

Table 1. Prices of Essential Commodities in June 2024: Samdrup Jongkhar

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1380	1350	1360	5
Basmati Rice	Tibar	26kg	1600	1250	1434	13
Sureka Rice	SK Gold	26kg	950	950	950	1
Basmati Rice	Dubar	26kg	1500	1185	1305	9
Sortex Rice	Raj Bhog Kumar	25kg	1230	1130	1180	2
Sortex Rice	Raj Bhog Kumar	26kg	1250	1160	1210	13
Flour (Atta)	Amrit Bhog	1kg	55	40	43	13
Flour (Maida)	Amrit Bhog	1kg	55	40	44	14
Dal	Moong	1kg	110	90	100	2
Dal	Masoor	1kg	110	90	97	14
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	37	16
Instant Noodle	Maggi (Masala)	75g	10	10	10	16
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	16
Toned Milk	Amul Taaza	1 ltr	75	70	73	4
Toned Milk	Keventer	1 ltr	80	70	76	6
Processed Butter	Amul	500g	285	250	276	6
Processed Cheese	Amul Cheese Block	1kg	580	530	562	3
Processed Cheese	Britannia Cheese Block	1kg	590	530	562	13
Egg	Local	1 tray (30 eggs)	400	280	318	14
Milk Powder	Everyday/ Nestle	400g	235	215	227	15
Tea Leaves	Taro Taza Gold	500g	220	220	220	1
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	49	4
Coffee	Nescafe Classic	90/95gm	370	330	350	5
Salt	Everyday	1kg	25	15	19	7
Salt	Saffola	1kg	60	50	51	15
Soyabean oil	Saffola Gold	5ltr	1200	850	947	13
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	380	380	380	1

Note: Total no. of shop 16

Table 2. Price of Essential Commodities in June, 2024: Pemagatshel

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1430	1350	1382	5
Basmati Rice	Pyari Nawab Dehraduni	20kg	1400	1300	1350	2
Basmati Rice	Pyari Nawab Dehraduni	26kg	1450	1450	1450	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25kg	1500	1290	1395	2
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1500	1430	1457	6
Surekha Rice	SK Gold	26kg	1050	960	992	5
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1400	1400	1400	1
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1250	1220	1233	3
Sortex Rice	Raj Bhog Kumar	26kg	1300	1230	1267	7
Flour (Atta)	Amrit Bhog	1kg	65	40	53	8
Flour (Maida)	Amrit Bhog	1kg	65	40	53	9
Dal	Moong	1kg	150	90	113	6
Dal	Masoor	1kg	150	100	115	4
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	9
Instant Noodle	Maggi (Masala)	75g	10	10	10	9
Instant Noodle	Wai Wai (Chicken)	75g	12	10	10	9
Toned Milk	Amul Taaza	1 ltr	80	75	76	4
Toned Milk	Keventer	1 ltr	80	75	78	4
Processed Butter	Amul	500g	285	275	283	6
Processed Cheese	Amul Cheese Block	1kg	590	550	573	3
Processed Cheese	Britannia Cheese Block	1kg	590	550	576	8
Egg	Local	1 tray (30 eggs)	400	350	378	8
Milk Powder	Everyday/ Nestle	400g	235	220	229	4
Tea Leaves	Taro Taza Gold	500g	290	135	238	2
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	50	50	3
Coffee	Nescafe Classic	90/95gm	350	340	348	4
Salt	Everyday	1kg	20	15	18	8
Salt	Saffola	1kg	50	50	50	7
Soyabean oil	Saffola Gold	5ltr	1100	950	1009	4
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	380	360	370	3
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	395	350	375	3

Note: Total no. of shops 9

Table 3. Price of Essential Commodities in June 2024: Gasa

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Pyari Nawab Dehraduni	20kg	1450	1450	1450	2
Surekha Rice	SK Gold	26kg	1100	1100	1100	1
Sortex Rice	Raj Bhog Kumar	26kg	1400	1370	1390	3
Flour (Atta)	Amrit Bhog	1kg	60	60	60	3
Flour (Maida)	Amrit Bhog	1kg	60	60	60	3
Dal	Masoor	1kg	135	115	123	3
Instant Noodle	Koka (Chicken Flavour)	85g	40	40	40	3
Instant Noodle	Maggi (Masala)	75g	15	12.5	14	3
Instant Noodle	Wai Wai (Chicken)	75g	15	12.5	14	3
Toned Milk	Amul Taaza	1 ltr	85	80	82	3
Processed Butter	Amul	500g	285	285	285	2
Processed Cheese	Amul Cheese Block	1kg	590	590	590	3
Processed Cheese	Britannia Cheese Block	1kg	590	590	590	1
Egg	Local	1 tray (30 eggs)	380	370	373	3
Tea Leaves	Taro Taza Gold	500g	290	280	285	2
Refined Sugar	Amrit Gold Crystal Sugar	700g	60	55	58	2
Coffee	Nescafe Classic	90/95gm	350	350	350	1
Salt	Everyday	1kg	25	20	22	3
Salt	Saffola	1kg	55	55	55	1
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	450	450	2
Soyabean oil	tural Gold	5ltr	450	450	450	1

