN	360g	110	110	110	115.83	120	-5.03	-8.33
27	TANORI ROTI	100g	15	15	15	15	18	0	-16.67
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	390	405	394	413	416.8	-4.6	-5.47
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	560	610	575	607.17	656.4	-5.3	-12.4
30	MUTTON	Kg	1,850	2,200	2075	2075	1925	0	7.79
31	BEEF WITH BONE	Kg	950	1,200	1108	1116.5	950	-0.76	16.63
32	EGGS (FARMI)	Dozen	280	285	283	261.17	271.6	8.36	4.2
33	MILK (FRESH)	Litre	160	220	198	198	210	0	-5.71
34	CURD (fresh)	Kg	190	240	225	222	230	1.35	-2.17
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	96	97	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	340	400	362	373.33	620	-3.03	-41.61
37	GINGER	250g	140	150	147	164	199	-10.37	-26.13
38	POTATOES	Kg	80	90	84	77.67	116	8.15	-27.59
39	ONIONS	Kg	60	70	67	52.83	166	26.82	-59.64



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT RAWALPINDI ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					09-08-2025	Jul-25	Aug-24	Jul-25	Aug-24
40	SPINACH	Kg	60	85	71	55.67	62	27.54	14.52
41	TOMATOES	Kg	70	120	90	79.5	157	13.21	-42.68
42	BRINJAL	Kg	110	150	135	148.67	215	-9.19	-37.21
43	BITTER GOURD	Kg	120	170	138	176.67	184	-21.89	-25
44	LADY FINGER	Kg	100	170	133	188.33	176	-29.38	-24.43
45	TINDA	Kg	140	230	172	172.5	195	-0.29	-11.79
46	GHIA KADDU	Kg	120	150	135	174	254	-22.41	-46.85
47	ARVI	Kg	110	160	138	193.83	196	-28.8	-29.59
48	GHIA TORRI	Kg	140	170	153	158.83	185	-3.67	-17.3
49	COCUMBER (KHEERA)	Kg	90	130	105	92.5	112	13.51	-6.25
50	LEMON	250g	75	90	83	101	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	260	290	280	298.5	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	180	158	178	0	0	0
53	LIFE BUOY (128 gm)	Cake	115	125	122	118	95	3.39	28.42
54	LUX SOAP (WHITE) (98gm)	Cake	120	120	120	113	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	274	280	276	274	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	188	198.5	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	217	210	0	0	0
61	MATCHES 50 STICKS	Each	5	5	5	5.17	5	-3.29	0
62	MUSTARD OIL (LOCAL)	Kg	550	620	587	621.83	575	-5.6	2.09
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	240	260	252	403.83	382	-37.6	-34.03
64	APPLE AVERAGE QUALITY	Kg	130	170	150	288.5	197	-48.01	-23.86
65	BANANA	Dozen	120	160	137	173.5	190	-21.04	-27.89
66	DATES (IRANI)	Kg	460	500	477	470.67	675	1.34	-29.33
67	GUAVA	Kg	140	180	157	238.33	248	-34.12	-36.69
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	237	225	0	5.33
70	TEA PREPARED (Sada)	Cup	60	70	62	62	60	0	3.33

