



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT BAHAWALPUR ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	15-03-2025			28-Feb-2025	15-Mar-2024
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	85	85	85	85	140	0	-39.29
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	90	88	90	150	-2.22	-41.33
3	WHEAT ATTA (THAILA)	10Kg	820	820	820	820	0	0	0
4	MAIDA	kg	100	110	107	100	165	7	-35.15
5	RAWA/SUJI	Kg	100	110	107	100	165	7	-35.15
6	VEG. GHEE (POUCH) (LOCAL)	kg	530	535	532	535	415	-0.56	28.19
7	VEG. GHEE DALDA (CARTON)	5Kg	2850	2945	2882	2945	2450	-2.14	17.63
8	COOKING OIL DALDA (CARTON)	5Litre	2895	2945	2912	2945	2560	-1.12	13.75
9	BAISAN (GROUND GRAM)	Kg	300	350	332	350	310	-5.14	7.1
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	330	323	330	355	-2.12	-9.01
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	280	267	280	0	0	0
12	BROKEN BASMATI	Kg	160	180	167	170	220	-1.76	-24.09
13	GRAM (BLACK)	Kg	340	350	343	350	245	-2	40
14	GRAM (WHITE)	Kg	320	360	343	320	0	0	0
15	GRAM DAL	Kg	320	330	327	320	245	2.19	33.47
16	MASOOR (WHOLE)	Kg	300	300	300	300	290	0	3.45
17	MASOOR (DAL)	Kg	280	320	293	320	305	-8.44	-3.93
18	MASH DAL (WASHED)	Kg	530	600	560	620	545	-9.68	2.75
19	MOONG (WHOLE)	Kg	380	400	393	360	295	9.17	33.22
20	MOONG DAL (WASHED)	Kg	380	400	387	380	295	1.84	31.19
21	CHILLIES (GROUND)	250g	200	200	200	200	145	0	37.93
22	SUGAR WHITE	Kg	155	165	162	155	140	4.52	15.71
23	GUR	Kg	180	200	193	180	200	7.22	-3.5
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	103	110	110	-6.36	-6.36
26	DOUBLE ROTI DAWN	360g	110	120	113	120	120	-5.83	-5.83
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	400	470	423	413	400	2.42	5.75
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	700	627	645	580	-2.79	8.1
30	MUTTON	Kg	1800	1800	1800	1800	1800	0	0
31	BEEF WITH BONE	Kg	1000	1100	1017	1000	825	1.7	23.27
32	EGGS (FARMI)	Dozen	280	290	283	260	255	8.85	10.98
33	MILK (FRESH)	Litre	170	180	172	170	175	1.18	-1.71
34	CURD (fresh)	Kg	200	200	200	200	190	0	5.26
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	650	680	663	650	590	2	12.37
37	GINGER	250g	100	120	113	120	130	-5.83	-13.08
38	POTATOES	Kg	50	70	57	50	65	14	-12.31



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT BAHAWALPUR ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
			39	ONIONS	Kg	60	70	67	80
40	SPINACH	Kg	50	60	53	40	35	32.5	51.43
41	TOMATOES	Kg	60	100	83	60	145	38.33	-42.76
42	BRINJAL	Kg	80	120	97	100	110	-3	-11.82
43	CAULIFLOWER	Kg	50	60	57	60	85	-5	-32.94
44	TURNIP	Kg	50	60	53	40	65	32.5	-18.46
45	CARROT	Kg	30	50	40	30	45	33.33	-11.11
46	PEAS	Kg	60	90	73	60	115	21.67	-36.52
47	RADISH	Kg	30	50	40	30	45	33.33	-11.11
<b>Household Essentials</b>									
48	L.P.G	Kg	300	320	307	300	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	167	200	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	125	118	105	95	12.38	24.21
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	135	0	-3.7
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	275	275	275	275	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	6	7	6	6	6.5	0	-7.69
59	MUSTARD OIL (LOCAL)	Kg	500	520	513	520	490	-1.35	4.69
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	320	350	340	320	320	6.25	6.25
61	APPLE AVERAGE QUALITY	Kg	240	260	250	250	235	0	6.38
62	BANANA	Dozen	200	230	212	150	155	41.33	36.77
63	DATES (IRANI)	Kg	550	600	567	550	600	3.09	-5.5
64	GUAVA	Kg	150	200	177	150	190	18	-6.84
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	230	220	3.04	7.73
67	TEA PREPARED (Sada)	Cup	50	60	57	50	60	14	-5

