



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 02-06-2025

COMPARED WITH 18-MAY-2025 AND 02-JUN-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average 02-06-2025	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				18-May-2025	02-Jun-2024
			<b>Staples</b>						
1	WHEAT ATTA LOOSE(MILL)	Kg	75	75	75	73	100	2.74	-25
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	80	80	80	80	110	0	-27.27
3	WHEAT ATTA (THAILA)	10Kg	690	730	718	712	0	0	0
4	MAIDA	kg	100	100	100	100	165	0	-39.39
5	RAWA/SUJI	Kg	100	100	100	98	165	2.04	-39.39
6	VEG. GHEE (POUCH) (LOCAL)	kg	510	520	512	515	415	-0.58	23.37
7	VEG. GHEE DALDA (CARTON)	5Kg	2850	2850	2850	2853	2450	-0.11	16.33
8	COOKING OIL DALDA (CARTON)	5Litre	2850	2895	2880	2883	2560	-0.1	12.5
9	BAISAN (GROUND GRAM)	Kg	320	320	320	320	245	0	30.61
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	360	332	328	310	1.22	7.1
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	280	267	267	0	0	0
12	BROKEN BASMATI	Kg	160	180	167	167	220	0	-24.09
13	GRAM (BLACK)	Kg	290	300	298	300	245	-0.67	21.63
14	GRAM (WHITE)	Kg	350	360	355	357	0	0	0
15	GRAM DAL	Kg	300	310	302	302	245	0	23.27
16	MASOOR (WHOLE)	Kg	300	300	300	300	290	0	3.45
17	MASOOR (DAL)	Kg	280	320	293	293	305	0	-3.93
18	MASH DAL (WASHED)	Kg	530	570	547	560	500	-2.32	9.4
19	MOONG (WHOLE)	Kg	380	400	393	393	295	0	33.22
20	MOONG DAL (WASHED)	Kg	380	400	387	387	295	0	31.19
21	CHILLIES (GROUND)	250g	200	200	200	200	145	0	37.93
22	SUGAR WHITE	Kg	170	175	172	166	140	3.61	22.86
23	GUR	Kg	200	240	213	213	200	0	6.5
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	120	113	113	120	0	-5.83
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	350	400	383	433	270	-11.55	41.85
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	525	590	568	632	400	-10.13	42
30	MUTTON	Kg	1700	2200	2050	2067	1800	-0.82	13.89
31	BEEF WITH BONE	Kg	1000	1200	1150	1167	1000	-1.46	15
32	EGGS (FARMI)	Dozen	310	320	313	285	230	9.82	36.09
33	MILK (FRESH)	Litre	170	180	172	172	175	0	-1.71
34	CURD (fresh)	Kg	200	200	200	202	190	-0.99	5.26
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	250	350	310	348	490	-10.92	-36.73
37	GINGER	250g	150	180	163	143	135	13.99	20.74
38	POTATOES	Kg	60	70	63	62	75	1.61	-16



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 02-06-2025

COMPARED WITH 18-MAY-2025 AND 02-JUN-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	02-06-2025			18-May-2025	02-Jun-2024
			39	ONIONS	Kg			40	50
40	SPINACH	Kg	50	60	56	43	35	30.23	60
41	TOMATOES	Kg	30	50	40	37	35	8.11	14.29
42	BRINJAL	Kg	60	110	88	77	80	14.29	10
43	BITTER GOURD	Kg	90	120	103	97	135	6.19	-23.7
44	LADY FINGER	Kg	80	140	118	143	145	-17.48	-18.62
45	TINDA	Kg	140	250	180	150	135	20	33.33
46	GHIA KADDU	Kg	80	100	90	77	85	16.88	5.88
47	ARVI	Kg	230	250	242	272	310	-11.03	-21.94
48	GHIA TORRI	Kg	90	110	97	85	85	14.12	14.12
49	COCUMBER (KHEERA)	Kg	50	60	57	65	35	-12.31	62.86
50	LEMON	250g	140	150	148	152	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	280	300	293	303	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	167	167	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	122	95	2.46	31.58
54	LUX SOAP (WHITE) (98gm)	Cake	110	120	113	110	0	0	0
55	WASHING SOAP (SUFI) (250g)	Cake	125	130	127	127	135	0	-5.93
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	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	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	500	520	510	513	490	-0.58	4.08
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	440	470	452	432	315	4.63	43.49
64	APPLE AVERAGE QUALITY	Kg	340	350	347	335	235	3.58	47.66
65	BANANA	Dozen	140	200	163	188	145	-13.3	12.41
66	DATES (IRANI)	Kg	550	550	550	550	600	0	-8.33
67	GUAVA	Kg	160	180	170	168	165	1.19	3.03
<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	220	0	7.73
70	TEA PREPARED (Sada)	Cup	50	60	57	57	60	0	-5