Note: Total no. of shops 3

Table 4. Price of Essential Commodities in June, 2024: Haa

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychum Chogjur	20kg	1480	1300	1406	5
Basmati Rice	Pyari Nawab Dehraduni	20kg	1400	1400	1400	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1450	1400	1433	3
Basmati Rice	SK Gold	26kg	1070	950	1024	5
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1400	1200	1277	6
Sortex Rice	Raj Bhog Kumar	26kg	1380	1250	1306	5
Flour (Atta)	Amrit Bhog	1kg	60	50	56	5
Flour (Maida)	Amrit Bhog	1kg	60	55	58	3
Dal	Moong	1kg	120	120	120	1
Dal	Masoor	1kg	120	90	107	11
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	11
Instant Noodle	Maggi (Masala)	75g	15	10	11	11
Instant Noodle	Wai Wai (Chicken)	75g	15	10	11	11
Toned Milk	Amul Taaza	1 ltr	80	75	76	9
Toned Milk	Keventer	1 ltr	75	75	75	3
Processed Butter	Amul	500g	285	270	281	10
Processed Cheese	Amul Cheese Block	1kg	590	590	590	2
Processed Cheese	Britannia Cheese Block	1kg	590	550	568	6
Egg	Local	1 tray (30 eggs)	350	280	320	9
Milk Powder	Everyday/ Nestle	400g	235	225	232	6
Tea Leaves	Taro Taza Gold	500g	290	290	290	2
Refined Sugar	Amrit Gold Crystal Sugar	750g	65	50	54	4
Coffee	Nescafe Classic	90gm	350	330	338	4
Salt	Everyday	1kg	20	20	20	8
Salt	Saffola	1kg	50	40	45	6
Soyabean oil	Saffola Gold	5ltr	1000	950	973	3
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	420	380	399	8
Soyabean oil	Natural Gold	3.25ltr	420	420	420	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	390	380	385	2

Note: Total no. of shops 11

Table 5. Price of Essential Commodities in June, 2024: Wangdue Phodrang

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1420	1400	1407	3
Basmati Rice	Pyari Nawab Dehraduni	20kg	1380	1350	1360	4
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25kg	1380	1380	1380	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1450	1300	1403	6
Surekha Rice	SK Gold	25kg	1050	1000	1020	3
Surekha Rice	SK Gold	26kg	1100	1000	1046	5
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1200	1200	1200	1
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1250	1240	1248	5
Sortex Rice	Raj Bhog Kumar	25kg	1250	1250	1250	1
Sortex Rice	Raj Bhog Kumar	26kg	1350	1280	1312	5
Flour (Atta)	Amrit Bhog	1kg	65	50	57	7
Flour (Maida)	Amrit Bhog	1kg	65	50	58	7
Dal	Moong	1kg	140	110	125	2
Dal	Masoor	1kg	120	100	113	7
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	36	9
Instant Noodle	Maggi (Masala)	75g	10	10	10	9
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	9
Toned Milk	Amul Taaza	1 ltr	75	74	75	9
Toned Milk	Keventer	1 ltr	75	75	75	2
Processed Butter	Amul	500g	285	275	280	7
Processed Cheese	Amul Cheese Block	1kg	540	530	533	3
Processed Cheese	Britannia Cheese Block	1kg	590	530	554	8
Egg	Local	1 tray (30 eggs)	400	300	329	7
Milk Powder	Everyday/ Nestle	400g	235	210	224	6
Tea Leaves	Taro Taza Gold	500g	290	280	286	5
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	46	7
Coffee	Nescafe Classic	90/95gm	350	330	341	5
Salt	Everyday	1kg	20	15	16	9
Salt	Saffola	1kg	60	50	52	9
Soyabean oil	Saffola Gold	5ltr	1000	900	950	7
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	390	360	368	5
Soyabean oil	Natural Gold	5ltr	360	360	360	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	360	360	360	2

Note: Total no. of shop 10

Table 6. Price of Essential Commodities in June, 2024: Punakha

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1400	1380	1393	4
Basmati Rice	Pyari Nawab Dehraduni	20kg	1350	1350	1350	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25kg	1350	1350	1350	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1450	1400	1433	3
Surekha Rice	SK Gold	25kg	1150	1000	1075	4
Surekha Rice	SK Gold	26kg	1000	980	990	2
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1400	1250	1325	2
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1450	1190	1280	3
Sortex Rice	Raj Bhog Kumar	25kg	1280	1260	1270	2
Sortex Rice	Raj Bhog Kumar	26kg	1280	1250	1260	3
Flour (Atta)	Amrit Bhog	1kg	60	50	56	6
Flour (Maida)	Amrit Bhog	1kg	60	50	56	6
Dal	Moong	1kg	130	130	130	2
Dal	Masoor	1kg	130	100	110	8
Instant Noodle	Koka (Chicken Flavour)	85g	40	15	35	9
Instant Noodle	Maggi (Masala)	75g	10	10	10	9
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	9
Toned Milk	Amul Taaza	1 ltr	80	75	76	8
Toned Milk	Keventer	1 ltr	75	75	75	2
Processed Butter	Amul	500g	280	275	279	8
Processed Cheese	Amul Cheese Block	1kg	560	530	548	4
Processed Cheese	Britannia Cheese Block	1kg	590	540	551	7
Egg	Local	1 tray (30 eggs)	350	300	328	9
Milk Powder	Everyday/ Nestle	400g	230	225	227	3
Tea Leaves	Taro Taza Gold	500g	290	260	279	5
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	49	6
Coffee	Nescafe Classic	90/95gm	350	335	346	6
Salt	Everyday	1kg	20	15	17	7
Salt	Saffola	1kg	50	50	50	6
Soyabean oil	Saffola Gold	5ltr	990	850	936	7
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	370	360	363	4
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	380	380	380	1