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	15-03-2025			28-Feb-2025	15-Mar-2024
			<b>Staples</b>						
1	WHEAT ATTA LOOSE(MILL)	Kg	90	90	90	90	142	0	-36.62
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	100	100	100	145	0	-31.03
3	WHEAT ATTA (THAILA)	10Kg	800	820	807	800	0	0	0
4	MAIDA	kg	110	120	118	123	170	-4.07	-30.59
5	RAWA/SUJI	Kg	110	120	118	123	170	-4.07	-30.59
6	VEG. GHEE (POUCH) (LOCAL)	kg	525	550	543	543	430	0	26.28
7	VEG. GHEE DALDA (CARTON)	5Kg	2880	2925	2891	2895	2500	-0.14	15.64
8	COOKING OIL DALDA (CARTON)	5Litre	2900	2950	2938	2950	2650	-0.41	10.87
9	BAISAN (GROUND GRAM)	Kg	340	370	357	377	265	-5.31	34.72
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	340	328	337	325	-2.67	0.92
11	RICE BASMATI (AVERAGE QUALITY)	Kg	270	290	282	283	0	0	0
12	BROKEN BASMATI	Kg	200	230	220	223	265	-1.35	-16.98
13	GRAM (BLACK)	Kg	300	380	350	380	255	-7.89	37.25
14	GRAM (WHITE)	Kg	360	380	370	370	0	0	0
15	GRAM DAL	Kg	320	400	370	403	265	-8.19	39.62
16	MASOOR (WHOLE)	Kg	280	310	297	303	325	-1.98	-8.62
17	MASOOR (DAL)	Kg	300	330	317	323	345	-1.86	-8.12
18	MASH DAL (WASHED)	Kg	530	560	548	563	555	-2.66	-1.26
19	MOONG (WHOLE)	Kg	340	390	370	367	275	0.82	34.55
20	MOONG DAL (WASHED)	Kg	385	430	413	407	325	1.47	27.08
21	CHILLIES (GROUND)	250g	180	200	197	200	195	-1.5	1.03
22	SUGAR WHITE	Kg	165	170	169	153	145	10.46	16.55
23	GUR	Kg	200	220	203	200	195	1.5	4.1
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	120	118	120	130	-1.67	-9.23
26	DOUBLE ROTI DAWN	360g	120	120	120	120	120	0	0
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	400	420	410	408	395	0.49	3.8
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	580	630	602	593	585	1.52	2.91
30	MUTTON	Kg	1800	1800	1800	1800	1675	0	7.46
31	BEEF WITH BONE	Kg	900	1000	925	917	875	0.87	5.71
32	EGGS (FARMI)	Dozen	250	280	272	268	275	1.49	-1.09
33	MILK (FRESH)	Litre	160	180	173	173	160	0	8.13
34	CURD (fresh)	Kg	200	220	217	213	200	1.88	8.5
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	95	92	90	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	630	650	643	657	710	-2.13	-9.44
37	GINGER	250g	130	150	142	143	155	-0.7	-8.39
38	POTATOES	Kg	50	70	60	63	75	-4.76	-20



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 15-03-2025									
COMPARED WITH 28-FEB-2025 AND 15-MAR-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
39	ONIONS	Kg	60	80	72	90	235	-20	-69.36
40	SPINACH	Kg	40	50	47	45	65	4.44	-27.69
41	TOMATOES	Kg	60	80	70	70	175	0	-60
42	BRINJAL	Kg	80	90	87	80	145	8.75	-40
43	CAULIFLOWER	Kg	40	50	43	40	165	7.5	-73.94
44	TURNIP	Kg	30	40	37	40	55	-7.5	-32.73
45	CARROT	Kg	30	50	40	40	55	0	-27.27
46	PEAS	Kg	80	110	97	68	125	42.65	-22.4
47	RADISH	Kg	30	40	33	33	55	0	-40
<b>Household Essentials</b>									
48	L.P.G	Kg	270	300	280	283	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
50	LIFE BUOY (128 gm)	Cake	110	120	112	108	95	3.7	17.89
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	107	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	135	0	-3.7
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	270	280	273	270	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	193	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	200	210	207	207	0	0	0
58	MATCHES 50 STICKS	Each	7	7	7	7	7	0	0
59	MUSTARD OIL (LOCAL)	Kg	580	620	603	607	565	-0.66	6.73
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	350	350	350	317	350	10.41	0
61	APPLE AVERAGE QUALITY	Kg	250	300	283	250	250	13.2	13.2
62	BANANA	Dozen	230	280	245	170	210	44.12	16.67
63	DATES (IRANI)	Kg	500	550	542	550	535	-1.45	1.31
64	GUAVA	Kg	200	250	237	180	215	31.67	10.23
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	230	230	230	220	0	4.55
67	TEA PREPARED (Sada)	Cup	60	70	68	67	60	1.49	13.33