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	02-06-2025			18-May-2025	02-Jun-2024
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	68	75	70	75	90	-6.67	-22.22
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	75	75	75	78	110	-3.85	-31.82
3	WHEAT ATTA (THAILA)	10Kg	670	720	683	717	0	0	0
4	MAIDA	kg	90	110	98	92	160	6.52	-38.75
5	RAWA/SUJI	Kg	90	110	98	92	160	6.52	-38.75
6	VEG. GHEE (POUCH) (LOCAL)	kg	510	525	521	524	440	-0.57	18.41
7	VEG. GHEE DALDA (CARTON)	5Kg	2845	2880	2854	2897	2550	-1.48	11.92
8	COOKING OIL DALDA (CARTON)	5Litre	2845	2880	2869	2930	2650	-2.08	8.26
9	BAISAN (GROUND GRAM)	Kg	300	310	305	305	265	0	15.09
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	350	342	325	335	5.23	2.09
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	310	293	280	0	0	0
12	BROKEN BASMATI	Kg	200	230	220	203	265	8.37	-16.98
13	GRAM (BLACK)	Kg	290	310	297	307	255	-3.26	16.47
14	GRAM (WHITE)	Kg	340	360	347	353	0	0	0
15	GRAM DAL	Kg	300	320	308	325	265	-5.23	16.23
16	MASOOR (WHOLE)	Kg	290	300	295	305	330	-3.28	-10.61
17	MASOOR (DAL)	Kg	310	320	315	298	345	5.7	-8.7
18	MASH DAL (WASHED)	Kg	480	540	502	518	585	-3.09	-14.19
19	MOONG (WHOLE)	Kg	350	390	375	373	285	0.54	31.58
20	MOONG DAL (WASHED)	Kg	390	410	402	402	315	0	27.62
21	CHILLIES (GROUND)	250g	180	200	197	197	195	0	1.03
22	SUGAR WHITE	Kg	165	170	169	168	140	0.6	20.71
23	GUR	Kg	200	220	215	200	195	7.5	10.26
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	120	115	117	130	-1.71	-11.54
26	DOUBLE ROTI DAWN	360g	120	120	120	125	120	-4	0
27	TANORI ROTI	100g	12	15	14	14	15	0	-6.67
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	400	430	415	437	285	-5.03	45.61
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	580	660	612	643	415	-4.82	47.47
30	MUTTON	Kg	1900	2000	1983	2000	1675	-0.85	18.39
31	BEEF WITH BONE	Kg	1000	1100	1017	1000	875	1.7	16.23
32	EGGS (FARMI)	Dozen	300	320	314	262	250	19.85	25.6
33	MILK (FRESH)	Litre	160	180	175	173	160	1.16	9.38
34	CURD (fresh)	Kg	200	240	230	233	200	-1.29	15
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	95	91	90	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	310	400	340	325	545	4.62	-37.61
37	GINGER	250g	160	200	183	193	145	-5.18	26.21
38	POTATOES	Kg	50	80	63	53	105	18.87	-40



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
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			Min	Max				18-May-2025	02-Jun-2024
39	ONIONS	Kg	40	50	43	43	95	0	-54.74
40	SPINACH	Kg	50	60	55	60	65	-8.33	-15.38
41	TOMATOES	Kg	40	60	52	33	55	57.58	-5.45
42	BRINJAL	Kg	70	100	83	73	95	13.7	-12.63
43	BITTER GOURD	Kg	70	100	82	72	85	13.89	-3.53
44	LADY FINGER	Kg	100	110	103	130	155	-20.77	-33.55
45	TINDA	Kg	120	150	130	130	85	0	52.94
46	GHIA KADDU	Kg	80	130	98	53	75	84.91	30.67
47	ARVI	Kg	280	300	297	313	295	-5.11	0.68
48	GHIA TORRI	Kg	70	120	90	67	75	34.33	20
49	COCUMBER (KHEERA)	Kg	50	80	63	67	65	-5.97	-3.08
50	LEMON	250g	150	180	165	230	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	300	320	305	303	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	123	95	0.81	30.53
54	LUX SOAP (WHITE) (98gm)	Cake	100	120	115	117	0	0	0
55	WASHING SOAP (SUFI) (250g)	Cake	120	135	132	130	130	1.54	1.54
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	270	280	272	283	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	193	193	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	520	600	542	545	525	-0.55	3.24
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	350	400	392	383	325	2.35	20.62
64	APPLE AVERAGE QUALITY	Kg	250	300	292	283	225	3.18	29.78
65	BANANA	Dozen	180	230	208	223	210	-6.73	-0.95
66	DATES (IRANI)	Kg	500	550	508	500	575	1.6	-11.65
67	GUAVA	Kg	150	200	180	180	200	0	-10
<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	60	0	13.33

