



SENSITIVE PRICE INDEX (SPI-SINDH)

FOR THE WEEK ENDED ON 30.07.2026

Monitoring Essential Commodity Prices across Sindh



Sindh Bureau of Statistics
Planning & Development Department
Government of Sindh

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<https://sbos.sindh.gov.pk>

GOVERNMENT OF SINDH

Planning & Development Department

Sindh Bureau of Statistics

SENSITIVE PRICE INDEX

SPI – SINDH

WEEKLY REPORT | WEEK ENDED 30.07.2026

Monitoring essential commodity prices across 30 districts of Sindh

Prepared by: Economics & Price Statistics Section

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SPI at a Glance

Week ended 30.07.2026

SPI-Sindh 359.02 Previous week: 363.48	WEEK-ON-WEEK -1.23% vs 23.07.2026	MONTH-ON-MONTH -0.07% vs 02.07.2026	SPI-PBS (4 cities) 369.64 WoW -1.23%
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COMMODITY MOVEMENT

ITEMS INCREASED 20	ITEMS DECREASED 19	ITEMS UNCHANGED 11
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CATEGORY PERFORMANCE

HIGHEST INCREASE	WoW %	HIGHEST DECREASE	WoW %
Household Supplies	+1.01%	Vegetables	-6.27%

COMMODITY PERFORMANCE

TOP INCREASES	WoW %	TOP DECREASES	WoW %
Onions	+7.1%	Tomatoes	-15.8%
Hi Speed Diesel (HSD)	+4.0%	Electricity Charges, up to 50 units	-9.1%
Petrol, Super	+2.4%	Chicken Farm, Broiler, Live	-5.5%
Washing Soap,200-250g	+1.9%	Bananas	-5.0%

WEEKLY HIGHLIGHTS

- SPI-Sindh declined by 1.23% WoW and marginally decreased by 0.07% MoM.
- Household Supplies recorded the highest category increase (+1.01%), while Vegetables registered the largest decline (-6.27%).
- Onions (+7.1%) and Hi-Speed Diesel (HSD) (+4.0%) recorded the largest increases, while Tomatoes registered the sharpest decline (-15.8%), followed by Electricity Charges, up to 50 Units (-9.1%).
- SPI-Sindh calculated by SBOS using PBS price data for four major cities also declined by 1.23%.

EXECUTIVE SUMMARY

SENSITIVE PRICE INDEX SINDH (SPI-Sindh) FOR THE WEEK ENDED ON 30.07.2026

Sensitive Price Index of Sindh (SPI-Sindh) has been calculated on a weekly basis to observe the price changes of 50 essential items in Sindh. SPI-Sindh is based on 50 essential items and prices collected from 120 shops, 60 markets in 30 districts of Sindh (4 shops and 2 markets per district). The prices of Electricity & Gas are obtained from PBS's SPI report for the same period. The week-on-week (WoW) and month-on-month (MoM) changes in SPI-Sindh are as follows:

Period	02.07.2026	23.07.2026	30.07.2026	%Change Over	
				23.07.2026	02.07.2026
				(WoW)	(MoM)
SPI-Sindh	359.26	363.48	359.02	-1.23%	-0.07%

As a validation strategy, SPI-Sindh was cross-checked against the PBS price data for four major cities of Sindh—Karachi, Hyderabad, Sukkur and Larkana disseminated under the National SPI for the week ended on 30.07.2026. The direction of movement remained comparable and consistent. The SPI calculated by SBOS using the PBS price data for these four cities is presented below for comparison.

Period	09.07.2026	16.07.2026	23.07.2026	30.07.2026
SPI based on PBS Data (4 Major Cities of Sindh)	366.38	371.97	374.26	369.64
WoW % Change	-0.74	1.53	0.62	-1.23

ANALYSIS OF SPI-SINDH:

SPI-Sindh for the current week ended on 30.07.2026 decreased by 1.23 percent compared with the previous week, while on a month-on-month (MoM) basis, the index recorded a marginal decrease of 0.07 percent. This indicates a decline in the prices of essential commodities during the week, while the overall price level remained broadly stable compared with the corresponding week of the previous month.

During the current week, an increase was observed in 20 commodities. The highest increase was recorded in Onions (+7.1%), followed by Hi Speed Diesel (HSD) (+4.0%), Petrol, Super (+2.4%), Washing Soap, 200–250 gm (+1.9%), and Cooked Daal, Average Hotel (+1.8%). Other notable increases were observed in Rice Irri (Punjab/Sindh) (+1.5%), Pulse Gram, Washed (+1.5%), Gur,

Average Quality (+1.5%), LPG Cylinder, 11kg (+1.5%), Shirting (+1.4%), Energy Saver (14 watts) (+1.3%), and Long Cloth (+1.2%). Moderate increases were also recorded in Pulse Masoor, Washed (+0.8%), Chappal Sponge Bata (Gents) (+0.6%), Milk, Fresh, Unboiled (+0.5%), Eggs Hen, Farm (+0.4%), Cigarettes, K-2/Capstan, 20's (+0.4%), Wheat Flour, Bag, Average Quality (+0.3%), Powdered Milk, Nido, Polybag (+0.2%), and Mustard Oil, Average Quality (+0.2%).

On the other hand, a decrease was recorded in 19 commodities. The largest decrease was observed in Tomatoes (-15.8%), followed by Electricity Charges, Upto 50 Units (-9.1%), Chicken Farm, Broiler, Live (-5.5%), Bananas (-5.0%), Georgette (-2.5%), Potatoes (-2.0%), and Lawn (-1.6%). Other decreases were recorded in Pulse Moong, Washed (-1.0%), Red Chilli Powder, Loose (-0.9%), Beef With Bone, Average Quality (-0.8%), Vegetable Ghee (Loose) (-0.8%), Mutton, Average Quality (-0.6%), Garlic (-0.6%), Cooked Beef, Average Hotel (-0.4%), Curd (Dahi) (-0.3%), Cooking Oil, Tin (-0.3%), Pulse Mash, Washed (-0.2%), Tea, Lipton Yellow Label, Packet (-0.2%), and Vegetable Ghee, Tin (-0.1%).

The prices of 11 commodities remained unchanged, including Rice Basmati Broken, Average Quality; Bread Plain, Medium Size; Sugar, refined; Salt Powder, Loose, Lahori; Tea Prepared, Average Hotel; Sandal Bata (Gents); Sandal Bata (Ladies); Gas Charges, Upto 3.3719 MMBTU; Firewood Whole; Match Box, Regular; and Soap, Lifebuoy.