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT FAISALABAD ON 15-03-2025									
COMPARED WITH 28-FEB-2025 AND 15-MAR-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	90	90	90	142.5	0	-36.84
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	95	100	98	98	160	0	-38.75
3	WHEAT ATTA (THAILA)	10Kg	850	850	850	850	0	0	0
4	MAIDA	kg	120	130	125	115	165	8.7	-24.24
5	RAWA/SUJI	Kg	120	130	125	115	155	8.7	-19.35
6	VEG. GHEE (POUCH) (LOCAL)	kg	510	530	520	538	490	-3.35	6.12
7	VEG. GHEE DALDA (CARTON)	5Kg	2850	2900	2875	2875	2550	0	12.75
8	COOKING OIL DALDA (CARTON)	5Litre	2900	2950	2925	2925	2765	0	5.79
9	BAISAN (GROUND GRAM)	Kg	330	340	335	335	245	0	36.73
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	340	335	335	310	0	8.06
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	250	245	245	0	0	0
12	BROKEN BASMATI	Kg	190	200	195	195	210	0	-7.14
13	GRAM (BLACK)	Kg	320	330	325	325	255	0	27.45
14	GRAM (WHITE)	Kg	310	320	315	315	0	0	0
15	GRAM DAL	Kg	330	340	335	335	245	0	36.73
16	MASOOR (WHOLE)	Kg	300	320	310	310	355	0	-12.68
17	MASOOR (DAL)	Kg	320	340	330	330	345	0	-4.35
18	MASH DAL (WASHED)	Kg	520	540	530	490	590	8.16	-10.17
19	MOONG (WHOLE)	Kg	340	350	345	345	280	0	23.21
20	MOONG DAL (WASHED)	Kg	380	400	390	410	285	-4.88	36.84
21	CHILLIES (GROUND)	250g	200	220	210	190	175	10.53	20
22	SUGAR WHITE	Kg	170	170	170	160	147.5	6.25	15.25
23	GUR	Kg	200	220	210	220	245	-4.55	-14.29
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	110	0	-9.09
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	420	430	425	425	411.5	0	3.28
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	640	660	650	610	595.5	6.56	9.15
30	MUTTON	Kg	1900	2000	1950	1950	1675	0	16.42
31	BEEF WITH BONE	Kg	850	900	875	875	775	0	12.9
32	EGGS (FARMI)	Dozen	280	290	285	275	262.5	3.64	8.57
33	MILK (FRESH)	Litre	190	200	195	195	195	0	0
34	CURD (fresh)	Kg	220	240	230	230	200	0	15
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	100	100	100	100	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	600	620	610	610	610	0	0
37	GINGER	250g	100	110	105	95	115	10.53	-8.7
38	POTATOES	Kg	50	60	55	55	60	0	-8.33



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT FAISALABAD ON 15-03-2025									
COMPARED WITH 28-FEB-2025 AND 15-MAR-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
39	ONIONS	Kg	50	60	55	78	265	-29.49	-79.25
40	SPINACH	Kg	30	40	35	35	45	0	-22.22
41	TOMATOES	Kg	80	90	85	55	155	54.55	-45.16
42	BRINJAL	Kg	100	110	105	105	190	0	-44.74
43	CAULIFLOWER	Kg	40	50	45	25	180	80	-75
44	TURNIP	Kg	30	40	35	35	65	0	-46.15
45	CARROT	Kg	30	40	35	23	55	52.17	-36.36
46	PEAS	Kg	70	80	75	65	110	15.38	-31.82
47	RADISH	Kg	30	40	35	35	45	0	-22.22
<b>Household Essentials</b>									
48	L.P.G	Kg	260	270	265	255	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
50	LIFE BUOY (128 gm)	Cake	115	115	115	115	115	0	0
51	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	274	280	277	274	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	200	200	200	200	0	0	0
58	MATCHES 50 STICKS	Each	6	7	7	6	6	16.67	16.67
59	MUSTARD OIL (LOCAL)	Kg	530	570	550	550	475	0	15.79
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	320	350	335	335	375	0	-10.67
61	APPLE AVERAGE QUALITY	Kg	230	250	240	235	265	2.13	-9.43
62	BANANA	Dozen	230	250	240	210	210	14.29	14.29
63	DATES (IRANI)	Kg	550	600	575	575	675	0	-14.81
64	GUAVA	Kg	180	200	190	190	190	0	0
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
67	TEA PREPARED (Sada)	Cup	60	60	60	60	60	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT GUJRANWALA ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	15-03-2025			28-Feb-2025	15-Mar-2024
			<b>Staples</b>						
1	WHEAT ATTA LOOSE(MILL)	Kg	90	100	96	96	147.5	0	-34.92
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	110	103	103	150	0	-31.33
3	WHEAT ATTA (THAILA)	10Kg	850	900	882	923	0	0	0
4	MAIDA	kg	110	140	125	125	160	0	-21.88
5	RAWA/SUJI	Kg	130	150	142	142	170	0	-16.47
6	VEG. GHEE (POUCH) (LOCAL)	kg	450	470	462	495	400	-6.67	15.5
7	VEG. GHEE DALDA (CARTON)	5Kg	2850	2900	2882	2855	2475	0.95	16.44
8	COOKING OIL DALDA (CARTON)	5Litre	2850	2900	2882	2855	2670	0.95	7.94
9	BAISAN (GROUND GRAM)	Kg	300	330	312	348	240	-10.34	30
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	290	350	315	315	320	0	-1.56
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	260	253	253	0	0	0
12	BROKEN BASMATI	Kg	160	220	185	182	205	1.65	-9.76
13	GRAM (BLACK)	Kg	280	300	290	327	240	-11.31	20.83
14	GRAM (WHITE)	Kg	290	400	332	368	0	0	0
15	GRAM DAL	Kg	280	320	295	338	245	-12.72	20.41
16	MASOOR (WHOLE)	Kg	300	400	337	362	310	-6.91	8.71
17	MASOOR (DAL)	Kg	300	320	305	325	320	-6.15	-4.69
18	MASH DAL (WASHED)	Kg	420	580	482	537	565	-10.24	-14.69
19	MOONG (WHOLE)	Kg	370	380	378	392	275	-3.57	37.45
20	MOONG DAL (WASHED)	Kg	390	400	397	417	295	-4.8	34.58
21	CHILLIES (GROUND)	250g	200	220	203	203	170	0	19.41
22	SUGAR WHITE	Kg	155	170	166	160	147.5	3.75	12.54
23	GUR	Kg	200	260	228	228	205	0	11.22
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	60	70	68	68	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	120	0	-8.33
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	14	15	15	15	20	0	-25
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	410	488	462	410	405	12.68	14.07
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	594	708	670	594	608	12.79	10.2
30	MUTTON	Kg	1800	1950	1875	1883	1775	-0.42	5.63
31	BEEF WITH BONE	Kg	900	950	908	908	800	0	13.5
32	EGGS (FARMI)	Dozen	286	290	289	277	275	4.33	5.09
33	MILK (FRESH)	Litre	200	200	200	200	210	0	-4.76
34	CURD (fresh)	Kg	220	220	220	220	215	0	2.33
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	97	97	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	600	680	630	667	600	-5.55	5
37	GINGER	250g	100	120	105	110	145	-4.55	-27.59
38	POTATOES	Kg	60	80	65	72	75	-9.72	-13.33