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average 02-06-2025	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				18-May-2025	02-Jun-2024
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	75	80	78	80	92.5	-2.5	-15.68
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	80	85	83	88	110	-5.68	-24.55
3	WHEAT ATTA (THAILA)	10Kg	730	750	740	750	0	0	0
4	MAIDA	kg	110	120	115	115	140	0	-17.86
5	RAWA/SUJI	Kg	110	120	115	115	140	0	-17.86
6	VEG. GHEE (POUCH) (LOCAL)	kg	500	520	510	510	472.5	0	7.94
7	VEG. GHEE DALDA (CARTON)	5Kg	2850	2900	2875	2875	2490	0	15.46
8	COOKING OIL DALDA (CARTON)	5Litre	2900	2950	2925	2925	2650	0	10.38
9	BAISAN (GROUND GRAM)	Kg	330	340	335	335	245	0	36.73
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	340	335	335	315	0	6.35
11	RICE BASMATI (AVERAGE QUALITY)	Kg	270	280	275	245	0	0	0
12	BROKEN BASMATI	Kg	190	200	195	195	215	0	-9.3
13	GRAM (BLACK)	Kg	320	330	325	325	235	0	38.3
14	GRAM (WHITE)	Kg	320	330	325	315	0	0	0
15	GRAM DAL	Kg	330	340	335	335	240	0	39.58
16	MASOOR (WHOLE)	Kg	300	320	310	310	325	0	-4.62
17	MASOOR (DAL)	Kg	320	340	330	330	295	0	11.86
18	MASH DAL (WASHED)	Kg	520	540	530	530	540	0	-1.85
19	MOONG (WHOLE)	Kg	340	350	345	345	255	0	35.29
20	MOONG DAL (WASHED)	Kg	380	400	390	390	295	0	32.2
21	CHILLIES (GROUND)	250g	200	220	210	230	155	-8.7	35.48
22	SUGAR WHITE	Kg	180	180	180	170	145	5.88	24.14
23	GUR	Kg	200	220	210	210	210	0	0
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	340	350	345	425	280.5	-18.82	22.99
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	530	540	535	645	405.5	-17.05	31.94
30	MUTTON	Kg	1900	2000	1950	1950	1900	0	2.63
31	BEEF WITH BONE	Kg	850	900	875	875	875	0	0
32	EGGS (FARMI)	Dozen	320	330	325	285	235	14.04	38.3
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	300	350	325	325	425	0	-23.53
37	GINGER	250g	160	170	165	155	145	6.45	13.79
38	POTATOES	Kg	50	60	55	55	105	0	-47.62



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
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			Min	Max	02-06-2025			18-May-2025	02-Jun-2024
39	ONIONS	Kg	30	40	35	38	105	-7.89	-66.67
40	SPINACH	Kg	50	60	55	55	45	0	22.22
41	TOMATOES	Kg	50	60	55	55	55	0	0
42	BRINJAL	Kg	80	90	85	75	105	13.33	-19.05
43	BITTER GOURD	Kg	90	100	95	115	105	-17.39	-9.52
44	LADY FINGER	Kg	120	130	125	190	150	-34.21	-16.67
45	TINDA	Kg	250	270	260	205	115	26.83	126.09
46	GHIA KADDU	Kg	90	100	95	65	105	46.15	-9.52
47	ARVI	Kg	270	280	275	255	380	7.84	-27.63
48	GHIA TORRI	Kg	90	100	95	115	105	-17.39	-9.52
49	COCUMBER (KHEERA)	Kg	50	60	55	75	75	-26.67	-26.67
50	LEMON	250g	180	200	190	190	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	300	320	310	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	115	115	115	115	115	0	0
54	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
55	WASHING SOAP (SUFI) (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	570	550	550	425	0	29.41
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	380	400	390	390	345	0	13.04
64	APPLE AVERAGE QUALITY	Kg	280	300	290	290	225	0	28.89
65	BANANA	Dozen	130	150	140	160	185	-12.5	-24.32
66	DATES (IRANI)	Kg	400	450	425	475	475	-10.53	-10.53
67	GUAVA	Kg	180	200	190	190	125	0	52
<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 02-06-2025

COMPARED WITH 18-MAY-2025 AND 02-JUN-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average 02-06-2025	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				18-May-2025	02-Jun-2024
			<b>Staples</b>						
1	WHEAT ATTA LOOSE(MILL)	Kg	77	85	80	81	90	-1.23	-11.11
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	90	87	90	100	-3.33	-13
3	WHEAT ATTA (THAILA)	10Kg	720	750	738	773	0	0	0
4	MAIDA	kg	110	150	127	127	130	0	-2.31
5	RAWA/SUJI	Kg	110	150	128	128	135	0	-5.19
6	VEG. GHEE (POUCH) (LOCAL)	kg	450	470	458	458	400	0	14.5
7	VEG. GHEE DALDA (CARTON)	5Kg	2800	2850	2832	2832	2460	0	15.12
8	COOKING OIL DALDA (CARTON)	5Litre	2800	2850	2832	2832	2625	0	7.89
9	BAISAN (GROUND GRAM)	Kg	300	310	302	302	250	0	20.8
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	310	340	325	325	310	0	4.84
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	260	258	258	0	0	0
12	BROKEN BASMATI	Kg	170	200	185	185	210	0	-11.9
13	GRAM (BLACK)	Kg	270	280	278	292	245	-4.79	13.47
14	GRAM (WHITE)	Kg	270	360	305	318	0	0	0
15	GRAM DAL	Kg	290	300	295	295	245	0	20.41
16	MASOOR (WHOLE)	Kg	270	300	285	285	315	0	-9.52
17	MASOOR (DAL)	Kg	310	320	318	318	310	0	2.58
18	MASH DAL (WASHED)	Kg	500	550	520	502	515	3.59	0.97
19	MOONG (WHOLE)	Kg	390	400	398	398	285	0	39.65
20	MOONG DAL (WASHED)	Kg	430	440	435	435	295	0	47.46
21	CHILLIES (GROUND)	250g	200	250	220	220	165	0	33.33
22	SUGAR WHITE	Kg	170	180	176	177	147.5	-0.56	19.32
23	GUR	Kg	250	260	255	230	205	10.87	24.39
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	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	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	371	371	371	435	284	-14.71	30.63
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	550	575	558	666	426	-16.22	30.99
30	MUTTON	Kg	1800	1950	1883	1883	1775	0	6.08
31	BEEF WITH BONE	Kg	900	950	917	917	800	0	14.63
32	EGGS (FARMI)	Dozen	303	340	328	239	245	37.24	33.88
33	MILK (FRESH)	Litre	200	200	200	200	210	0	-4.76
34	CURD (fresh)	Kg	220	240	233	233	215	0	8.37
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	97	97	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	320	380	345	412	465	-16.26	-25.81
37	GINGER	250g	150	190	163	193	145	-15.54	12.41
38	POTATOES	Kg	60	80	65	58	95	12.07	-31.58