The weekly trend reflects downward price pressure from food and energy-related commodities, particularly Tomatoes, Electricity Charges, Chicken Farm, Broiler, Live, and Bananas. These decreases outweighed increases in Onions, Hi Speed Diesel, Petrol, Super, Washing Soap, and selected prepared food and pulse items. Similarly, the marginal MoM decrease of 0.07 percent indicates that the overall price level remained broadly stable, though slightly below that recorded during the corresponding week of the previous month.

PART-II (SPI REPORT)

CATEGORY-WISE WEEKLY PRICE MOVEMENT IN SPI-SINDH (30.07.2026 OVER 23.07.2026)

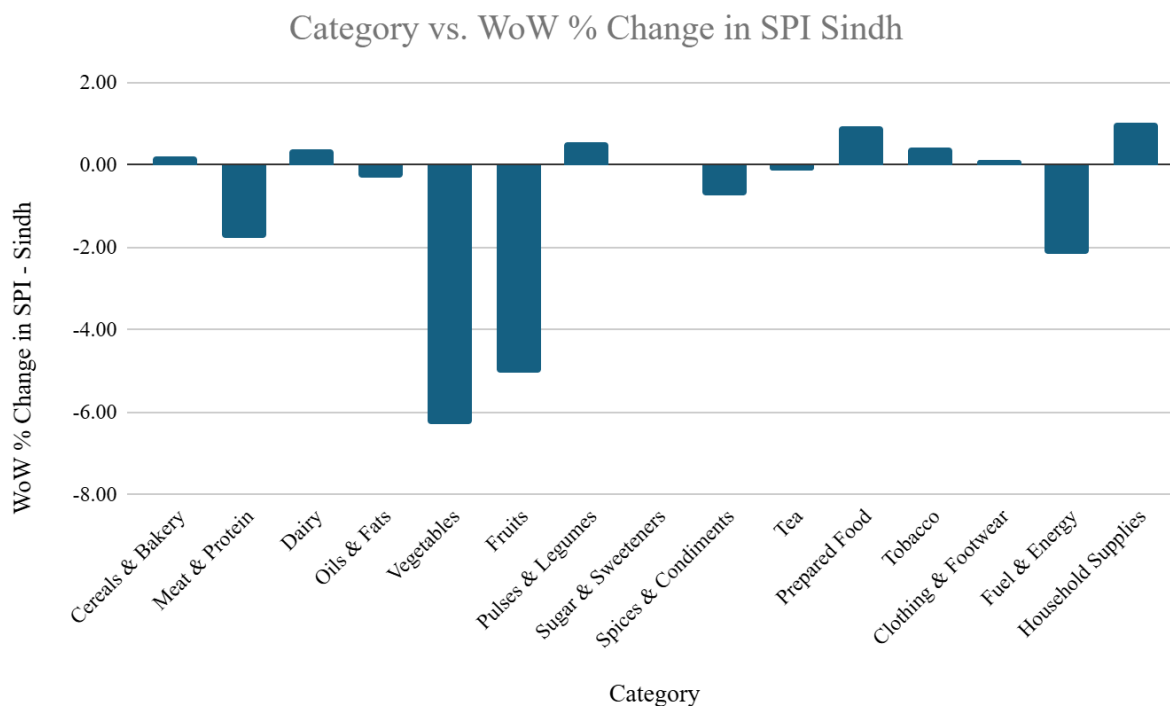
The category-wise analysis of SPI-Sindh for the week ended 30.07.2026 indicates an overall decrease of 1.23 percent over the previous week. The decline was led by Vegetables (-6.27%), followed by Fruits (-5.05%), Fuel & Energy (-2.17%), Meat & Protein (-1.78%), Spices & Condiments (-0.72%), Oils & Fats (-0.30%), and Tea (-0.14%).

Increases were recorded in Household Supplies (+1.01%), Prepared Food (+0.95%), Pulses & Legumes (+0.55%), Tobacco (+0.41%), Dairy (+0.38%), Cereals & Bakery (+0.21%), and Clothing & Footwear (+0.14%).

Sugar & Sweeteners remained unchanged (0.00%) during the week. The detailed list of commodities included under each category is provided at Annex-A.

Table 1: SPI-SINDH Week on Week (WoW) Percentage Changes (30.07.2026 OVER 23.07.2026)

S. No.	Category	Items Count	WoW Change %
1	Cereals & Bakery	4	0.21
2	Meat & Protein	4	-1.78
3	Dairy	3	0.38
4	Oils & Fats	4	-0.30
5	Vegetables	4	-6.27
6	Fruits	1	-5.05
7	Pulses & Legumes	4	0.55
8	Sugar & Sweeteners	2	0.00
9	Spices & Condiments	2	-0.72
10	Tea	2	-0.14
11	Prepared Food	2	0.95
12	Tobacco	1	0.41
13	Clothing & Footwear	7	0.14
14	Fuel & Energy	6	-2.17
15	Household Supplies	4	1.01
Total		50	-1.23



COMPARISON CURRENT WEEK OVER LAST WEEK (30.07.2026 OVER 23.07.2026)

The following table presents price changes in the SPI basket between the weeks ended 30 July 2026 and 23 July 2026.

Table 2 : COMPARISON CURRENT WEEK OVER LAST WEEK (30.07.2026 OVER 23.07.2026)

S. No.	Commodities	Average Prices of All Districts in Sindh			Percentage Change (%)
		Week Ended On			
		Unit	23.07.2026	30.07.2026	
Average Prices of 20 items Registered Increase					
1	Onions	1 kg	84	90	7.1
2	Hi Speed Diesel (HSD)	1 Ltr	378	393	4.0
3	Petrol, Super	1 Ltr	330	338	2.4
4	Washing Soap, 200-250 g	Cake	104	106	1.9
5	Cooked Daal, Average Hotel	Plate	164	167	1.8
6	Rice Irri (Punjab/Sindh)	1 kg	134	136	1.5
7	Pulse Gram, Washed	1 kg	264	268	1.5
8	Gur, Average Quality	1 kg	199	202	1.5
9	LPG Cylinder, 11kg	Each	4066	4127	1.5
10	Shirting	1 mtr	427	433	1.4
11	Energy Saver (14 watts)	Each	237	240	1.3
12	Long Cloth	1 mtr	502	508	1.2
13	Pulse Masoor, Washed	1 kg	261	263	0.8
14	Chappal Sponge Bata (Gents)	Pair	887	892	0.6