Note: Total no. of shops 10

Table 7. Price of Essential Commodities in June, 2024: Trongsa

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1450	1380	1413	4
Basmati Rice	Pyari Nawab Dehraduni	20kg	1450	1380	1403	7
Basmati Rice	Pyari Nawab Dehraduni	26kg	1500	1300	1400	2
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25kg	1600	1350	1488	4
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1580	1400	1508	4
Surekha Rice	SK Gold	25kg	1200	1200	1200	1
Surekha Rice	SK Gold	26kg	1250	1020	1120	10
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1450	1450	1450	1
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1500	1285	1363	5
Sortex Rice	Raj Bhog Kumar	25kg	1400	1300	1350	2
Sortex Rice	Raj Bhog Kumar	26kg	1380	1200	1320	7
Flour (Atta)	Amrit Bhog	1kg	70	55	60	8
Flour (Maida)	Amrit Bhog	1kg	70	55	60	9
Dal	Moong	1kg	160	120	134	6
Dal	Masoor	1kg	130	95	118	6
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	10
Instant Noodle	Maggi (Masala)	75g	15	10	11	10
Instant Noodle	Wai Wai (Chicken)	75g	15	10	11	10
Toned Milk	Amul Taaza	1 ltr	80	75	77	10
Toned Milk	Keventer	1 ltr	80	70	74	7
Processed Butter	Amul	500g	580	270	344	9
Processed Cheese	Amul Cheese Block	1kg	590	530	563	7
Processed Cheese	Britannia Cheese Block	1kg	590	530	563	9
Egg	Local	1 tray (30 eggs)	430	310	346	9
Milk Powder	Everyday/ Nestle	400g	250	230	236	6
Tea Leaves	Taro Taza Gold	500g	290	250	282	5
Tea Leaves	Brooke Bond Red Label	500g	255	255	255	1
Refined Sugar	Amrit Gold Crystal Sugar	700g	60	45	49	7
Coffee	Nescafe Classic	90/95gm	360	350	353	3
Salt	Everyday	1kg	25	20	21	10
Salt	Saffola	1kg	60	50	53	7
Soyabean oil	Saffola Gold	5ltr	1000	950	992	6
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	500	380	412	9
Soyabean oil	Natural Gold	5ltr	550	550	550	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	410	380	393	6

Note: Total no. of shops 10

Table 8. Price of Essential Commodities in June, 2024: Thimphu

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1440	1295	1385	20
Basmati Rice	Pyari Nawab Dehraduni	20kg	1395	1250	1324	16
Basmati Rice	Pyari Nawab Dehraduni	26kg	1400	1280	1340	2
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25kg	1480	1200	1344	11
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1490	1280	1389	13
Surekha Rice	SK Gold	25kg	1140	795	1013	10
Surekha Rice	SK Gold	26kg	1195	960	1060	14
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1250	1170	1208	8
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1350	1200	1249	13
Sortex Rice	Raj Bhog Kumar	25kg	1320	1020	1229	8
Sortex Rice	Raj Bhog Kumar	26kg	1370	1250	1311	9
Flour (Atta)	Amrit Bhog	1kg	69	50	58	26
Flour (Maida)	Amrit Bhog	1kg	69	50	59	28
Dal	Moong	1kg	155	95	127	17
Dal	Masoor	1kg	125	95	109	26
Instant Noodle	Koka (Chicken Flavour)	85g	40	30	36	28
Instant Noodle	Maggi (Masala)	75g	10	10	10	28
Instant Noodle	Wai Wai (Chicken)	75g	12	10	10	28
Toned Milk	Amul Taaza	1 ltr	75	70	74	29
Toned Milk	Keventer	1 ltr	77	68	74	18
Processed Butter	Amul	500g	290	250	278	26
Processed Cheese	Amul Cheese Block	1kg	595	510	545	19
Processed Cheese	Britannia Cheese Block	1kg	590	515	548	26
Egg	Local	1 tray (30 eggs)	450	280	323	26
Milk Powder	Everyday/ Nestle	400g	235	205	224	17
Tea Leaves	Taro Taza Gold	500g	290	220	271	16
Tea Leaves	Brooke Bond Red Label	500g	250	245	247	3
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	49	27
Coffee	Nescafe Classic	90/95gm	375	325	346	17
Salt	Everyday	1kg	25	12	19	26
Salt	Saffola	1kg	50	40	49	25
Soyabean oil	Saffola Gold	5ltr	1100	830	937	20
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	430	350	378	14
Soyabean oil	Natural Gold	5ltr	380	380	380	2
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	390	350	378	5