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT GUJRANWALA ON 02-06-2025

COMPARED WITH 18-MAY-2025 AND 02-JUN-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average 02-06-2025	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				18-May-2025	02-Jun-2024
			39	ONIONS	Kg	50	60	55	52
40	SPINACH	Kg	50	70	58	53	70	9.43	-17.14
41	TOMATOES	Kg	60	80	65	58	70	12.07	-7.14
42	BRINJAL	Kg	80	130	108	92	100	17.39	8
43	BITTER GOURD	Kg	100	140	115	115	110	0	4.55
44	LADY FINGER	Kg	120	160	135	148	175	-8.78	-22.86
45	TINDA	Kg	230	280	255	213	185	19.72	37.84
46	GHIA KADDU	Kg	100	120	110	83	90	32.53	22.22
47	ARVI	Kg	250	290	268	318	275	-15.72	-2.55
48	GHIA TORRI	Kg	100	140	122	135	110	-9.63	10.91
49	COCUMBER (KHEERA)	Kg	60	80	73	77	85	-5.19	-14.12
50	LEMON	250g	120	200	155	195	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	290	300	293	293	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	110	125	120	120	95	0	26.32
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	0	0	0
55	WASHING SOAP (SUFI) (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	280	290	287	287	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	212	212	0	0	0
61	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
62	MUSTARD OIL (LOCAL)	Kg	550	600	583	583	635	0	-8.19
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	360	500	457	390	340	17.18	34.41
64	APPLE AVERAGE QUALITY	Kg	240	350	315	265	265	18.87	18.87
65	BANANA	Dozen	160	200	177	190	140	-6.84	26.43
66	DATES (IRANI)	Kg	500	600	550	517	475	6.38	15.79
67	GUAVA	Kg	180	200	190	193	275	-1.55	-30.91
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	380	400	393	393	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	247	230	0	7.39
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 02-06-2025

COMPARED WITH 18-MAY-2025 AND 02-JUN-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	02-06-2025			18-May-2025	02-Jun-2024
			<b>Staples</b>						
1	WHEAT ATTA LOOSE(MILL)	Kg	75	90	82	84	95	-2.38	-13.68
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	110	99	103	115	-3.88	-13.91
3	WHEAT ATTA (THAILA)	10Kg	700	760	729	733	0	0	0
4	MAIDA	kg	110	120	115	115	145	0	-20.69
5	RAWA/SUJI	Kg	110	120	116	118	155	-1.69	-25.16
6	VEG. GHEE (POUCH) (LOCAL)	kg	460	530	499	501	435	-0.4	14.71
7	VEG. GHEE DALDA (CARTON)	5Kg	2800	2950	2843	2875	2475	-1.11	14.87
8	COOKING OIL DALDA (CARTON)	5Litre	2850	2980	2904	2916	2625	-0.41	10.63
9	BAISAN (GROUND GRAM)	Kg	290	330	307	308	275	-0.32	11.64
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	380	341	345	355	-1.16	-3.94
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	340	286	285	0	0	0
12	BROKEN BASMATI	Kg	180	250	214	219	230	-2.28	-6.96
13	GRAM (BLACK)	Kg	270	320	297	298	255	-0.34	16.47
14	GRAM (WHITE)	Kg	300	340	316	311	0	0	0
15	GRAM DAL	Kg	270	310	289	288	260	0.35	11.15
16	MASOOR (WHOLE)	Kg	310	340	323	316	325	2.22	-0.62
17	MASOOR (DAL)	Kg	330	350	339	335	330	1.19	2.73
18	MASH DAL (WASHED)	Kg	450	500	473	474	565	-0.21	-16.28
19	MOONG (WHOLE)	Kg	320	340	329	323	300	1.86	9.67
20	MOONG DAL (WASHED)	Kg	320	350	336	336	315	0	6.67
21	CHILLIES (GROUND)	250g	180	200	196	198	190	-1.01	3.16
22	SUGAR WHITE	Kg	165	180	174	170	142.5	2.35	22.11
23	GUR	Kg	180	230	206	209	210	-1.44	-1.9
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	74	75	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	120	107	108	110	-0.93	-2.73
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	14	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	359	410	388	414	287	-6.28	35.19
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	450	610	544	671	416	-18.93	30.77
30	MUTTON	Kg	1900	2200	2014	1988	2050	1.31	-1.76
31	BEEF WITH BONE	Kg	1000	1300	1100	1013	950	8.59	15.79
32	EGGS (FARMI)	Dozen	285	311	302	281	237	7.47	27.43
33	MILK (FRESH)	Litre	180	200	196	196	200	0	-2
34	CURD (fresh)	Kg	200	240	221	224	220	-1.34	0.45
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	92	92	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	300	440	359	449	465	-20.04	-22.8
37	GINGER	250g	120	200	163	177	155	-7.91	5.16
38	POTATOES	Kg	50	90	67	60	100	11.67	-33