15	Milk, Fresh, Unboiled	1 Ltr	222	223	0.5
16	Eggs Hen, Farm	Dozen	234	235	0.4
17	Cigarettes, K-2/Capstan,20's	Packet	256	257	0.4
18	Wheat Flour, Bag Average Quality	20 kg	2586	2594	0.3
19	Powdered Milk, Nido, Polybag	400 gm	1153	1155	0.2
20	Mustard Oil, Average Quality	1 kg	520	521	0.2
Average Prices of 11 items Registered No Change					
1	Rice Basmati Broken, Average Quality	1 kg	190	190	0.0
2	Bread Plain, Medium Size	Each	127	127	0.0
3	Sugar, Refined	1 kg	146	146	0.0
4	Salt Powder, Loose, Lahori	1 kg	33	33	0.0
5	Tea Prepared, Average Hotel	Cup	76	76	0.0
6	Sandal Bata (Gents)	Pair	2445	2445	0.0
7	Sandal Bata (Ladies)	Pair	1841	1841	0.0
8	Gas Charges, Upto 3.3719 MMBTU	MMBTU	2567	2567	0.0
9	Firewood Whole	40 kg	964	964	0.0
10	Match Box, Regular	Each	6	6	0.0
11	Soap, Lifebuoy	Each	123	123	0.0
Average Prices of 19 items Registered Decrease					
1	Tomatoes	1 kg	311	262	-15.8
2	Electricity Charges, Upto 50 Units	Unit	6,95	6.32	-9.1
3	Chicken Farm, Broiler, Live	1 kg	329	311	-5.5
4	Bananas	Dozen	141	134	-5.0
5	Georgette	1 mtr	322	314	-2.5
6	Potatoes	1 kg	50	49	-2.0
7	Lawn	1 mtr	437	430	-1.6
8	Pulse Moong, Washed	1 kg	382	378	-1.0
9	Red Chilli Powder, Loose	1 kg	680	674	-0.9
10	Beef With Bone, Average quality	1 kg	1246	1236	-0.8
11	Vegetable Ghee (Loose)	1 kg	510	506	-0.8
12	Mutton, Average Quality	1 kg	2196	2182	-0.6
13	Garlic	1 kg	346	344	-0.6
14	Cooked Beef, Average Hotel	Plate	273	272	-0.4
15	Curd (Dahi)	1 kg	287	286	-0.3
16	Cooking Oil, Tin	2.5 Ltr	1433	1429	-0.3
17	Pulse Mash, Washed	1 kg	425	424	-0.2
18	Tea, Lipton Yellow Label, Packet	170-200 gm	413	412	-0.2
19	Vegetable Ghee, Tin	2.5 kg	1418	1416	-0.1

CATEGORY-WISE DIVISION LEVEL ANALYSIS (WoW)

The division-wise analysis indicates considerable regional variation in weekly price movements. At the provincial level, the largest increases were recorded in Prepared Food (+0.9%) and Household Supplies (+0.9%), followed by Pulses & Legumes (+0.6%), Tobacco (+0.4%), Clothing & Footwear (+0.2%), Cereals & Bakery (+0.1%), and Dairy (+0.1%). The largest decline was

observed in Fruits (-5.0%), followed by Vegetables (-2.7%), Meat & Protein (-1.7%), Spices & Condiments (-0.5%), Oils & Fats (-0.2%), and Tea (-0.2%). Sugar & Sweeteners and Fuel & Energy remained unchanged at the provincial level.

Karachi recorded the highest increase in Household Supplies (+2.1%), followed by Cereals & Bakery (+0.9%), Sugar & Sweeteners (+0.8%), Tea (+0.7%), Spices & Condiments (+0.4%), Dairy (+0.2%), and Pulses & Legumes (+0.1%). The largest declines were observed in Meat & Protein (-2.6%) and Vegetables (-2.4%), followed by Clothing & Footwear (-1.7%), Oils & Fats (-0.5%), Fuel & Energy (-0.3%), Fruits (-0.1%), Prepared Food (-0.1%), and Tobacco (-0.1%).

Hyderabad registered increases in Household Supplies (+1.4%), Cereals & Bakery (+0.5%), Dairy (+0.5%), Tobacco (+0.4%), and Clothing & Footwear (+0.1%). The sharpest decline was recorded in Fruits (-3.4%), followed by Spices & Condiments (-1.8%), Meat & Protein (-1.2%), Vegetables (-0.9%), Oils & Fats (-0.7%), Pulses & Legumes (-0.7%), Sugar & Sweeteners (-0.7%), and Prepared Food (-0.1%). Tea and Fuel & Energy remained unchanged.

Sukkur recorded increases in Cereals & Bakery (+0.9%), Clothing & Footwear (+0.6%), Oils & Fats (+0.3%), and Sugar & Sweeteners (+0.2%). The largest decline was observed in Vegetables (-4.6%), followed by Meat & Protein (-2.1%), Spices & Condiments (-1.7%), Tea (-0.9%), Dairy (-0.5%), Pulses & Legumes (-0.5%), Household Supplies (-0.5%), and Fuel & Energy (-0.4%). Fruits, Prepared Food, and Tobacco remained unchanged.

Larkana recorded broad-based increases led by Sugar & Sweeteners (+3.6%), Pulses & Legumes (+2.3%), Vegetables (+1.6%), Clothing & Footwear (+1.3%), Spices & Condiments (+1.2%), Tobacco (+0.4%), Cereals & Bakery (+0.2%), and Oils & Fats (+0.2%). The sharpest decline was observed in Fruits (-6.7%), followed by Meat & Protein (-0.8%), Prepared Food (-0.3%), Fuel & Energy (-0.3%), and Dairy (-0.2%). Tea and Household Supplies remained unchanged.

Mirpurkhas recorded a substantial increase in Prepared Food (+7.6%). The largest decline was observed in Fruits (-21.8%), followed by Vegetables (-8.1%), Spices & Condiments (-1.6%), Meat & Protein (-1.5%), Cereals & Bakery (-1.4%), Fuel & Energy (-0.3%), and Pulses & Legumes (-0.2%). Dairy, Oils & Fats, Sugar & Sweeteners, Tea, Tobacco, Clothing & Footwear, and Household Supplies remained unchanged.

Shaheed Benazirabad recorded increases in Pulses & Legumes (+0.7%), Oils & Fats (+0.4%), and Fuel & Energy (+0.2%). Vegetables (-2.6%) and Meat & Protein (-0.8%) declined, while all other categories remained unchanged.