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT GUJRANWALA ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
			39	ONIONS	Kg	70	80	73	97
40	SPINACH	Kg	50	60	53	48	50	10.42	6
41	TOMATOES	Kg	100	110	102	87	170	17.24	-40
42	BRINJAL	Kg	100	140	112	120	145	-6.67	-22.76
43	CAULIFLOWER	Kg	50	60	53	47	175	12.77	-69.71
44	TURNIP	Kg	30	50	42	45	65	-6.67	-35.38
45	CARROT	Kg	40	50	47	45	65	4.44	-27.69
46	PEAS	Kg	100	120	105	82	100	28.05	5
47	RADISH	Kg	30	40	35	33	55	6.06	-36.36
<b>Household Essentials</b>									
48	L.P.G	Kg	290	310	297	292	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	143	0	0	0
50	LIFE BUOY (128 gm)	Cake	110	115	113	113	95	0	18.95
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	270	280	273	273	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	190	183	197	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	220	212	212	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
59	MUSTARD OIL (LOCAL)	Kg	550	600	583	583	635	0	-8.19
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	300	380	352	337	350	4.45	0.57
61	APPLE AVERAGE QUALITY	Kg	250	260	252	238	240	5.88	5
62	BANANA	Dozen	150	250	217	177	235	22.6	-7.66
63	DATES (IRANI)	Kg	480	550	508	552	525	-7.97	-3.24
64	GUAVA	Kg	150	250	215	188	140	14.36	53.57
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	247	220	0	12.27
67	TEA PREPARED (Sada)	Cup	60	70	67	67	60	0	11.67

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT LAHORE ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	15-03-2025			28-Feb-2025	15-Mar-2024
			<b>Staples</b>						
1	WHEAT ATTA LOOSE(MILL)	Kg	90	100	94	95	145	-1.05	-35.17
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	120	111	114	160	-2.63	-30.63
3	WHEAT ATTA (THAILA)	10Kg	850	900	860	861	0	0	0
4	MAIDA	kg	130	150	139	135	175	2.96	-20.57
5	RAWA/SUJI	Kg	130	150	141	136	175	3.68	-19.43
6	VEG. GHEE (POUCH) (LOCAL)	kg	480	580	523	511	435	2.35	20.23
7	VEG. GHEE DALDA (CARTON)	5Kg	2800	2950	2879	2831	2450	1.7	17.51
8	COOKING OIL DALDA (CARTON)	5Litre	2850	3000	2936	2878	2580	2.02	13.8
9	BAISAN (GROUND GRAM)	Kg	370	400	383	389	275	-1.54	39.27
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	390	350	350	355	0	-1.41
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	330	286	286	0	0	0
12	BROKEN BASMATI	Kg	180	250	214	216	230	-0.93	-6.96
13	GRAM (BLACK)	Kg	340	400	373	369	245	1.08	52.24
14	GRAM (WHITE)	Kg	300	360	330	336	0	0	0
15	GRAM DAL	Kg	330	380	357	360	245	-0.83	45.71
16	MASOOR (WHOLE)	Kg	320	360	333	339	325	-1.77	2.46
17	MASOOR (DAL)	Kg	340	380	360	364	330	-1.1	9.09
18	MASH DAL (WASHED)	Kg	530	600	554	564	590	-1.77	-6.1
19	MOONG (WHOLE)	Kg	300	380	334	330	285	1.21	17.19
20	MOONG DAL (WASHED)	Kg	320	400	353	346	300	2.02	17.67
21	CHILLIES (GROUND)	250g	180	210	199	197	190	1.02	4.74
22	SUGAR WHITE	Kg	155	190	168	156	142.5	7.69	17.89
23	GUR	Kg	180	230	209	213	210	-1.88	-0.48
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	74	75	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	120	107	105	110	1.9	-2.73
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	14	15	15	15	20	0	-25
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	397	500	433	417	395	3.84	9.62
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	595	740	668	613	573	8.97	16.58
30	MUTTON	Kg	1800	2100	1971	1950	1800	1.08	9.5
31	BEEF WITH BONE	Kg	800	1100	957	919	750	4.13	27.6
32	EGGS (FARMI)	Dozen	286	290	287	283	267	1.41	7.49
33	MILK (FRESH)	Litre	180	200	196	196	200	0	-2
34	CURD (fresh)	Kg	200	240	221	226	220	-2.21	0.45
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	92	92	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	500	710	643	670	610	-4.03	5.41
37	GINGER	250g	80	130	113	119	145	-5.04	-22.07
38	POTATOES	Kg	50	70	59	68	75	-13.24	-21.33