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT LAHORE ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	02-06-2025			18-May-2025	02-Jun-2024
39	ONIONS	Kg	50	60	54	49	110	10.2	-50.91
40	SPINACH	Kg	45	90	64	60	55	6.67	16.36
41	TOMATOES	Kg	40	80	57	53	55	7.55	3.64
42	BRINJAL	Kg	100	120	109	83	90	31.33	21.11
43	BITTER GOURD	Kg	60	140	100	106	100	-5.66	0
44	LADY FINGER	Kg	100	170	134	150	170	-10.67	-21.18
45	TINDA	Kg	140	340	231	143	155	61.54	49.03
46	GHIA KADDU	Kg	80	140	110	70	90	57.14	22.22
47	ARVI	Kg	180	280	239	273	270	-12.45	-11.48
48	GHIA TORRI	Kg	60	140	101	110	125	-8.18	-19.2
49	COCUMBER (KHEERA)	Kg	80	100	91	72	65	26.39	40
50	LEMON	250g	90	150	127	141	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	240	310	279	284	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	220	174	180	0	0	0
53	LIFE BUOY (128 gm)	Cake	105	125	120	121	115	-0.83	4.35
54	LUX SOAP (WHITE) (98gm)	Cake	100	115	107	106	0	0	0
55	WASHING SOAP (SUFI) (250g)	Cake	120	130	127	129	130	-1.55	-2.31
56	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49	49	0	0	0
57	SURF EXCEL	500g	274	300	284	286	0	0	0
58	SURF BONUS	Kg	220	230	229	229	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	213	212	0	0	0
61	MATCHES 50 STICKS	Each	5	7	6	7	6.5	-14.29	-7.69
62	MUSTARD OIL (LOCAL)	Kg	500	620	571	573	590	-0.35	-3.22
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	340	450	404	384	335	5.21	20.6
64	APPLE AVERAGE QUALITY	Kg	240	300	269	245	255	9.8	5.49
65	BANANA	Dozen	150	300	201	184	165	9.24	21.82
66	DATES (IRANI)	Kg	450	600	513	516	475	-0.58	8
67	GUAVA	Kg	160	250	197	179	195	10.06	1.03
<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	236	234	220	0.85	7.27
70	TEA PREPARED (Sada)	Cup	50	60	57	58	60	-1.72	-5

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average 02-06-2025	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				18-May-2025	02-Jun-2024
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	80	80	80	80	85	0	-5.88
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	85	85	76	100	11.84	-15
3	WHEAT ATTA (THAILA)	10Kg	750	750	750	750	0	0	0
4	MAIDA	kg	120	120	120	120	160	0	-25
5	RAWA/SUJI	Kg	120	120	120	120	160	0	-25
6	VEG. GHEE (POUCH) (LOCAL)	kg	520	520	520	520	460	0	13.04
7	VEG. GHEE DALDA (CARTON)	5Kg	2850	2850	2850	2850	2550	0	11.76
8	COOKING OIL DALDA (CARTON)	5Litre	2875	2875	2875	2875	2650	0	8.49
9	BAISAN (GROUND GRAM)	Kg	310	310	310	300	270	3.33	14.81
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	320	320	320	330	0	-3.03
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	250	248	250	0	0	0
12	BROKEN BASMATI	Kg	190	200	198	200	255	-1	-22.35
13	GRAM (BLACK)	Kg	320	320	320	320	250	0	28
14	GRAM (WHITE)	Kg	360	370	365	350	0	0	0
15	GRAM DAL	Kg	300	300	300	300	275	0	9.09
16	MASOOR (WHOLE)	Kg	320	320	320	310	330	3.23	-3.03
17	MASOOR (DAL)	Kg	330	330	330	320	340	3.13	-2.94
18	MASH DAL (WASHED)	Kg	540	540	540	540	590	0	-8.47
19	MOONG (WHOLE)	Kg	390	400	393	400	280	-1.75	40.36
20	MOONG DAL (WASHED)	Kg	400	410	403	410	315	-1.71	27.94
21	CHILLIES (GROUND)	250g	200	200	200	200	200	0	0
22	SUGAR WHITE	Kg	170	170	170	170	140	0	21.43
23	GUR	Kg	220	220	220	230	200	-4.35	10
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	130	0	-15.38
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	390	400	398	535	280	-25.61	42.14
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	500	510	505	650	380	-22.31	32.89
30	MUTTON	Kg	1900	1900	1900	1900	1800	0	5.56
31	BEEF WITH BONE	Kg	900	900	900	900	900	0	0
32	EGGS (FARMI)	Dozen	310	310	310	278	220	11.51	40.91
33	MILK (FRESH)	Litre	180	180	180	180	170	0	5.88
34	CURD (fresh)	Kg	230	240	233	240	225	-2.92	3.56
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	240	260	250	303	410	-17.49	-39.02
37	GINGER	250g	180	190	183	190	150	-3.68	22
38	POTATOES	Kg	60	60	60	53	110	13.21	-45.45