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SAHIWAL ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	75	80	78	78	80	0	-2.5
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	75	80	79	79	100	0	-21
3	WHEAT ATTA (THAILA)	10Kg	700	730	718	718	0	0	0
4	MAIDA	kg	100	100	100	100	120	0	-16.67
5	RAWA/SUJI	Kg	100	100	100	100	120	0	-16.67
6	VEG. GHEE (POUCH) (LOCAL)	kg	440	450	443	443	430	0	3.02
7	VEG. GHEE DALDA (CARTON)	5Kg	2,840	2,850	2843	2843	2550	0	11.49
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,860	2853	2853	2650	0	7.66
9	BAISAN (GROUND GRAM)	Kg	280	290	283	283	310	0	-8.71
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	318	318	340	0	-6.47
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	270	265	265	0	0	0
12	BROKEN BASMATI	Kg	180	200	185	185	235	0	-21.28
13	GRAM (BLACK)	Kg	280	290	283	283	320	0	-11.56
14	GRAM (WHITE)	Kg	290	300	295	300	0	0	0
15	GRAM DAL	Kg	280	290	285	295	300	-3.39	-5
16	MASOOR (WHOLE)	Kg	280	300	285	305	300	-6.56	-5
17	MASOOR (DAL)	Kg	300	300	300	313	280	-4.15	7.14
18	MASH DAL (WASHED)	Kg	440	450	445	453	590	-1.77	-24.58
19	MOONG (WHOLE)	Kg	380	400	393	393	280	0	40.36
20	MOONG DAL (WASHED)	Kg	400	410	403	403	310	0	30
21	CHILLIES (GROUND)	250g	200	200	200	200	210	0	-4.76
22	SUGAR WHITE	Kg	175	180	179	180.83	140	-1.01	27.86
23	GUR	Kg	200	220	215	210	210	2.38	2.38
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	105	101	101	110	0	-8.18
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	388	388	388	381.67	425	1.66	-8.71
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	560	560	560	552.17	625	1.42	-10.4
30	MUTTON	Kg	1,900	1,900	1900	1881.25	2000	1	-5
31	BEEF WITH BONE	Kg	1,000	1,000	1000	1000	900	0	11.11
32	EGGS (FARM)	Dozen	282	282	282	253.33	275	11.32	2.55
33	MILK (FRESH)	Litre	160	170	165	155	165	6.45	0
34	CURD (fresh)	Kg	200	200	200	195	190	2.56	5.26
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	95	91	91	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	400	400	400	410.17	611	-2.48	-34.53
37	GINGER	250g	150	160	158	158	200	0	-21
38	POTATOES	Kg	120	130	125	82.5	110	51.52	13.64
39	ONIONS	Kg	70	80	75	60	134	25	-44.03



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SAHIWAL ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		09-08-2025	2nd week of		2nd week of
					Jul-25		Aug-24	Jul-25	Aug-24
40	SPINACH	Kg	60	70	65	73.17	100	-11.17	-35
41	TOMATOES	Kg	120	130	125	121.33	135	3.02	-7.41
42	BRINJAL	Kg	100	120	110	217.67	249	-49.46	-55.82
43	BITTER GOURD	Kg	130	140	135	236	145	-42.8	-6.9
44	LADY FINGER	Kg	120	130	125	186.33	206	-32.91	-39.32
45	TINDA	Kg	280	280	280	312.5	200	-10.4	40
46	GHIA KADDU	Kg	200	200	200	293.33	275	-31.82	-27.27
47	ARVI	Kg	100	120	105	195	258	-46.15	-59.3
48	GHIA TORRI	Kg	120	140	130	218.33	133	-40.46	-2.26
49	COCUMBER (KHEERA)	Kg	120	130	125	68.5	110	82.48	13.64
50	LEMON	250g	80	100	90	140.5	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	230	250	245	263.17	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	200	200	200	200	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	100	0	25
54	LUX SOAP (WHITE) (98gm)	Cake	115	120	119	109	0	0	0
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	290	290	290	270	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	218	216.83	0	0	0
61	MATCHES 50 STICKS	Each	5	5	5	5	6	0	-16.67
62	MUSTARD OIL (LOCAL)	Kg	530	530	530	521.67	480	1.6	10.42
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	300	350	313	600	495	-47.83	-36.77
64	APPLE AVERAGE QUALITY	Kg	150	150	150	401.67	261	-62.66	-42.53
65	BANANA	Dozen	140	150	145	201.67	120	-28.1	20.83
66	DATES (IRANI)	Kg	480	500	495	495	500	0	-1
67	GUAVA	Kg	160	170	165	200	155	-17.5	6.45
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	230	0	4.35
70	TEA PREPARED (Sada)	Cup	70	70	70	70	55	0	27.27