Overall, weekly price movements were primarily influenced by substantial declines in Fruits and Vegetables. Fruit prices fell sharply in Mirpurkhas and Larkana, while Vegetables declined in all divisions except Larkana. Meat & Protein also decreased across all six divisions. In contrast, the provincial increases in Prepared Food and Household Supplies were mainly driven by Mirpurkhas and Karachi, respectively. Pulses & Legumes showed mixed regional movements, with notable increases in Larkana and Shaheed Benazirabad offsetting declines in Hyderabad, Sukkur, and Mirpurkhas.

Table 3: Category-wise Division-Level WoW Price Changes (%) (30.07.2026 OVER 23.07.2026)¹

	Category	Items Count	Karachi	Hyderabad	Sukkur	Larkana	Mirpurkhas	Sh. Benazirabad	Sindh
1	Cereals & Bakery	4	0.9	0.5	0.9	0.2	-1.4	0.0	0.1
2	Meat & Protein	4	-2.6	-1.2	-2.1	-0.8	-1.5	-0.8	-1.7
3	Dairy	3	0.2	0.5	-0.5	-0.2	0.0	0.0	0.1
4	Oils & Fats	4	-0.5	-0.7	0.3	0.2	0.0	0.4	-0.2
5	Vegetables	4	-2.4	-0.9	-4.6	1.6	-8.1	-2.6	-2.7
6	Fruits	1	-0.1	-3.4	0.0	-6.7	-21.8	0.0	-5.0
7	Pulses & Legumes	4	0.1	-0.7	-0.5	2.3	-0.2	0.7	0.6
8	Sugar & Sweeteners	2	0.8	-0.7	0.2	3.6	0.0	0.0	0.0
9	Spices & Condiments	2	0.4	-1.8	-1.7	1.2	-1.6	0.0	-0.5
10	Tea	2	0.7	0.0	-0.9	0.0	0.0	0.0	-0.2
11	Prepared Food	2	-0.1	-0.1	0.0	-0.3	7.6	0.0	0.9
12	Tobacco	1	-0.1	0.4	0.0	0.4	0.0	0.0	0.4
13	Clothing & Footwear	7	-1.7	0.1	0.6	1.3	0.0	0.0	0.2
14	Fuel & Energy	6	-0.3	0.0	-0.4	-0.3	-0.3	0.2	0.0
15	Household Supplies	4	2.1	1.4	-0.5	0.0	0.0	0.0	0.9

Green = Decrease | Grey = No Change | Orange/Red = Increase (Color intensity increases with magnitude of change)

Category-level values represent the **unweighted arithmetic average** of commodity-level changes within each respective category.

For each division, the representative price of every commodity is calculated as the geometric mean of its district-level prices. Base prices and commodity weights are then applied to obtain weighted price relatives for the current and previous weeks.

Commodity-level week-on-week percentage changes are calculated from the current- and previous-week weighted price relatives.

The Sindh column is calculated independently using the geometric mean of prices across all 30 districts for each commodity, followed by the same weighting, week-on-week change and category-aggregation procedure. It is not calculated from the six divisional values.

¹ Category changes in Table 1 are derived from the SPI-Sindh category indices using the prescribed item weights. The division-level figures in Table 3 represent averages of commodity-level percentage changes and are therefore not directly comparable with the category-index changes reported in Table 1.

CATEGORY-WISE MONTHLY PRICE MOVEMENT IN SPI-SINDH (30.07.2026 OVER 02.07.2026)

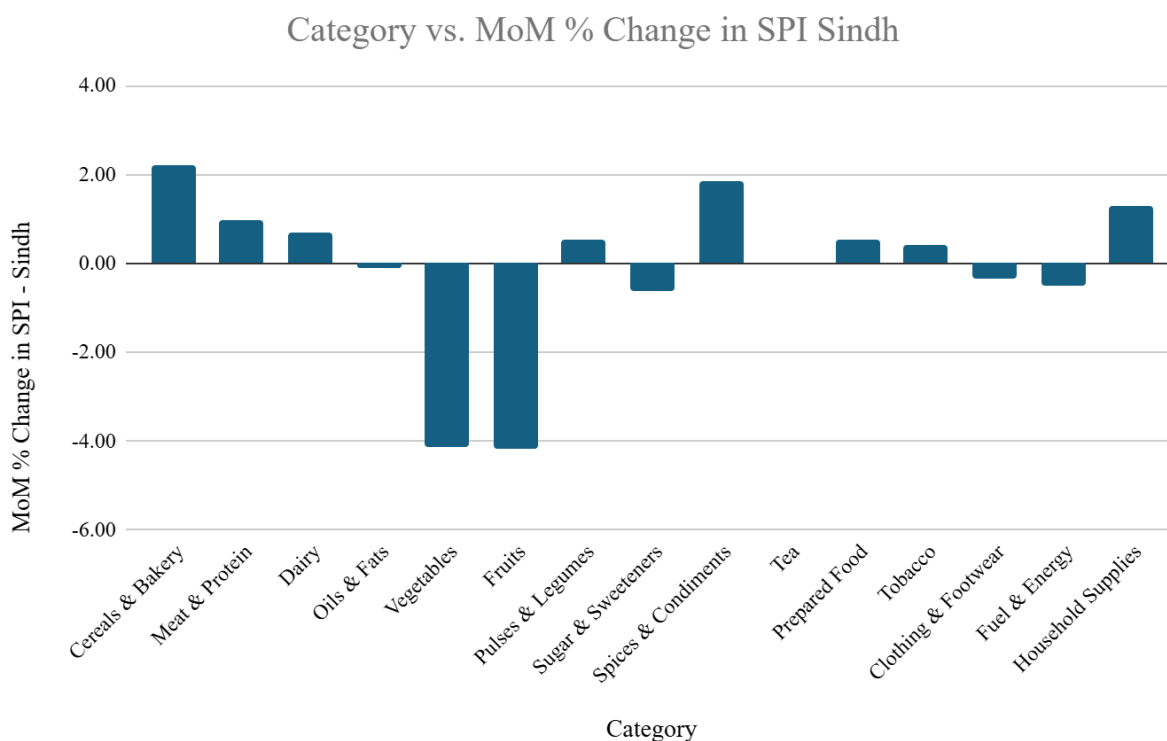
The category-wise MoM analysis for the period ending 30.07.2026 indicates a marginal overall decrease of 0.07 percent compared with 02.07.2026. The decline was led by Fruits (-4.17%), closely followed by Vegetables (-4.14%). Sugar & Sweeteners (-0.63%), Fuel & Energy (-0.50%), Clothing & Footwear (-0.36%), and Oils & Fats (-0.10%) also decreased during the period.