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	02-06-2025			18-May-2025	02-Jun-2024
39	ONIONS	Kg	30	30	30	30	120	0	-75
40	SPINACH	Kg	30	40	38	40	55	-5	-30.91
41	TOMATOES	Kg	50	50	50	30	30	66.67	66.67
42	BRINJAL	Kg	80	100	95	80	115	18.75	-17.39
43	BITTER GOURD	Kg	80	80	80	80	100	0	-20
44	LADY FINGER	Kg	80	100	95	160	190	-40.63	-50
45	TINDA	Kg	300	320	315	200	190	57.5	65.79
46	GHIA KADDU	Kg	120	120	120	80	80	50	50
47	ARVI	Kg	250	300	273	250	330	9.2	-17.27
48	GHIA TORRI	Kg	100	100	100	60	100	66.67	0
49	COCUMBER (KHEERA)	Kg	50	50	50	50	65	0	-23.08
50	LEMON	250g	130	170	148	150	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	115	115	115	115	95	0	21.05
54	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
55	WASHING SOAP (SUFI) (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	274	274	274	274	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	180	180	180	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	590	600	593	600	535	-1.17	10.84
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	450	450	450	438	380	2.74	18.42
64	APPLE AVERAGE QUALITY	Kg	250	250	250	250	240	0	4.17
65	BANANA	Dozen	200	220	205	180	155	13.89	32.26
66	DATES (IRANI)	Kg	540	540	540	540	585	0	-7.69
67	GUAVA	Kg	160	160	160	160	170	0	-5.88
<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 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average 02-06-2025	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				18-May-2025	02-Jun-2024
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	75	90	83	83	100	0	-17
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	120	108	108	115	0	-6.09
3	WHEAT ATTA (THAILA)	10Kg	750	830	810	818	0	0	0
4	MAIDA	kg	120	130	125	123	155	1.63	-19.35
5	RAWA/SUJI	Kg	120	130	127	127	165	0	-23.03
6	VEG. GHEE (POUCH) (LOCAL)	kg	415	490	463	483	470	-4.14	-1.49
7	VEG. GHEE DALDA (CARTON)	5Kg	2800	2880	2834	2843	2505	-0.32	13.13
8	COOKING OIL DALDA (CARTON)	5Litre	2800	2880	2851	2859	2575	-0.28	10.72
9	BAISAN (GROUND GRAM)	Kg	300	320	312	312	270	0	15.56
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	350	380	362	372	350	-2.69	3.43
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	270	257	267	0	0	0
12	BROKEN BASMATI	Kg	180	240	215	215	250	0	-14
13	GRAM (BLACK)	Kg	280	300	287	317	250	-9.46	14.8
14	GRAM (WHITE)	Kg	340	360	350	347	0	0	0
15	GRAM DAL	Kg	320	360	347	317	255	9.46	36.08
16	MASOOR (WHOLE)	Kg	290	360	325	323	315	0.62	3.17
17	MASOOR (DAL)	Kg	320	360	340	338	325	0.59	4.62
18	MASH DAL (WASHED)	Kg	440	510	468	488	525	-4.1	-10.86
19	MOONG (WHOLE)	Kg	350	380	367	367	300	0	22.33
20	MOONG DAL (WASHED)	Kg	370	400	385	385	315	0	22.22
21	CHILLIES (GROUND)	250g	180	220	207	210	215	-1.43	-3.72
22	SUGAR WHITE	Kg	170	180	175	176	145	-0.57	20.69
23	GUR	Kg	200	250	225	228	215	-1.32	4.65
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	105	105	110	0	-4.55
26	DOUBLE ROTI DAWN	360g	110	120	117	117	120	0	-2.5
27	TANORI ROTI	100g	15	15	15	15	16	0	-6.25
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	365	370	369	446	302	-17.26	22.19
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	520	620	552	668	430	-17.37	28.37
30	MUTTON	Kg	1800	2200	2067	2067	1925	0	7.38
31	BEEF WITH BONE	Kg	950	1200	1108	1108	950	0	16.63
32	EGGS (FARMI)	Dozen	310	320	315	286	245	10.14	28.57
33	MILK (FRESH)	Litre	160	220	198	198	200	0	-1
34	CURD (fresh)	Kg	190	240	222	222	220	0	0.91
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	93	93	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	380	410	395	450	700	-12.22	-43.57
37	GINGER	250g	160	200	182	197	200	-7.61	-9
38	POTATOES	Kg	55	70	63	61	100	3.28	-37