Note: Total no. of shops 29

Table 9. Price of Essential Commodities in June, 2024: Bumthang

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1460	1380	1414	9
Basmati Rice	Pyari Nawab Dehraduni	20kg	1480	1350	1396	5
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25kg	1480	1350	1392	5
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1520	1500	1510	2
Surekha Rice	SK Gold	25kg	1200	1050	1088	4
Surekha Rice	SK Gold	26kg	1050	1010	1040	4
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1300	1250	1275	2
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1480	1250	1365	2
Sortex Rice	Raj Bhog Kumar	25kg	1350	1340	1347	3
Sortex Rice	Raj Bhog Kumar	26kg	1400	1300	1340	5
Flour (Atta)	Amrit Bhog	1kg	60	50	58	6
Flour (Maida)	Amrit Bhog	1kg	60	50	58	8
Dal	Moong	1kg	150	100	117	5
Dal	Masoor	1kg	120	100	111	7
Instant Noodle	Koka (Chicken Flavour)	85g	45	35	37	9
Instant Noodle	Maggi (Masala)	75g	10	10	10	9
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	9
Toned Milk	Amul Taaza	1 ltr	75	70	74	9
Toned Milk	Keventer	1 ltr	75	70	73	5
Processed Butter	Amul	500g	285	270	281	7
Processed Cheese	Amul Cheese Block	1kg	570	520	538	4
Processed Cheese	Britannia Cheese Block	1kg	560	520	535	8
Egg	Local	1 tray (30 eggs)	400	310	344	9
Milk Powder	Everyday/ Nestle	400g	265	220	237	6
Tea Leaves	Taro Taza Gold	500g	290	280	285	6
Tea Leaves	Brooke Bond Red Label	500g	45	45	45	1
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	47	8
Coffee	Nescafe Classic	90/95gm	350	50	273	4
Salt	Everyday	1kg	20	15	19	8
Salt	Saffola	1kg	60	50	51	7
Soyabean oil	Saffola Gold	5ltr	995	950	964	6
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	400	360	380	9
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	400	360	380	9

Note: Total no. of shops 9

Table 10. Price of Essential Commodities in June, 2024: Phuentsholing

Product	Brand / Trade Name	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1380	1220	1336	5
Basmati Rice	Pyari Nawab Dehraduni Basmati Rice	20kg	1330	1245	1271	4
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long Basmati Rice	25 kg	1420	1420	1420	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long Basmati Rice	26kg	1450	1150	1349	8
Surekha Rice	SK Gold	25kg	1130	950	1020	3
Surekha Rice	SK Gold	26kg	960	880	938	4
Basmati Rice	Saahi Dinner Extra Long Basmati Rice Dubar	25kg	1180	1180	1180	1
Basmati Rice	Saahi Dinner Extra Long Basmati Rice Dubar	26kg	1370	1100	1184	8
Sortex Rice	Raj Bhog Kumar	25kg	1350	1350	1350	1
Sortex Rice	Raj Bhog Kumar	26kg	1280	1200	1241	9
Flour (Atta)	Amrit Bhog	1kg	60	50	56	9
Flour (Maida)	Amrit Bhog	1kg	60	50	56	9
Dal	Moong	1kg	170	110	135	7
Dal	Masoor	1kg	120	95	108	8
Instant Noodle	Koka (Chicken Flavour)	85g	35	35	35	8
Instant Noodle	Maggi (Masala)	75g	10	10	10	7
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	8
Toned Milk	Amul Taaza	1 ltr	75	72	74	7
Toned Milk	Keventer	1 ltr	77	70	74	2
Processed Butter	Amul	500g	285	275	283	6
Processed Cheese	Amul Cheese Block	1kg	595	530	554	7
Processed Cheese	Britannia Cheese Block	1kg	580	530	560	9
Egg	Local	1 tray (30 eggs)	360	230	314	8
Milk Powder	Everyday/ Nestle	400g	234	225	230	7
Tea Leaves	Taro Taza Gold	500g	280	260	275	6
Tea Leaves	Brooke Bond Red Label	500g	50	50	50	1
Refined Sugar	Amrit Gold Crystal Sugar	750g	55	45	48	8
Coffee	Nescafe Classic	90gm	375	340	354	8
Salt	Everyday	1kg	20	15	17	9
Salt	Saffola	1kg	60	50	51	8
Soyabean oil	Saffola Gold	5ltr	950	870	916	8
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	390	360	372	5
Soyabean oil	Natural Gold	5ltr	390	370	380	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	390	390	390	1