These decreases were largely offset by increases in Cereals & Bakery (+2.19%), Spices & Condiments (+1.84%), Household Supplies (+1.30%), Meat & Protein (+0.97%), Dairy (+0.68%), Pulses & Legumes (+0.55%), Prepared Food (+0.54%), and Tobacco (+0.41%).

Tea remained unchanged (0.00%) during the period. The detailed list of commodities included under each category is provided at Annex-A.

Table 4: SPI-SINDH Month on Month (MoM) Percentage Changes (30.07.2026 OVER 02.07.2026)

S. No.	Category	Items Count	MoM % Change
1	Cereals & Bakery	4	2.19
2	Meat & Protein	4	0.97
3	Dairy	3	0.68
4	Oils & Fats	4	-0.10
5	Vegetables	4	-4.14
6	Fruits	1	-4.17
7	Pulses & Legumes	4	0.55
8	Sugar & Sweeteners	2	-0.63
9	Spices & Condiments	2	1.84
10	Tea	2	0.00
11	Prepared Food	2	0.54
12	Tobacco	1	0.41
13	Clothing & Footwear	7	-0.36
14	Fuel & Energy	6	-0.50
15	Household Supplies	4	1.30
Total		50	-0.07



MONTH-ON-MONTH (MoM) COMPARISON: CURRENT WEEK OVER THE CORRESPONDING WEEK (30.07.2026 OVER 02.07.2026)

The following table presents the Month on Month (MoM) percentage changes in prices of commodities included in the SPI basket between the 5th week of July 2026 and 1st week of July.

Table 5: COMPARISON CURRENT MONTH OVER LAST MONTH (30.07.2026 OVER 02.07.2026)

S. No.	Commodities	Average Prices of All Districts in Sindh			Percentage Change (%)
		Week Ended On			
		Unit	30.07.2026	02.07.2026	
Average Prices of 26 items Registered Increase					
1	Hi Speed Diesel (HSD)	1 Ltr	393	315	24.8
2	Petrol, Super	1 Ltr	338	302	11.9
3	Eggs Hen, Farm	Dozen	235	219	7.3
4	Salt Powder, Loose, Lahori	1 kg	33	31	6.5
5	Garlic	1 kg	344	330	4.2
6	Onions	1 kg	90	87	3.5
7	Wheat Flour, Bag	20 kg	2594	2517	3.1
8	Rice Irri (Punjab/Sindh)	1 kg	136	132	3.0
9	Chicken Farm, Broiler, Live	1 kg	311	303	2.6
10	Washing Soap, 200-250 g	Cake	106	104	1.9
11	Cooked Daal, Average Hotel	Plate	167	164	1.8
12	Energy Saver (14 watts)	Each	240	237	1.3
13	Pulse Gram, Washed	1 kg	268	265	1.1

14	Gur, Average Quality	1 kg	202	200	1.0
15	Milk, Fresh, Unboiled	1 Ltr	223	221	0.9
16	Soap, Lifebuoy	Each	123	122	0.8
17	Bread Plain, Medium Size	Each	127	126	0.8
18	Pulse Masoor, Washed	1 kg	263	261	0.8
19	Firewood Whole	40 kg	964	957	0.7
20	Red Chilli Powder, Loose	1 kg	674	670	0.6
21	Vegetable Ghee (Loose)	1 kg	506	503	0.6
22	Long Cloth	1 mtr	508	505	0.6
23	Sandal Bata (Ladies)	Pair	1841	1832	0.5
24	Cigarettes, K-2/Capstan, 20's	Packet	257	256	0.4
25	Pulse Mash, Washed	1 kg	424	423	0.2
26	Shirting	1 mtr	433	432	0.2
Average Prices of 06 items Registered No Change					
1	Mutton, Average Quality	1 kg	2182	2182	0.0
2	Powdered Milk, Nido, Polybag	400 gm	1155	1155	0.0
3	Tea, Lipton Yellow Label, Packet	200 gm	412	412	0.0
4	Tea Prepared, Average Hotel	Cup	76	76	0.0
5	Gas Charges, Upto 3.3719 MMBTU	MMBTU	2566.50	2566.50	0.0
6	Match Box, Regular	Each	6	6	0.0
Average Prices of 18 items Registered Decrease					
1	Electricity Charges, Upto 50 Units	Unit	6.32	6.95	-9.1
2	Tomatoes	1 kg	262	288	-9.0
3	Potatoes	1 kg	49	52	-5.8
4	Chappal Sponge Bata (Gents)	Pair	892	943	-5.4
5	Bananas	Dozen	134	140	-4.3
6	LPG Cylinder, 11kg	Each	4127	4285	-3.7
7	Lawn	1 mtr	430	440	-2.3
8	Georgette	1 mtr	314	319	-1.6
9	Curd (Dahi)	1 kg	286	290	-1.4
10	Sandal Bata (Gents)	Pair	2445	2474	-1.2
11	Cooked Beef, Average Hotel	Plate	272	275	-1.1
12	Pulse Moong, Washed	1 kg	378	382	-1.1
13	Beef With Bone, Average quality	1 kg	1236	1249	-1.0
14	Mustard Oil, Average Quality	1 kg	521	525	-0.8
15	Sugar, Refined	1 kg	146	147	-0.7
16	Cooking Oil, Tin, Specify Name	2.5 Ltr	1429	1438	-0.6
17	Rice Basmati Broken, Average Quality	1 kg	190	191	-0.5
18	Vegetable Ghee, Tin Specify Name	2.5 kg	1416	1418	-0.1

S.No.	Categories	No. of Items	Commodity/items
1	Cereals & Bakery	4	Wheat Flour Rice Basmati Broken Rice Irri Bread Plain
2	Clothing & Footwear	7	Long Cloth Shirting Lawn Georgette Sandal Bata Gents Chappal Sponge Gents Sandal Bata Ladies
3	Dairy	3	Milk Fresh Curd (Dahi) Powdered Milk Nido
4	Fruits	1	Bananas
5	Fuel & Energy	6	Electricity Charges Gas Charges Firewood Petrol Super Hi Speed Diesel LPG Cylinder
6	Household Supplies	4	Energy Saver Washing Soap Match Box Soap Lifebuoy
7	Meat & Protein	4	Beef with Bone Mutton Chicken Farm Eggs Hen Farm
8	Oils & Fats	4	Mustard Oil Cooking Oil Tin Vegetable Ghee Tin Vegetable Ghee Loose
9	Prepared Food	2	Cooked Beef Hotel Cooked Daal Hotel
10	Pulses & Legumes	4	Pulse Masoor Pulse Moong Pulse Mash Pulse Gram
11	Spices & Condiments	2	Salt Powder Red Chili Powder
12	Sugar & Sweeteners	2	Sugar Refined Gur
13	Tea	2	Tea Lipton Tea Prepared Hotel
14	Tobacco	1	Cigarettes K-2/Capstan
15	Vegetables	4	Potatoes Onions Tomatoes Garlic