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT LAHORE ON 15-03-2025									
COMPARED WITH 28-FEB-2025 AND 15-MAR-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
39	ONIONS	Kg	60	90	74	100	225	-26	-67.11
40	SPINACH	Kg	40	60	47	38	45	23.68	4.44
41	TOMATOES	Kg	70	90	80	84	165	-4.76	-51.52
42	BRINJAL	Kg	70	130	104	115	150	-9.57	-30.67
43	CAULIFLOWER	Kg	30	60	45	42	175	7.14	-74.29
44	TURNIP	Kg	40	60	49	44	90	11.36	-45.56
45	CARROT	Kg	30	50	44	38	75	15.79	-41.33
46	PEAS	Kg	50	100	76	66	110	15.15	-30.91
47	RADISH	Kg	30	50	41	40	55	2.5	-25.45
<b>Household Essentials</b>									
48	L.P.G	Kg	270	310	294	279	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	220	174	180	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	115	109	110	115	-0.91	-5.22
51	LUX SOAP (WHITE) (98gm)	Cake	100	110	103	103	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	120	135	128	128	132.5	0	-3.4
53	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49	49	0	0	0
54	SURF EXCEL	500g	274	285	277	275	0	0	0
55	SURF BONUS	Kg	220	230	229	229	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	190	210	207	205	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	6	6.5	0	-7.69
59	MUSTARD OIL (LOCAL)	Kg	500	600	561	566	590	-0.88	-4.92
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	300	400	339	330	335	2.73	1.19
61	APPLE AVERAGE QUALITY	Kg	180	250	217	211	255	2.84	-14.9
62	BANANA	Dozen	150	250	206	154	220	33.77	-6.36
63	DATES (IRANI)	Kg	500	650	593	588	675	0.85	-12.15
64	GUAVA	Kg	170	200	190	173	160	9.83	18.75
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	240	236	235	220	0.43	7.27
67	TEA PREPARED (Sada)	Cup	50	60	57	58	60	-1.72	-5

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT MULTAN ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	15-03-2025			28-Feb-2025	15-Mar-2024
			<b>Staples</b>						
1	WHEAT ATTA LOOSE(MILL)	Kg	85	85	85	90	140	-5.56	-39.29
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	95	95	95	100	145	-5	-34.48
3	WHEAT ATTA (THAILA)	10Kg	850	850	850	870	0	0	0
4	MAIDA	kg	120	130	128	140	170	-8.57	-24.71
5	RAWA/SUJI	Kg	120	130	128	140	170	-8.57	-24.71
6	VEG. GHEE (POUCH) (LOCAL)	kg	530	530	530	530	427.5	0	23.98
7	VEG. GHEE DALDA (CARTON)	5Kg	2800	2800	2800	2800	2500	0	12
8	COOKING OIL DALDA (CARTON)	5Litre	2870	2870	2870	2870	2650	0	8.3
9	BAISAN (GROUND GRAM)	Kg	380	390	385	390	255	-1.28	50.98
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	340	338	340	320	-0.59	5.62
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	260	255	260	0	0	0
12	BROKEN BASMATI	Kg	200	200	200	200	260	0	-23.08
13	GRAM (BLACK)	Kg	400	400	400	400	245	0	63.27
14	GRAM (WHITE)	Kg	360	360	360	360	0	0	0
15	GRAM DAL	Kg	380	380	380	380	255	0	49.02
16	MASOOR (WHOLE)	Kg	320	320	320	340	310	-5.88	3.23
17	MASOOR (DAL)	Kg	330	330	330	350	325	-5.71	1.54
18	MASH DAL (WASHED)	Kg	550	560	558	560	530	-0.36	5.28
19	MOONG (WHOLE)	Kg	320	320	320	340	290	-5.88	10.34
20	MOONG DAL (WASHED)	Kg	330	330	330	350	330	-5.71	0
21	CHILLIES (GROUND)	250g	200	200	200	200	195	0	2.56
22	SUGAR WHITE	Kg	160	160	160	160	142.5	0	12.28
23	GUR	Kg	220	220	220	220	200	0	10
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	130	0	-23.08
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	13	13	13	13	20	0	-35
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	410	430	423	425	445	-0.47	-4.94
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	610	600	615	545	-2.44	10.09
30	MUTTON	Kg	1900	1900	1900	1900	1800	0	5.56
31	BEEF WITH BONE	Kg	900	900	900	900	800	0	12.5
32	EGGS (FARMI)	Dozen	280	280	280	273	275	2.56	1.82
33	MILK (FRESH)	Litre	170	170	170	173	175	-1.73	-2.86
34	CURD (fresh)	Kg	200	200	200	200	225	0	-11.11
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	650	680	670	648	790	3.4	-15.19
37	GINGER	250g	120	130	128	128	175	0	-26.86
38	POTATOES	Kg	60	60	60	60	70	0	-14.29