Note: Total no. of shop 10

Table 11. Price of Essential Commodities in June, 2024: Samtse

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Pyari Nawab Dehraduni	20kg	1300	1250	1277	6
Basmati Rice	Pyari Nawab Dehraduni	26kg	1050	1050	1050	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25kg	1370	1370	1370	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1450	1150	1350	3
Surekha Rice	SK Gold	25kg	950	950	950	1
Surekha Rice	SK Gold	26kg	1050	950	996	5
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1250	1150	1212	4
Sortex Rice	Raj Bhog Kumar	26kg	1300	1250	1288	5
Flour (Atta)	Amrit Bhog	1kg	55	50	51	7
Flour (Maida)	Amrit Bhog	1kg	55	50	51	7
Dal	Moong	1kg	140	120	128	6
Dal	Masoor	1kg	110	90	106	7
Instant Noodle	Koka (Chicken Flavour)	85g	35	33	35	7
Instant Noodle	Maggi (Masala)	75g	10	10	10	7
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	7
Toned Milk	Amul Taaza	1 ltr	75	72	75	7
Toned Milk	Keventer	1 ltr	75	75	75	1
Processed Butter	Amul	500g	280	270	275	4
Processed Cheese	Amul Cheese Block	1kg	550	530	540	3
Processed Cheese	Britannia Cheese Block	1kg	550	530	540	6
Egg	Local	1 tray (30 eggs)	320	230	293	7
Milk Powder	Everyday/ Nestle	400g	230	230	230	2
Tea Leaves	Taro Taza Gold	500g	280	250	268	4
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	48	7
Coffee	Nescafe Classic	90/95gm	375	350	363	2
Salt	Everyday	1kg	20	15	19	6
Salt	Saffola	1kg	50	20	45	7
Soyabean oil	Saffola Gold	5ltr	950	900	932	6
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	380	350	367	6
Soyabean oil	tural Gold	5ltr	370	370	370	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	370	370	370	3

Note: Total no. of shop 7

Table 12. Price of Essential Commodities in June, 2024: Chhukha

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1400	1350	1350	3
Basmati Rice	Pyari Nawab Dehraduni	20kg	1350	1350	1350	2
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25 kg	1170	1170	1170	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1450	1390	1390	4
Surekha Rice	SK Gold	25kg	1000	950	950	2
Surekha Rice	SK Gold	26kg	1140	980	980	3
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1170	1170	1170	2
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1250	1200	1200	2
Sortex Rice	Raj Bhog Kumar	25kg	1300	1250	1250	2
Sortex Rice	Raj Bhog Kumar	26kg	1300	1250	1250	3
Flour (Atta)	Amrit Bhog	1kg	60	50	50	5
Flour (Maida)	Amrit Bhog	1kg	60	50	50	5
Dal	Moong	1kg	120	100	100	2
Dal	Masoor	1kg	120	100	100	4
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	35	5
Instant Noodle	Maggi (Masala)	75g	10	10	10	5
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	5
Toned Milk	Amul Taaza	1 ltr	80	70	70	5
Toned Milk	Keventer	1 ltr	70	70	70	1
Processed Butter	Amul	500g	285	280	280	4
Processed Cheese	Amul Cheese Block	1kg	590	550	550	5
Processed Cheese	Britannia Cheese Block	1kg	580	550	550	4
Egg	Local	1 tray (30 eggs)	330	280	280	5
Milk Powder	Everyday/ Nestle	400g	235	230	230	2
Tea Leaves	Taro Taza Gold	500g	290	260	260	4
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	45	5
Coffee	Nescafe Classic	90gm	350	350	350	4
Salt	Everyday	1kg	25	12	12	4
Salt	Saffola	1kg	58	40	40	5
Soyabean oil	Saffola Gold	5ltr	980	850	850	4
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	390	380	380	3
Soyabean oil	Natural Gold	5ltr	380	380	380	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	370	370	370	1

Note: Total no. of shops 5

Table 13. Price of Essential Commodities in June, 2024: Mongar

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1480	1430	1451	7
Basmati Rice	Pyari Nawab Dehraduni	20kg	1450	1395	1442	7
Basmati Rice	Pyari Nawab Dehraduni	26kg	1760	1450	1605	2
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1600	1490	1538	5
Surekha Rice	SK Gold	25kg	1200	1050	1125	2
Surekha Rice	SK Gold	26kg	1150	1080	1113	6
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1500	1280	1403	3
Sortex Rice	Raj Bhog Kumar	26kg	1400	1330	1355	8
Flour (Atta)	Amrit Bhog	1kg	60	55	59	8
Flour (Maida)	Amrit Bhog	1kg	60	55	59	8
Dal	Moong	1kg	140	120	130	4
Dal	Masoor	1kg	130	120	122	6
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	36	8
Instant Noodle	Maggi (Masala)	75g	10	10	10	8
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	8
Toned Milk	Amul Taaza	1 ltr	80	75	78	8
Toned Milk	Keventer	1 ltr	80	75	79	6
Processed Butter	Amul	500g	285	185	260	4
Processed Cheese	Amul Cheese Block	1kg	580	550	573	4
Processed Cheese	Britannia Cheese Block	1kg	590	550	573	8
Egg	Local	1 tray (30 eggs)	400	390	395	6
Milk Powder	Everyday/ Nestle	400g	235	220	232	5
Tea Leaves	Taro Taza Gold	500g	295	135	265	6
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	49	8
Coffee	Nescafe Classic	90/95gm	350	350	350	3
Salt	Everyday	1kg	20	20	20	8
Salt	Saffola	1kg	50	50	50	6
Soyabean oil	Saffola Gold	5ltr	1000	990	999	8
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	380	421	8
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	450	450	450	2