Average Prices of 50 Essential Commodities in 30 Districts of Sindh as on 30th July 2026

S No.	Description	Unit	Karachi South	Karachi West	Karachi East	Karachi Central	Korangi	Keamari	Malir
1	Wheat Flour, Bag Average Quality	20 kg	2645	2800	2671	2700	2500	2590	2600
2	Rice Basmati Broken, Average Quality	1 kg	232	275	192	190	257	235	275
3	Rice Irri (Punjab/Sindh)	1 kg	157	195	120	174	142	180	187
4	Bread Plain, Medium Size	Each	114	120	130	132	120	120	120
5	Beef with Bone, Average quality	1 kg	1345	1600	1300	1449	1000	1449	1300
6	Mutton, Average Quality	1 kg	2674	2600	2425	2550	2000	2698	2349
7	Chicken Farm, Broiler, Live	1 kg	330	310	305	315	317	289	310
8	Milk, Fresh, Unboiled	1 Ltr	240	240	240	240	240	240	240
9	Curd (Dahi)	1 kg	360	355	360	379	340	400	345
10	Powdered Milk, Nido, Polybag	400 gm	1075	1200	1125	1125	1090	1200	1095
11	Eggs Hen, Farm	Dozen	264	205	250	260	240	210	240
12	Mustard Oil, Average Quality	1 kg	536	545	600	600	574	600	574
13	Cooking Oil, Tin	2.5 Ltr	1492	1512	1406	1410	1150	1550	1375
14	Vegetable Ghee, Tin	2.5 kg	1500	1550	1406	1500	1400	1520	1400
15	Vegetable Ghee (Loose)	1 kg	535	545	575	510	512	492	512
16	Bananas	Dozen	173	155	110	173	150	122	173
17	Pulse Masoor, Washed	1 kg	257	360	240	277	200	270	210
18	Pulse Moong, Washed	1 kg	370	400	387	375	340	380	350
19	Pulse Mash, Washed	1 kg	415	480	440	425	385	410	410
20	Pulse Gram, Washed	1 kg	247	360	240	270	215	270	215
21	Potatoes	1 kg	69	45	57	55	57	50	60
22	Onions	1 kg	104	85	115	110	80	89	80
23	Tomatoes	1 kg	243	210	254	250	255	200	265
24	Sugar, Refined	1 kg	146	150	150	140	149	147	147
25	Gur, Average Quality	1 kg	240	245	235	250	229	220	234
26	Salt Powder, Loose, Lahori	1 kg	50	35	62	60	40	30	40
27	Red Chili Powder, Loose	1 kg	865	894	800	1000	674	649	687
28	Garlic	1 kg	468	370	462	372	337	247	322
29	Tea, Lipton Yellow Label, Packet	170-200 gm	397	400	392	395	392	400	395
30	Cooked Beef, Average Hotel	Plate	235	260	345	348	315	300	310
31	Cooked Daal, Average Hotel	Plate	155	155	199	167	210	150	210
32	Tea Prepared, Average Hotel	Cup	80	75	80	85	80	75	80
33	Cigarettes, K-2/Capstan, 20's	Packet	257	260	257	260	260	260	257
34	Long Cloth	1 mtr	812	800	624	800	600	650	725
35	Shirting	1 mtr	398	600	599	700	405	450	612
36	Lawn	1 mtr	749	592	636	736	424	300	524
37	Georgette	1 mtr	335	600	424	274	712	250	437
38	Sandal Bata (Gents)	Pair	2958	1999	2424	3500	2500	3499	2500
39	Chappal Sponge Bata (Gents)	Pair	912	1499	699	675	700	1200	700
40	Sandal Bata (Ladies)	Pair	2236	1799	2030	2500	2000	3300	2000
41	Electricity Charges, up to 50 Units	Unit	6.32	6.32	6.32	6.32	6.32	6.32	6.32
42	Gas Charges, up to 3.3719 MMBTU	MMBTU	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5
43	Firewood Whole	40 kg	1497	1549	..	1497	1200	1200	1274
44	Energy Saver (14 watts)	Each	264	250	175	242	240	300	190
45	Washing Soap, 200-250 g, Specify Name	Cake	137	145	130	120	120	100	120
46	Match Box, Regular	Each	5	6	7	7	7	7	7
47	Petrol, Super	1 Ltr	336	336	337	336	335	337	336
48	Hi Speed Diesel (HSD)	1 Ltr	392	392	390	392	390	390	388
49	LPG Cylinder, 11kg	Each	3905	3740	4125	3960	4070	3960	4070
50	Soap, Lifebuoy	Each	130	130	127	130	110	100	105