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT MULTAN ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	15-03-2025			28-Feb-2025	15-Mar-2024
			39	ONIONS	Kg			60	70
40	SPINACH	Kg	50	50	50	35	42.5	42.86	17.65
41	TOMATOES	Kg	60	60	60	55	160	9.09	-62.5
42	BRINJAL	Kg	110	120	118	100	160	18	-26.25
43	CAULIFLOWER	Kg	40	40	40	38	165	5.26	-75.76
44	TURNIP	Kg	40	40	40	38	95	5.26	-57.89
45	CARROT	Kg	30	30	30	38	55	-21.05	-45.45
46	PEAS	Kg	60	60	60	55	150	9.09	-60
47	RADISH	Kg	30	30	30	38	65	-21.05	-53.85
<b>Household Essentials</b>									
48	L.P.G	Kg	270	280	278	275	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
50	LIFE BUOY (128 gm)	Cake	115	115	115	105	95	9.52	21.05
51	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	135	0	-3.7
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	45	0	0	0
54	SURF EXCEL	500g	274	274	274	274	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	7	7	7	7	6	0	16.67
59	MUSTARD OIL (LOCAL)	Kg	570	580	573	570	560	0.53	2.32
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	350	380	368	343	365	7.29	0.82
61	APPLE AVERAGE QUALITY	Kg	240	260	250	243	240	2.88	4.17
62	BANANA	Dozen	260	300	280	215	210	30.23	33.33
63	DATES (IRANI)	Kg	560	600	580	575	600	0.87	-3.33
64	GUAVA	Kg	200	240	220	160	210	37.5	4.76
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
67	TEA PREPARED (Sada)	Cup	70	70	70	70	60	0	16.67

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT RAWALPINDI ON 15-03-2025									
COMPARED WITH 28-FEB-2025 AND 15-MAR-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	85	100	96	94	155	2.13	-38.06
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	130	119	114	165	4.39	-27.88
3	WHEAT ATTA (THAILA)	10Kg	850	950	923	915	0	0	0
4	MAIDA	kg	130	150	142	133	175	6.77	-18.86
5	RAWA/SUJI	Kg	130	150	138	138	190	0	-27.37
6	VEG. GHEE (POUCH) (LOCAL)	kg	430	540	501	470	470	6.6	6.6
7	VEG. GHEE DALDA (CARTON)	5Kg	2850	2925	2888	2875	2675	0.45	7.96
8	COOKING OIL DALDA (CARTON)	5Litre	2875	2950	2917	2888	2800	1	4.18
9	BAISAN (GROUND GRAM)	Kg	340	380	357	375	270	-4.8	32.22
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	360	400	380	375	350	1.33	8.57
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	300	272	263	0	0	0
12	BROKEN BASMATI	Kg	180	250	223	215	250	3.72	-10.8
13	GRAM (BLACK)	Kg	340	380	365	390	260	-6.41	40.38
14	GRAM (WHITE)	Kg	350	370	358	368	0	0	0
15	GRAM DAL	Kg	320	370	348	365	265	-4.66	31.32
16	MASOOR (WHOLE)	Kg	315	370	346	345	330	0.29	4.85
17	MASOOR (DAL)	Kg	340	370	355	363	340	-2.2	4.41
18	MASH DAL (WASHED)	Kg	530	560	545	563	525	-3.2	3.81
19	MOONG (WHOLE)	Kg	330	380	357	365	285	-2.19	25.26
20	MOONG DAL (WASHED)	Kg	370	400	383	395	285	-3.04	34.39
21	CHILLIES (GROUND)	250g	180	220	203	195	215	4.1	-5.58
22	SUGAR WHITE	Kg	160	170	163	154	150	5.84	8.67
23	GUR	Kg	200	250	228	233	215	-2.15	6.05
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	75	75	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	105	105	110	0	-4.55
26	DOUBLE ROTI DAWN	360g	110	120	117	115	120	1.74	-2.5
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	415	500	473	415	400	13.98	18.25
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	605	800	736	601	579	22.46	27.12
30	MUTTON	Kg	1800	2200	2067	2025	1925	2.07	7.38
31	BEEF WITH BONE	Kg	950	1200	1108	1088	950	1.84	16.63
32	EGGS (FARMI)	Dozen	285	290	287	278	275	3.24	4.36
33	MILK (FRESH)	Litre	160	220	198	193	200	2.59	-1
34	CURD (fresh)	Kg	190	240	222	218	215	1.83	3.26
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	93	95	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	700	750	732	763	715	-4.06	2.38
37	GINGER	250g	100	150	132	155	190	-14.84	-30.53
38	POTATOES	Kg	60	80	72	83	80	-13.25	-10