Note: Total no. of shop 8

Table 14. Price of Essential Commodities in June, 2024: Lhuentse

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1550	1400	1488	4
Basmati Rice	Pyari Nawab Dehraduni	20kg	1550	1550	1550	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1600	1600	1600	1
Sureka Rice	SK Gold	26kg	1400	1100	1188	4
Sortex Rice	Raj Bhog Kumar	25kg	1500	1300	1400	1
Sortex Rice	Raj Bhog Kumar	26kg	1400	1350	1375	4
Flour (Atta)	Amrit Bhog	1kg	60	55	58	4
Flour (Maida)	Amrit Bhog	1kg	60	55	59	5
Dal	Masoor	1kg	140	120	132	5
Instant Noodle	Koka (Chicken Flavour)	85g	45	35	39	5
Instant Noodle	Maggi (Masala)	75g	15	10	12	5
Instant Noodle	Wai Wai (Chicken)	75g	15	10	12	5
Toned Milk	Amul Taaza	1 ltr	80	75	76	5
Toned Milk	Keventer	1 ltr	75	75	75	5
Processed Butter	Amul	500g	285	245	265	2
Processed Cheese	Britannia Cheese Block	1kg	595	590	591	4
Egg	Local	1 tray (30 eggs)	450	400	438	4
Milk Powder	Everyday/ Nestle	400g	235	230	234	4
Tea Leaves	Taro Taza Gold	500g	235	235	235	4
Refined Sugar	Amrit Gold Crystal Sugar	700g	55	50	51	4
Salt	Everyday	1kg	20	20	20	5
Salt	Saffola	1kg	50	40	48	4
Soyabean oil	Saffola Gold	5ltr	1000	1000	1000	2
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	550	400	466	5
Soyabean oil	Natural Gold	5ltr	750	750	750	1

Note: Total no. of shop 5

Table 15. Price of Essential Commodities in June, 2024: Trashigang

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1430	1430	1430	1
Basmati Rice	Pyari Nawab Dehraduni	20kg	1380	1380	1380	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1480	1480	1480	1
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1480	1480	1480	1
Sortex Rice	Raj Bhog Kumar	26kg	1300	1260	1287	3
Flour (Atta)	Amrit Bhog	1kg	65	45	55	5
Flour (Maida)	Amrit Bhog	1kg	60	45	52	5
Dal	Moong	1kg	120	120	120	2
Dal	Masoor	1kg	130	100	113	4
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	5
Instant Noodle	Maggi (Masala)	75g	15	10	11	5
Instant Noodle	Wai Wai (Chicken)	75g	12.5	10	11	5
Toned Milk	Amul Taaza	1 ltr	80	75	78	5
Toned Milk	Keventer	1 ltr	80	75	79	4
Processed Butter	Amul	500g	280	280	280	1
Processed Cheese	Britannia Cheese Block	1kg	590	550	570	2
Egg	Local	1 tray (30 eggs)	450	400	417	3
Milk Powder	Everyday/ Nestle	400g	235	230	233	3
Tea Leaves	Taro Taza Gold	500g	290	290	290	1
Refined Sugar	Amrit Gold Crystal Sugar	700g	60	45	50	5
Coffee	Nescafe Classic	90/95gm	20	15	19	5
Salt	Everyday	1kg	60	50	52	5
Salt	Saffola	1kg	1000	950	977	3
Soyabean oil	Saffola Gold	5ltr	450	400	418	4
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	1430	1430	1430	1

Note: Total no. of shop 5

Table 16. Price of Essential Commodities in June, 2024: Trashiyangtse

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Pyari Nawab Dehraduni Basmati Rice	20kg	1500	1500	1500	1
Surekha Rice	SK Gold	25kg	1050	1050	1050	1
Surekha Rice	SK Gold	26kg	1300	1300	1300	1
	Raj Bhog Kumar	26kg	1350	1300	1330	5
Flour (Atta)	Amrit Bhog	1kg	60	50	53	4
Flour (Maida)	Amrit Bhog	1kg	60	50	54	4
Dal	Masoor	1kg	120	100	114	5
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	39	5
Instant Noodle	Maggi (Masala)	75g	10	10	10	5
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	5
Toned Milk	Amul Taaza	1 ltr	80	75	78	5
Toned Milk	Keventer	1 ltr	80	75	78	5
Processed Butter	Amul	500g	210	210	210	1
Processed Cheese	Britannia Cheese Block	1kg	590	550	566	5
Egg	Local	1 tray (30 eggs)	450	390	416	5
Milk Powder	Everyday/ Nestle	400g	235	230	234	4
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	50	50	5
Salt	Everyday	1kg	25	20	21	5
Salt	Saffola	1kg	60	50	54	5
Soyabean oil	Saffola Gold	5ltr	1000	1000	1000	3
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	430	420	426	5