Note: (-) = Currently unavailable/Limited availability

Continued

S No.	Description	Unit	Hyderabad	Badin	Jamshoro	Tando. Allahyar	Tando Muhammad Khan	Thatta	Sujawal	Dadu	Matari
1	Wheat Flour, Bag Average Quality	20 kg	2720	2925	2625	2500	2687	2898	2849	2575	2625
2	Rice Basmati Broken, Average Quality	1 kg	220	135	140	220	200	190	212	200	199
3	Rice Irri (Punjab/Sindh)	1 kg	132	115	96	100	157	107	110	180	95
4	Bread Plain, Medium Size	Each	120	100	120	140	125	120	120	160	120
5	Beef with Bone, Average Quality	1 kg	1249	1200	1300	1200	1249	1098	1175	1200	1300
6	Mutton, Average Quality	1 kg	2449	2249	2249	2000	2049	1873	2087	2000	2400
7	Chicken Farm, Broiler, Live	1 kg	340	375	280	265	355	327	330	300	342
8	Milk, Fresh, Unboiled	1 Ltr	240	220	240	210	220	210	205	220	225
9	Curd (Dahi)	1 kg	320	270	310	270	290	235	227	260	340
10	Powdered Milk, Nido, Polybag	400 gm	1050	1200	1150	1160	1150	1220	1200	1150	1140
11	Eggs Hen, Farm	Dozen	240	250	210	245	240	225	225	250	240
12	Mustard Oil, Average Quality	1 kg	450	675	510	550	574	574	575	500	450
13	Cooking Oil, Tin	2.5 Ltr	1375	1250	1280	1499	1475	1590	1570	1580	1375
14	Vegetable Ghee, Tin	2.5 kg	1400	1525	1420	1450	1405	1590	1507	1500	1400
15	Vegetable Ghee (Loose)	1 kg	500	585	500	470	510	490	492	500	480
16	Bananas	Dozen	140	134	150	122	132	116	120	150	110
17	Pulse Masoor, Washed	1 kg	250	275	210	230	280	210	272	300	250
18	Pulse Moong, Washed	1 kg	325	345	350	362	380	370	377	420	330
19	Pulse Mash, Washed	1 kg	395	490	420	395	400	375	502	450	380
20	Pulse Gram, Washed	1 kg	200	245	320	260	270	225	265	355	210
21	Potatoes	1 kg	40	37	40	40	40	45	49	50	45
22	Onions	1 kg	110	65	80	70	85	95	92	100	95
23	Tomatoes	1 kg	260	274	270	290	250	245	287	250	260
24	Sugar, Refined	1 kg	135	150	138	140	150	144	146	150	135
25	Gur, Average Quality	1 kg	200	210	175	170	220	185	197	200	185
26	Salt Powder, Loose, Lahori	1 kg	30	30	20	60	40	35	35	30	30
27	Red Chili Powder, Loose	1 kg	500	1040	547	600	649	582	622	500	524
28	Garlic	1 kg	400	200	320	200	354	384	395	350	380
29	Tea, Lipton Yellow Label, Packet	170-200 gm	400	400	380	400	400	421	435	470	400
30	Cooked Beef, Average Hotel	Plate	265	200	235	255	300	306	345	250	265
31	Cooked Daal, Average Hotel	Plate	164	150	150	170	200	171	240	180	155
32	Tea Prepared, Average Hotel	Cup	70	65	75	65	75	70	75	62	70
33	Cigarettes, K-2/Capstan, 20's	Packet	250	255	250	270	255	257	255	260	250
34	Long Cloth	1 mtr	610	360	550	400	474	345	390	450	610
35	Shirting	1 mtr	400	374	474	450	436	445	440	424	465
36	Lawn	1 mtr	400	424	374	412	374	440	415	350	390
37	Georgette	1 mtr	280	346	260	400	274	220	255	350	290
38	Sandal Bata (Gents)	Pair	2999	1648	2999	2719	2999	2000	2600	2299	2999
39	Chappal Sponge Bata (Gents)	Pair	1199	1148	599	1070	999	800	1900	899	599
40	Sandal Bata (Ladies)	Pair	1299	2248	2249	2095	2499	1600	2300	1150	1199
41	Electricity Charges, up to 50 Units	Unit	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32
42	Gas Charges, up to 3.3719 MMBTU	MMBTU	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5
43	Firewood Whole	40 kg	900	624	1050	700	875	712	794	949	849
44	Energy Saver (14 watts)	Each	400	374	250	220	250	324	352	300	235
45	Washing Soap, 200-250 g	Cake	97	110	100	100	130	120	105	120	100
46	Match Box, Regular	Each	5	5	5	5	5	5	6	6	5
47	Petrol, Super	1 Ltr	338	340	335	342	339	338	339	338	340
48	Hi Speed Diesel (HSD)	1 Ltr	395	397	391	394	393	394	395	394	395
49	LPG Cylinder, 11kg	Each	4180	4174	4180	4289	3960	4180	4187	4000	4180
50	Soap, Lifebuoy	Each	130	110	125	130	135	130	125	130	130

Continued

S No.	Description	Unit	Larkana	Shikarpur	Jacobabad	Kambar @ Shahdadkot	Kashmore @ Kandhkot	Shaheed. Benazirabad	Sanghar	N. Feroze
1	Wheat Flour, Bag Average Quality	20 kg	2100	2550	2600	2498	2587	2462	2600	2200
2	Rice Basmati Broken, Average Quality	1 kg	180	129	165	165	170	145	190	160
3	Rice Irri (Punjab/Sindh)	1 kg	140	109	120	125	122	147	140	130
4	Bread Plain, Medium Size	Each	140	132	157	160	140	142	100	150
5	Beef with Bone, Average Quality	1 kg	1200	1149	1200	1249	1200	1225	1300	1200
6	Mutton, Average Quality	1 kg	2100	2200	2200	1897	2212	2337	2200	1900
7	Chicken Farm, Broiler, Live	1 kg	350	300	310	345	327	320	248	340
8	Milk, Fresh, Unboiled	1 Ltr	255	219	245	230	237	220	200	200
9	Curd (Dahi)	1 kg	280	239	312	310	300	297	230	290
10	Powdered Milk, Nido, Polybag	400 gm	1100	1170	1250	1140	1200	1215	1150	1120
11	Eggs Hen, Farm	Dozen	225	200	230	245	230	220	240	250
12	Mustard Oil, Average Quality	1 kg	500	480	550	490	507	480	470	500
13	Cooking Oil, Tin	2.5 Ltr	1325	1400	1500	1375	1507	1395	1350	1470
14	Vegetable Ghee, Tin	2.5 kg	1075	1400	1450	1187	1505	1437	1350	1350
15	Vegetable Ghee (Loose)	1 kg	405	480	550	490	557	465	500	500
16	Bananas	Dozen	125	173	200	145	155	117	89	120
17	Pulse Masoor, Washed	1 kg	280	280	335	247	292	265	240	240
18	Pulse Moong, Washed	1 kg	360	440	415	390	392	365	370	400
19	Pulse Mash, Washed	1 kg	360	450	402	372	400	442	395	450
20	Pulse Gram, Washed	1 kg	325	280	317	245	287	265	281	240
21	Potatoes	1 kg	75	50	50	50	72	45	60	40
22	Onions	1 kg	100	80	100	100	80	87	80	80
23	Tomatoes	1 kg	280	202	250	300	270	327	315	300
24	Sugar, Refined	1 kg	160	140	150	150	145	142	150	143
25	Gur, Average Quality	1 kg	185	183	200	175	200	187	180	190
26	Salt Powder, Loose, Lahori	1 kg	20	30	30	39	40	35	20	20
27	Red Chili Powder, Loose	1 kg	550	635	550	574	565	725	600	800
28	Garlic	1 kg	365	296	350	447	300	357	346	400
29	Tea, Lipton Yellow Label, Packet	170-200 gm	420	400	480	400	400	410	400	447
30	Cooked Beef, Average Hotel	Plate	400	200	250	290	237	252	320	250
31	Cooked Daal, Average Hotel	Plate	185	127	150	155	157	182	180	230
32	Tea Prepared, Average Hotel	Cup	89	65	100	77	80	74	80	100
33	Cigarettes, K-2/Capstan, 20's	Packet	250	250	272	257	270	262	270	260
34	Long Cloth	1 mtr	450	490	315	375	360	574	600	450
35	Shirting	1 mtr	300	548	284	300	417	549	274	300
36	Lawn	1 mtr	640	263	333	456	415	574	350	350
37	Georgette	1 mtr	350	173	250	345	375	562	270	250
38	Sandal Bata (Gents)	Pair	2350	1499	2599	2500	1599	2398	2098	2600
39	Chappal Sponge Bata (Gents)	Pair	799	599	1448	800	1199	1412	700	750
40	Sandal Bata (Ladies)	Pair	2499	1499	2324	1400	1499	1999	2500	1300
41	Electricity Charges, up to 50 Units	Unit	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32
42	Gas Charges, up to 3.3719 MMBTU	MMBTU	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5
43	Firewood Whole	40 kg	1300	1100	1200	748	1100	875	800	1100
44	Energy Saver (14 watts)	Each	180	296	195	170	217	145	293	200
45	Washing Soap, 200-250 g	Cake	70	71	100	120	120	117	110	120
46	Match Box, Regular	Each	5	5	6	5	7	6	5	5
47	Petrol, Super	1 Ltr	337	338	337	338	339	337	338	336
48	Hi Speed Diesel (HSD)	1 Ltr	393	393	393	396	394	392	394	392
49	LPG Cylinder, 11kg	Each	4235	4182	4667	3905	4787	3905	3850	4300
50	Soap, Lifebuoy	Each	100	130	130	130	130	127	130	125