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT RAWALPINDI ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average 02-06-2025	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				18-May-2025	02-Jun-2024
39	ONIONS	Kg	30	60	47	49	110	-4.08	-57.27
40	SPINACH	Kg	50	70	60	55	60	9.09	0
41	TOMATOES	Kg	40	90	58	63	90	-7.94	-35.56
42	BRINJAL	Kg	90	140	117	92	130	27.17	-10
43	BITTER GOURD	Kg	90	130	113	112	115	0.89	-1.74
44	LADY FINGER	Kg	90	120	102	130	165	-21.54	-38.18
45	TINDA	Kg	80	180	137	93	120	47.31	14.17
46	GHIA KADDU	Kg	90	120	105	83	125	26.51	-16
47	ARVI	Kg	200	250	233	220	325	5.91	-28.31
48	GHIA TORRI	Kg	100	130	110	113	115	-2.65	-4.35
49	COCUMBER (KHEERA)	Kg	60	100	87	70	75	24.29	16
50	LEMON	250g	100	170	128	175	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	245	330	304	296	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	170	180	178	178	0	0	0
53	LIFE BUOY (128 gm)	Cake	105	125	118	118	95	0	24.21
54	LUX SOAP (WHITE) (98gm)	Cake	100	120	113	113	0	0	0
55	WASHING SOAP (SUFI) (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	275	274	283	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	195	198	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	5	5	5	5	5	0	0
62	MUSTARD OIL (LOCAL)	Kg	550	650	617	612	575	0.82	7.3
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	340	420	382	382	370	0	3.24
64	APPLE AVERAGE QUALITY	Kg	230	250	242	240	200	0.83	21
65	BANANA	Dozen	150	160	155	168	175	-7.74	-11.43
66	DATES (IRANI)	Kg	480	500	493	505	675	-2.38	-26.96
67	GUAVA	Kg	170	240	205	182	245	12.64	-16.33
<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 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average 02-06-2025	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				18-May-2025	02-Jun-2024
<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	110	105	105	125	0	-16
5	RAWA/SUJI	Kg	100	110	105	105	125	0	-16
6	VEG. GHEE (POUCH) (LOCAL)	kg	440	450	443	443	430	0	3.02
7	VEG. GHEE DALDA (CARTON)	5Kg	2800	2820	2805	2805	2550	0	10
8	COOKING OIL DALDA (CARTON)	5Litre	2850	2860	2853	2853	2650	0	7.66
9	BAISAN (GROUND GRAM)	Kg	310	320	318	298	265	6.71	20
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	318	318	340	0	-6.47
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	270	255	255	0	0	0
12	BROKEN BASMATI	Kg	180	200	195	205	235	-4.88	-17.02
13	GRAM (BLACK)	Kg	300	310	303	298	250	1.68	21.2
14	GRAM (WHITE)	Kg	300	310	305	310	0	0	0
15	GRAM DAL	Kg	300	310	305	305	225	0	35.56
16	MASOOR (WHOLE)	Kg	300	320	305	305	270	0	12.96
17	MASOOR (DAL)	Kg	310	320	313	323	280	-3.1	11.79
18	MASH DAL (WASHED)	Kg	440	460	453	450	510	0.67	-11.18
19	MOONG (WHOLE)	Kg	380	400	393	393	280	0	40.36
20	MOONG DAL (WASHED)	Kg	400	410	403	400	310	0.75	30
21	CHILLIES (GROUND)	250g	200	200	200	195	210	2.56	-4.76
22	SUGAR WHITE	Kg	180	185	181	171	140	5.85	29.29
23	GUR	Kg	200	220	210	210	190	0	10.53
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	105	101	101	120	0	-15.83
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	355	360	359	412	285	-12.86	25.96
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	515	520	519	645	395	-19.53	31.39
30	MUTTON	Kg	1800	1900	1875	1875	2000	0	-6.25
31	BEEF WITH BONE	Kg	850	900	875	888	900	-1.46	-2.78
32	EGGS (FARMI)	Dozen	308	310	310	284	237	9.15	30.8
33	MILK (FRESH)	Litre	150	160	155	155	135	0	14.81
34	CURD (fresh)	Kg	180	200	195	190	165	2.63	18.18
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	95	91	93	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	370	380	375	443	650	-15.35	-42.31
37	GINGER	250g	180	190	183	175	145	4.57	26.21
38	POTATOES	Kg	50	60	55	55	110	0	-50



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SAHIWAL ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average 02-06-2025	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max				18-May-2025	02-Jun-2024
39	ONIONS	Kg	40	40	40	35	100	14.29	-60
40	SPINACH	Kg	40	50	45	45	60	0	-25
41	TOMATOES	Kg	80	80	80	38	55	110.53	45.45
42	BRINJAL	Kg	70	80	75	73	155	2.74	-51.61
43	BITTER GOURD	Kg	60	70	65	95	140	-31.58	-53.57
44	LADY FINGER	Kg	100	120	110	128	210	-14.06	-47.62
45	TINDA	Kg	130	140	138	153	115	-9.8	20
46	GHIA KADDU	Kg	70	80	75	53	90	41.51	-16.67
47	ARVI	Kg	220	230	225	270	290	-16.67	-22.41
48	GHIA TORRI	Kg	80	100	90	88	65	2.27	38.46
49	COCUMBER (KHEERA)	Kg	40	50	45	65	45	-30.77	0
50	LEMON	250g	100	120	110	75	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	300	320	305	305	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	105	110	109	109	0	0	0
55	WASHING SOAP (SUFI) (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	285	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	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	5	5	5	5	6	0	-16.67
62	MUSTARD OIL (LOCAL)	Kg	520	520	520	500	480	4	8.33
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	400	420	405	395	350	2.53	15.71
64	APPLE AVERAGE QUALITY	Kg	250	260	253	210	250	20.48	1.2
65	BANANA	Dozen	180	200	195	205	225	-4.88	-13.33
66	DATES (IRANI)	Kg	480	500	485	465	500	4.3	-3
67	GUAVA	Kg	180	200	190	200	250	-5	-24
<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	70	70	70	70	55	0	27.27