Note: Total no. of shops 5

Table 17. Price of Essential Commodities in June, 2024: Sarpang

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1300	1300	1300	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25kg	1350	1350	1350	2
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1450	1320	1385	2
Surekha Rice	SK Gold	25kg	980	980	980	2
Surekha Rice	SK Gold	26kg	1020	1000	1007	3
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1250	1200	1225	2
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1270	1185	1228	2
Sortex Rice	Raj Bhog Kumar	25kg	1320	1250	1283	3
Sortex Rice	Raj Bhog Kumar	26kg	1300	1270	1285	2
Flour (Atta)	Amrit Bhog	1kg	60	50	54	5
Flour (Maida)	Amrit Bhog	1kg	60	50	54	5
Dal	Moong	1kg	140	120	128	5
Dal	Masoor	1kg	120	100	109	5
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	37	5
Instant Noodle	Maggi (Masala)	75g	10	10	10	5
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	5
Toned Milk	Amul Taaza	1 ltr	80	70	75	5
Toned Milk	Keventer	1 ltr	80	70	75	3
Processed Butter	Amul	500g	285	275	280	2
Processed Cheese	Britannia Cheese Block	1kg	590	550	575	5
Egg	Local	1 tray (30 eggs)	480	450	465	4
Milk Powder	Everyday/ Nestle	400g	230	220	228	5
Tea Leaves	Taro Taza Gold	500g	295	290	293	2
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	48	5
Coffee	Nescafe Classic	90/95gm	275	170	192	5
Salt	Everyday	1kg	15	15	15	5
Salt	Saffola	1kg	50	50	50	5
Soyabean oil	Saffola Gold	5ltr	990	990	990	1
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	420	380	398	5

Note: Total no. of shops 5

Table 18. Price of Essential Commodities in June, 2024: Tsirang

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1340	1320	1330	3
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1450	1380	1400	4
Surekha Rice	SK Gold	25kg	1000	1000	1000	1
Surekha Rice	SK Gold	26kg	1070	1000	1030	4
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1250	1200	1230	5
Sortex Rice	Raj Bhog Kumar	25kg	1330	1250	1303	3
Sortex Rice	Raj Bhog Kumar	26kg	1350	1290	1320	2
Flour (Atta)	Amrit Bhog	1kg	60	50	55	5
Flour (Maida)	Amrit Bhog	1kg	60	50	55	5
Dal	Moong	1kg	130	120	123	3
Dal	Masoor	1kg	120	100	110	5
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	5
Instant Noodle	Maggi (Masala)	75g	10	10	10	5
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	5
Toned Milk	Amul Taaza	1 ltr	75	70	73	5
Toned Milk	Keventer	1 ltr	75	70	74	4
Processed Butter	Amul	500g	285	285	285	2
Processed Cheese	Amul Cheese Block	1kg	530	530	530	1
Processed Cheese	Britannia Cheese Block	1kg	570	540	556	5
Egg	Local	1 tray (30 eggs)	460	450	455	2
Milk Powder	Everyday/ Nestle	400g	230	220	224	5
Tea Leaves	Taro Taza Gold	500g	290	270	283	4
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	46	5
Salt	Everyday	1kg	20	15	17	5
Salt	Saffola	1kg	50	50	50	3
Soyabean oil	Saffola Gold	5ltr	1030	950	977	3
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	400	370	391	5

Note: Total no. of shops 5

Table 19. Price of Essential Commodities in June, 2024: Dagana

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1650	1650	1650	1
Surekha Rice	SK Gold	25kg	1100	1000	1060	3
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1350	1350	1350	2
Sortex Rice	Raj Bhog Kumar	25kg	1400	1350	1363	4
Flour (Atta)	Amrit Bhog	1kg	60	55	58	5
Flour (Maida)	Amrit Bhog	1kg	60	55	58	5
Dal	Masoor	1kg	120	110	118	5
Instant Noodle	Koka (Chicken Flavour)	85g	40	40	40	3
Instant Noodle	Maggi (Masala)	75g	10	10	10	5
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	5
Toned Milk	Amul Taaza	1 ltr	80	70	75	5
Toned Milk	Keventer	1 ltr	75	65	71	4
Processed Butter	Amul	500g	285	285	285	3
Processed Cheese	Amul Cheese Block	1kg	580	580	580	2
Processed Cheese	Britannia Cheese Block	1kg	590	570	583	3
Egg	Local	1 tray (30 eggs)	450	450	450	2
Milk Powder	Everyday/ Nestle	400g	235	220	225	4
Refined Sugar	Amrit Gold Crystal Sugar	700g	70	50	54	5
Salt	Everyday	1kg	20	15	16	5
Salt	Saffola	1kg	50	50	50	1
Soyabean oil	Saffola Gold	5ltr	980	980	980	1
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	400	438	4
Soyabean oil	Natural Gold	5ltr	650	650	650	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	400	400	400	1