Continued

S No.	Description	Unit	Mirpurkhas	Umerkot	Thar @ Mithi	Sukkur	Khairpur	Ghotki	Min	Average	Max
1	Wheat Flour, Bag Average Quality	20 kg	2600	2600	2700	2427	2600	2550	2100	2594	2925
2	Rice Basmati Broken, Average Quality	1 kg	180	150	205	227	204	165	129	190	275
3	Rice Irri (Punjab/Sindh)	1 kg	150	130	139	185	..	..	95	136	195
4	Bread Plain, Medium Size	Each	140	130	110	100	127	140	100	127	160
5	Beef with Bone, Average Quality	1 kg	1200	1100	...	1200	1174	1174	1000	1236	1600
6	Mutton, Average Quality	1 kg	2200	1900	1871	2000	2000	2149	1871	2182	2698
7	Chicken Farm, Broiler, Live	1 kg	250	268	313	320	295	305	248	311	375
8	Milk, Fresh, Unboiled	1 Ltr	200	200	195	200	230	200	195	223	255
9	Curd (Dahi)	1 kg	240	230	195	240	260	240	195	286	400
10	Powdered Milk, Nido, Polybag	400 gm	1200	1250	1100	1150	1160	1150	1050	1155	1250
11	Eggs Hen, Farm	Dozen	200	220	255	250	240	262	200	235	264
12	Mustard Oil, Average Quality	1 kg	460	480	481	470	510	455	450	521	675
13	Cooking Oil, Tin	2.5 Ltr	1520	1580	1235	1410	1550	1500	1150	1429	1590
14	Vegetable Ghee, Tin	2.5 kg	1520	1500	1190	1392	1390	1400	1075	1416	1590
15	Vegetable Ghee (Loose)	1 kg	500	500	475	555	535	495	405	506	585
16	Bananas	Dozen	100	100	125	150	122	150	89	134	200
17	Pulse Masoor, Washed	1 kg	300	280	285	275	300	250	200	263	360
18	Pulse Moong, Washed	1 kg	400	395	375	410	400	390	325	378	440
19	Pulse Mash, Washed	1 kg	450	500	415	510	465	400	360	424	510
20	Pulse Gram, Washed	1 kg	300	350	290	295	270	217	200	268	360
21	Potatoes	1 kg	45	50	55	45	50	40	37	49	75
22	Onions	1 kg	70	80	97	110	100	120	65	90	120
23	Tomatoes	1 kg	280	300	335	250	250	200	200	262	335
24	Sugar, Refined	1 kg	145	150	150	145	147	140	135	146	160
25	Gur, Average Quality	1 kg	200	200	195	200	200	195	170	202	250
26	Salt Powder, Loose, Lahori	1 kg	30	25	45	30	30	20	20	33	62
27	Red Chili Powder, Loose	1 kg	700	700	660	925	849	674	500	674	1040
28	Garlic	1 kg	300	300	345	447	374	324	200	344	468
29	Tea, Lipton Yellow Label, Packet	170-200 gm	385	400	500	400	447	424	380	412	500
30	Cooked Beef, Average Hotel	Plate	250	...	...	200	274	...	200	272	400
31	Cooked Daal, Average Hotel	Plate	200	200	155	145	100	100	100	167	240
32	Tea Prepared, Average Hotel	Cup	80	70	75	75	75	80	62	76	100
33	Cigarettes, K-2/Capstan, 20's	Packet	250	250	250	250	250	250	250	257	272
34	Long Cloth	1 mtr	402	550	312	673	560	500	312	508	812
35	Shirting	1 mtr	648	500	424	723	277	279	274	433	723
36	Lawn	1 mtr	350	390	267	873	318	400	263	430	873
37	Georgette	1 mtr	250	300	287	350	230	230	173	314	712
38	Sandal Bata (Gents)	Pair	2999	2300	2098	2999	1499	2999	1499	2445	3500
39	Chappal Sponge Bata (Gents)	Pair	799	900	1549	599	599	600	599	892	1900
40	Sandal Bata (Ladies)	Pair	1499	1200	2000	2999	1150	1299	1150	1841	3300
41	Electricity Charges, up to 50 Units	Unit	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.32
42	Gas Charges, up to 3.3719 MMBTU	MMBTU	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5	2566.5
43	Firewood Whole	40 kg	800	660	661	636	1200	1124	624	964	1549
44	Energy Saver (14 watts)	Each	250	200	225	260	247	170	145	240	400
45	Washing Soap, 200-250 g	Cake	60	100	95	100	90	100	60	106	145
46	Match Box, Regular	Each	5	7	7	5	5	5	5	6	7
47	Petrol, Super	1 Ltr	340	345	342	337	338	338	335	338	345
48	Hi Speed Diesel (HSD)	1 Ltr	396	400	397	392	393	393	388	393	400
49	LPG Cylinder, 11kg	Each	4200	4400	4185	3960	4070	4180	3740	4127	4787
50	Soap, Lifebuoy	Each	120	110	104	130	130	130	100	123	135

Note: (..) = Currently unavailable/Limited availability
 (...) = Conventionally unavailable

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