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT RAWALPINDI ON 15-03-2025									
COMPARED WITH 28-FEB-2025 AND 15-MAR-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
39	ONIONS	Kg	80	100	91	93	300	-2.15	-69.67
40	SPINACH	Kg	50	70	62	58	75	6.9	-17.33
41	TOMATOES	Kg	70	100	88	88	180	0	-51.11
42	BRINJAL	Kg	90	130	117	130	170	-10	-31.18
43	CAULIFLOWER	Kg	40	100	78	56	135	39.29	-42.22
44	TURNIP	Kg	30	70	57	58	90	-1.72	-36.67
45	CARROT	Kg	40	70	58	59	75	-1.69	-22.67
46	PEAS	Kg	90	120	108	83	150	30.12	-28
47	RADISH	Kg	30	60	48	48	60	0	-20
<b>Household Essentials</b>									
48	L.P.G	Kg	300	310	308	308	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	170	180	178	183	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	115	112	110	95	1.82	17.89
51	LUX SOAP (WHITE) (98gm)	Cake	100	110	107	105	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	130	140	136	135	130	0.74	4.62
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	275	275	275	275	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	195	193	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	5	5	5	5	5	0	0
59	MUSTARD OIL (LOCAL)	Kg	650	700	683	688	575	-0.73	18.78
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	340	400	372	368	390	1.09	-4.62
61	APPLE AVERAGE QUALITY	Kg	240	300	268	248	225	8.06	19.11
62	BANANA	Dozen	200	250	232	200	250	16	-7.2
63	DATES (IRANI)	Kg	520	700	612	600	675	2	-9.33
64	GUAVA	Kg	200	280	240	215	275	11.63	-12.73
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	233	220	1.72	7.73
67	TEA PREPARED (Sada)	Cup	60	70	62	63	55	-1.59	12.73

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SAHIWAL ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	15-03-2025			28-Feb-2025	15-Mar-2024
			<b>Staples</b>						
1	WHEAT ATTA LOOSE(MILL)	Kg	90	90	90	90	155	0	-41.94
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	100	98	98	165	0	-40.61
3	WHEAT ATTA (THAILA)	10Kg	800	820	805	798	0	0	0
4	MAIDA	kg	100	120	110	103	185	6.8	-40.54
5	RAWA/SUJI	Kg	110	120	115	103	185	11.65	-37.84
6	VEG. GHEE (POUCH) (LOCAL)	kg	460	470	465	460	430	1.09	8.14
7	VEG. GHEE DALDA (CARTON)	5Kg	2900	2920	2910	2910	2650	0	9.81
8	COOKING OIL DALDA (CARTON)	5Litre	2920	2960	2938	2938	2850	0	3.09
9	BAISAN (GROUND GRAM)	Kg	300	320	305	388	265	-21.39	15.09
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	320	320	340	0	-5.88
11	RICE BASMATI (AVERAGE QUALITY)	Kg	230	250	243	243	0	0	0
12	BROKEN BASMATI	Kg	200	220	215	215	235	0	-8.51
13	GRAM (BLACK)	Kg	290	300	298	373	250	-20.11	19.2
14	GRAM (WHITE)	Kg	290	300	298	365	0	0	0
15	GRAM DAL	Kg	300	320	310	370	225	-16.22	37.78
16	MASOOR (WHOLE)	Kg	300	320	305	305	270	0	12.96
17	MASOOR (DAL)	Kg	300	330	318	318	280	0	13.57
18	MASH DAL (WASHED)	Kg	430	440	435	488	510	-10.86	-14.71
19	MOONG (WHOLE)	Kg	360	380	368	368	280	0	31.43
20	MOONG DAL (WASHED)	Kg	370	380	375	375	310	0	20.97
21	CHILLIES (GROUND)	250g	170	180	178	178	210	0	-15.24
22	SUGAR WHITE	Kg	165	170	169	150	140	12.67	20.71
23	GUR	Kg	180	200	190	190	190	0	0
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	105	101	101	120	0	-15.83
26	DOUBLE ROTI DAWN	360g	110	115	111	110	120	0.91	-7.5
27	TANORI ROTI	100g	15	15	15	15	25	0	-40
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	415	415	415	413	465	0.48	-10.75
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	595	600	599	598	585	0.17	2.39
30	MUTTON	Kg	1800	1900	1850	1825	1800	1.37	2.78
31	BEEF WITH BONE	Kg	800	850	838	825	750	1.58	11.73
32	EGGS (FARMI)	Dozen	286	286	286	284	260	0.7	10
33	MILK (FRESH)	Litre	150	160	155	153	135	1.31	14.81
34	CURD (fresh)	Kg	180	200	190	195	165	-2.56	15.15
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	95	93	93	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	680	700	695	670	590	3.73	17.8
37	GINGER	250g	120	130	123	170	145	-27.65	-15.17
38	POTATOES	Kg	50	60	58	53	75	9.43	-22.67



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SAHIWAL ON 15-03-2025

COMPARED WITH 28-FEB-2025 AND 15-MAR-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	15-03-2025			28-Feb-2025	15-Mar-2024
			39	ONIONS	Kg			70	90
40	SPINACH	Kg	40	50	43	25	50	72	-14
41	TOMATOES	Kg	50	60	55	65	155	-15.38	-64.52
42	BRINJAL	Kg	90	100	93	110	190	-15.45	-51.05
43	CAULIFLOWER	Kg	40	50	45	35	190	28.57	-76.32
44	TURNIP	Kg	40	50	43	38	75	13.16	-42.67
45	CARROT	Kg	30	40	38	30	70	26.67	-45.71
46	PEAS	Kg	80	100	93	65	90	43.08	3.33
47	RADISH	Kg	30	40	35	30	50	16.67	-30
<b>Household Essentials</b>									
48	L.P.G	Kg	260	270	268	268	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	200	200	200	200	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	115	113	105	100	7.62	13
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	100	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	140	0	-7.14
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	274	280	279	274	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	7	6	-14.29	0
59	MUSTARD OIL (LOCAL)	Kg	500	520	510	510	485	0	5.15
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	360	380	375	355	350	5.63	7.14
61	APPLE AVERAGE QUALITY	Kg	200	220	205	205	250	0	-18
62	BANANA	Dozen	250	270	258	195	210	32.31	22.86
63	DATES (IRANI)	Kg	500	540	515	485	525	6.19	-1.9
64	GUAVA	Kg	200	220	205	190	200	7.89	2.5
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	230	230	230	220	0	4.55
67	TEA PREPARED (Sada)	Cup	70	70	70	70	55	0	27.27