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	02-06-2025			18-May-2025	02-Jun-2024
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	70	72	71	72	102.5	-1.39	-30.73
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	82	85	84	86	107.5	-2.33	-21.86
3	WHEAT ATTA (THAILA)	10Kg	680	690	687	707	0	0	0
4	MAIDA	kg	110	110	110	117	135	-5.98	-18.52
5	RAWA/SUJI	Kg	110	120	113	117	135	-3.42	-16.3
6	VEG. GHEE (POUCH) (LOCAL)	kg	410	480	435	437	455	-0.46	-4.4
7	VEG. GHEE DALDA (CARTON)	5Kg	2880	2900	2893	2900	2507.5	-0.24	15.37
8	COOKING OIL DALDA (CARTON)	5Litre	2900	2900	2900	2910	2600	-0.34	11.54
9	BAISAN (GROUND GRAM)	Kg	310	320	317	325	255	-2.46	24.31
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	317	317	310	0	2.26
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	280	263	263	0	0	0
12	BROKEN BASMATI	Kg	180	200	193	195	225	-1.03	-14.22
13	GRAM (BLACK)	Kg	280	340	313	320	235	-2.19	33.19
14	GRAM (WHITE)	Kg	340	400	380	380	0	0	0
15	GRAM DAL	Kg	300	300	300	305	245	-1.64	22.45
16	MASOOR (WHOLE)	Kg	300	320	307	307	310	0	-0.97
17	MASOOR (DAL)	Kg	320	330	323	323	325	0	-0.62
18	MASH DAL (WASHED)	Kg	520	560	547	557	530	-1.8	3.21
19	MOONG (WHOLE)	Kg	340	340	340	340	275	0	23.64
20	MOONG DAL (WASHED)	Kg	360	370	363	363	290	0	25.17
21	CHILLIES (GROUND)	250g	200	250	227	227	175	0	29.71
22	SUGAR WHITE	Kg	172	175	174	170	142.5	2.35	22.11
23	GUR	Kg	200	220	210	207	210	1.45	0
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	72	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	14	13	13	14	0	-7.14
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	400	440	423	510	285	-17.06	48.42
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	580	600	595	673	402.5	-11.59	47.83
30	MUTTON	Kg	1850	2000	1958	1958	1550	0	26.32
31	BEEF WITH BONE	Kg	1100	1100	1100	1100	725	0	51.72
32	EGGS (FARMI)	Dozen	300	320	310	255	237	21.57	30.8
33	MILK (FRESH)	Litre	150	170	163	160	150	1.88	8.67
34	CURD (fresh)	Kg	200	220	207	203	165	1.97	25.45
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	93	93	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	390	400	398	433	670	-8.08	-40.6
37	GINGER	250g	140	170	152	178	155	-14.61	-1.94
38	POTATOES	Kg	50	70	55	53	85	3.77	-35.29



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 02-06-2025									
COMPARED WITH 18-MAY-2025 AND 02-JUN-2024									
Sr. No.	Articles (Average Quality)	Unit	Retail Price On 02-06-2025		Average	18-May-2025	02-Jun-2024	% Change based on Average (Min+Max) Prices	
			Min	Max	02-06-2025			18-May-2025	02-Jun-2024
39	ONIONS	Kg	40	60	45	48	110	-6.25	-59.09
40	SPINACH	Kg	60	120	100	88	37.5	13.64	166.67
41	TOMATOES	Kg	50	90	65	58	35	12.07	85.71
42	BRINJAL	Kg	80	100	88	90	55	-2.22	60
43	BITTER GOURD	Kg	100	120	107	100	95	7	12.63
44	LADY FINGER	Kg	80	130	103	173	130	-40.46	-20.77
45	TINDA	Kg	80	130	113	143	95	-20.98	18.95
46	GHIA KADDU	Kg	60	320	112	82	75	36.59	49.33
47	ARVI	Kg	250	320	290	297	240	-2.36	20.83
48	GHIA TORRI	Kg	60	90	73	103	70	-29.13	4.29
49	COCUMBER (KHEERA)	Kg	50	90	63	80	45	-21.25	40
50	LEMON	250g	160	250	212	185	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	280	300	290	303	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	170	180	177	177	0	0	0
53	LIFE BUOY (128 gm)	Cake	105	120	110	108	100	1.85	10
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	0	0	0
55	WASHING SOAP (SUFI) (250g)	Cake	120	130	123	123	127.5	0	-3.53
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	280	290	288	275	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	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	530	497	503	555	-1.19	-10.45
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	330	400	377	380	370	-0.79	1.89
64	APPLE AVERAGE QUALITY	Kg	250	270	257	253	245	1.58	4.9
65	BANANA	Dozen	160	250	205	217	160	-5.53	28.13
66	DATES (IRANI)	Kg	500	500	500	500	445	0	12.36
67	GUAVA	Kg	160	200	182	177	155	2.82	17.42
<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	365	0	-34.25
70	TEA PREPARED (Sada)	Cup	50	60	57	57	65	0	-12.31

M.D. = Meat Less Day