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					09-08-2025	Jul-25	Aug-24	Jul-25	Aug-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	65	76	69	71	102.5	-2.82	-32.68
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	80	86	82	85	107.5	-3.53	-23.72
3	WHEAT ATTA (THAILA)	10Kg	650	730	677	695	0	0	0
4	MAIDA	kg	100	110	103	112	122.5	-8.04	-15.92
5	RAWA/SUJI	Kg	100	120	107	113	115	-5.31	-6.96
6	VEG. GHEE (POUCH) (LOCAL)	kg	430	500	453	443.67	440	2.1	2.95
7	VEG. GHEE DALDA (CARTON)	5Kg	2,840	2,900	2880	2890	2650	-0.35	8.68
8	COOKING OIL DALDA (CARTON)	5Litre	2,890	2,900	2897	2900	2750	-0.1	5.35
9	BAISAN (GROUND GRAM)	Kg	320	320	320	321.33	280	-0.41	14.29
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	340	320	317	310	0.95	3.23
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	280	263	263	0	0	0
12	BROKEN BASMATI	Kg	180	200	193	193	225	0	-14.22
13	GRAM (BLACK)	Kg	300	340	320	317.17	295	0.89	8.47
14	GRAM (WHITE)	Kg	260	340	293	354.83	0	0	0
15	GRAM DAL	Kg	280	320	298	301.5	295	-1.16	1.02
16	MASOOR (WHOLE)	Kg	260	300	278	303.5	301	-8.4	-7.64
17	MASOOR (DAL)	Kg	310	330	320	321.5	314	-0.47	1.91
18	MASH DAL (WASHED)	Kg	520	560	547	547	601	0	-8.99
19	MOONG (WHOLE)	Kg	340	350	343	340	301	0.88	13.95
20	MOONG DAL (WASHED)	Kg	360	380	367	363	309	1.1	18.77
21	CHILLIES (GROUND)	250g	200	250	227	227	175	0	29.71
22	SUGAR WHITE	Kg	173	184	177	186	142.5	-4.84	24.21
23	GUR	Kg	200	220	217	213.67	245	1.56	-11.43
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	72	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	97.5	0	2.56
26	DOUBLE ROTI DAWN	360g	110	110	110	110	110	0	0
27	TANORI ROTI	100g	15	15	15	13.33	15	12.53	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	360	390	377	428.83	418.4	-12.09	-9.89
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	550	590	563	590.83	598.6	-4.71	-5.95
30	MUTTON	Kg	1,900	2,000	1967	1962.25	1650	0.24	19.21
31	BEEF WITH BONE	Kg	1,100	1,100	1100	1100	775	0	41.94
32	EGGS (FARM)	Dozen	280	290	282	248	276	13.71	2.17
33	MILK (FRESH)	Litre	170	180	177	164.67	150	7.49	18
34	CURD (fresh)	Kg	200	220	207	207	175	0	18.29
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	100	100	100	94.17	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	390	400	397	398.83	615	-0.46	-35.45
37	GINGER	250g	130	170	147	163.67	190	-10.19	-22.63
38	POTATOES	Kg	75	80	78	71.5	106	9.09	-26.42
39	ONIONS	Kg	50	60	53	66.5	141	-20.3	-62.41



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 09-08-2025

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

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 09-08-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		2nd week of		2nd week of	
					09-08-2025	Jul-25	Aug-24	Jul-25	Aug-24
40	SPINACH	Kg	60	80	67	87.67	75	-23.58	-10.67
41	TOMATOES	Kg	80	150	127	94.5	155	34.39	-18.06
42	BRINJAL	Kg	120	130	127	180.83	274	-29.77	-53.65
43	BITTER GOURD	Kg	120	150	135	207	174	-34.78	-22.41
44	LADY FINGER	Kg	120	170	137	222	233	-38.29	-41.2
45	TINDA	Kg	220	280	257	371.5	264	-30.82	-2.65
46	GHIA KADDU	Kg	100	120	110	221	361	-50.23	-69.53
47	ARVI	Kg	120	150	130	214.17	190	-39.3	-31.58
48	GHIA TORRI	Kg	80	130	100	177.5	190	-43.66	-47.37
49	COCUMBER (KHEERA)	Kg	80	120	100	88.83	110	12.57	-9.09
50	LEMON	250g	100	120	107	102	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	260	300	273	312.33	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	180	180	180	180	0	0	0
53	LIFE BUOY (128 gm)	Cake	115	125	118	110.17	100	7.11	18
54	LUX SOAP (WHITE) (98gm)	Cake	110	120	113	110	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	120	130	128	123	127.5	4.07	0.39
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	290	290	290	285.67	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	201.17	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
62	MUSTARD OIL (LOCAL)	Kg	480	520	493	497	500	-0.8	-1.4
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	300	400	333	410	277	-18.78	20.22
64	APPLE AVERAGE QUALITY	Kg	200	290	230	287	163	-19.86	41.1
65	BANANA	Dozen	150	200	183	213.67	140	-14.35	30.71
66	DATES (IRANI)	Kg	500	520	507	500	471	1.4	7.64
67	GUAVA	Kg	170	200	183	182.83	144	0.09	27.08
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	408	403	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	230	0	4.35
70	TEA PREPARED (Sada)	Cup	50	60	53	55	65	-3.64	-18.46

M.D. = Meat Less Day