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SARGODHA ON 15-03-2025									
COMPARED WITH 28-FEB-2025 AND 15-MAR-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	80	88	83	83	150	0	-44.67
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	96	100	99	99	155	0	-36.13
3	WHEAT ATTA (THAILA)	10Kg	800	850	817	817	0	0	0
4	MAIDA	kg	130	140	137	137	155	0	-11.61
5	RAWA/SUJI	Kg	130	140	137	137	155	0	-11.61
6	VEG. GHEE (POUCH) (LOCAL)	kg	460	500	473	473	450	0	5.11
7	VEG. GHEE DALDA (CARTON)	5Kg	2930	2950	2943	2950	2507.5	-0.24	17.37
8	COOKING OIL DALDA (CARTON)	5Litre	2950	2960	2953	2965	2695	-0.4	9.57
9	BAISAN (GROUND GRAM)	Kg	320	400	347	347	245	0	41.63
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	317	317	325	0	-2.46
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	280	263	263	0	0	0
12	BROKEN BASMATI	Kg	180	200	193	193	250	0	-22.8
13	GRAM (BLACK)	Kg	340	360	353	393	235	-10.18	50.21
14	GRAM (WHITE)	Kg	350	400	383	407	0	0	0
15	GRAM DAL	Kg	300	380	327	337	245	-2.97	33.47
16	MASOOR (WHOLE)	Kg	300	330	317	317	310	0	2.26
17	MASOOR (DAL)	Kg	320	360	333	333	325	0	2.46
18	MASH DAL (WASHED)	Kg	580	640	613	613	530	0	15.66
19	MOONG (WHOLE)	Kg	340	350	343	343	275	0	24.73
20	MOONG DAL (WASHED)	Kg	360	380	367	367	275	0	33.45
21	CHILLIES (GROUND)	250g	200	240	220	217	175	1.38	25.71
22	SUGAR WHITE	Kg	155	170	165	155	142.5	6.45	15.79
23	GUR	Kg	190	220	212	192	210	10.42	0.95
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	120	0	-16.67
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	13	15	14	14	20	0	-30
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	440	560	520	440	401.5	18.18	29.51
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	660	680	672	610	578.5	10.16	16.16
30	MUTTON	Kg	1800	2000	1942	1942	1550	0	25.29
31	BEEF WITH BONE	Kg	1000	1000	1000	1000	725	0	37.93
32	EGGS (FARMI)	Dozen	240	280	267	267	267	0	0
33	MILK (FRESH)	Litre	150	170	160	160	155	0	3.23
34	CURD (fresh)	Kg	180	220	203	200	175	1.5	16
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	93	93	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	650	650	650	620	625	4.84	4
37	GINGER	250g	120	150	130	130	170	0	-23.53
38	POTATOES	Kg	60	90	70	73	55	-4.11	27.27



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SARGODHA ON 15-03-2025									
COMPARED WITH 28-FEB-2025 AND 15-MAR-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 15-03-2025		Average 15-03-2025	28-Feb-2025	15-Mar-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				28-Feb-2025	15-Mar-2024
39	ONIONS	Kg	60	90	70	83	210	-15.66	-66.67
40	SPINACH	Kg	50	60	57	33	35	72.73	62.86
41	TOMATOES	Kg	70	80	75	77	125	-2.6	-40
42	BRINJAL	Kg	100	140	122	117	165	4.27	-26.06
43	CAULIFLOWER	Kg	40	50	43	43	190	0	-77.37
44	TURNIP	Kg	50	60	57	57	75	0	-24
45	CARROT	Kg	50	50	50	40	45	25	11.11
46	PEAS	Kg	60	80	77	63	95	22.22	-18.95
47	RADISH	Kg	50	60	55	43	35	27.91	57.14
<b>Household Essentials</b>									
48	L.P.G	Kg	300	320	307	300	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	170	180	177	177	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	105	105	105	100	0	5
51	LUX SOAP (WHITE) (98gm)	Cake	100	110	107	107	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	120	130	123	123	125	0	-1.6
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	275	275	275	275	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
59	MUSTARD OIL (LOCAL)	Kg	550	560	553	553	570	0	-2.98
<b>Fruits</b>									
60	APPLE SUPERIOR QUALITY	Kg	250	350	330	300	345	10	-4.35
61	APPLE AVERAGE QUALITY	Kg	250	270	253	200	230	26.5	10
62	BANANA	Dozen	160	250	205	143	190	43.36	7.89
63	DATES (IRANI)	Kg	450	530	477	593	520	-19.56	-8.27
64	GUAVA	Kg	180	200	187	163	175	14.72	6.86
<b>Tea &amp; Tobacco</b>									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	247	220	0	12.27
67	TEA PREPARED (Sada)	Cup	50	60	57	57	65	0	-12.31

M.D. = Meat Less Day