Note: Total no. of shops 5

Table 20: Price of Essential Commodities in June, 2024: Zhemgang

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychem Chogjur	20kg	1350	1300	1325	2
Basmati Rice	Pyari Nawab Dehraduni	26kg	1320	1320	1320	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	25kg	1330	1330	1330	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1450	1450	1450	2
Surekha Rice	SK Gold	25kg	1150	980	1083	4
Surekha Rice	SK Gold	26kg	1050	1050	1050	1
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1350	1350	1350	1
Sortex Rice	Raj Bhog Kumar	25kg	1450	1100	1293	3
Sortex Rice	Raj Bhog Kumar	26kg	1350	1320	1335	2
Flour (Atta)	Amrit Bhog	1kg	60	50	58	5
Flour (Maida)	Amrit Bhog	1kg	60	50	58	5
Dal	Masoor	1kg	120	100	116	5
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	5
Instant Noodle	Maggi (Masala)	75g	10	10	10	5
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	5
Toned Milk	Amul Taaza	1 ltr	80	75	77	5
Toned Milk	Keventer	1 ltr	80	70	76	4
Processed Butter	Amul	500g	285	285	285	1
Processed Cheese	Amul Cheese Block	1kg	580	550	565	2
Processed Cheese	Britannia Cheese Block	1kg	590	570	580	5
Egg	Local	1 tray (30 eggs)	450	400	432	5
Milk Powder	Everyday/ Nestle	400g	235	225	230	3
Tea Leaves	Taro Taza Gold	500g	270	235	253	4
Tea Leaves	Brooke Bond Red Label	500g	275	275	275	1
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	50	50	5
Coffee	Nescafe Classic	90/95gm	350	350	350	2
Salt	Everyday	1kg	20	15	17	5
Salt	Saffola	1kg	50	50	50	5
Soyabean oil	Saffola Gold	5ltr	1100	995	1061	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	470	400	434	5

Note: Total no. of shops 5

Table: 21 Price of Essential Commodities in June, 2024: Paro

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Zheychum Chogjur	20kg	1450	1250	1393	12
Basmati Rice	Pyari Nawab Dehraduni	20kg	1395	1250	1354	4
Basmati Rice	Pyari Nawab Dehraduni	26kg	1450	0	1450	1
Basmati Rice	Saahi Dinner Tibar Parboiled Extra Long	26kg	1535	1300	1422	12
Surekha Rice	SK Gold	25kg	1050	990	1028	4
Surekha Rice	SK Gold	26kg	1195	990	1057	5
Basmati Rice	Saahi Dinner Extra Long Dubar	25kg	1280	1190	1235	2
Basmati Rice	Saahi Dinner Extra Long Dubar	26kg	1300	1220	1263	9
Sortex Rice	Raj Bhog Kumar	26kg	1350	1250	1312	10
Flour (Atta)	Amrit Bhog	1kg	65	50	60	14
Flour (Maida)	Amrit Bhog	1kg	65	50	60	15
Dal	Moong	1kg	160	130	142	6
Dal	Masoor	1kg	135	100	115	14
Instant Noodle	Koka (Chicken Flavour)	85g	45	35	40	15
Instant Noodle	Maggi (Masala)	75g	15	10	10	15
Instant Noodle	Wai Wai (Chicken)	75g	15	10	10	15
Toned Milk	Amul Taaza	1 ltr	80	74	75	15
Toned Milk	Keventer	1 ltr	80	75	76	6
Processed Butter	Amul	500g	285	280	283	14
Processed Cheese	Amul Cheese Block	1kg	595	550	569	9
Processed Cheese	Britannia Cheese Block	1kg	595	550	569	15
Egg	Local	1 tray (30 eggs)	350	280	321	14
Milk Powder	Everyday/ Nestle	400g	235	225	230	12
Tea Leaves	Taro Taza Gold	500g	290	235	283	11
Refined Sugar	Amrit Gold Crystal Sugar	700g	55	45	50	11
Coffee	Nescafe Classic	90/95gm	350	320	340	12
Salt	Everyday	1kg	20	15	20	15
Salt	Saffola	1kg	50	50	50	12
Soyabean oil	Saffola Gold	5ltr	1000	850	947	12
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	400	365	384	10
Soyabean oil	tural Gold	5ltr	420	360	393	4
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	380	380	380	1

Note: Total no. of shops 15

Table 22. Price of Essential Commodities in June, 2024: Gelephu

Product	Brand / Trade me	Unit	Highest	Lowest	Average	Price averaged from no. of shops
Basmati Rice	Tibar	25kg	1300	1280	1293	3
Basmati Rice	Tibar	26kg	1360	1350	1353	3
Surekha Rice	SK Gold	25kg	980	960	970	2
Surekha Rice	SK Gold	26kg	950	935	945	3
Basmati Rice	Dubar	25kg	1360	1100	1210	4
Basmati Rice	Dubar	26kg	1180	1150	1167	3
Sortex Rice	Raj Bhog Kumar	25kg	1200	1200	1200	1
Sortex Rice	Raj Bhog Kumar	26kg	1300	1250	1272	5
Flour (Atta)	Amrit Bhog	1kg	55	50	51	5
Flour (Maida)	Amrit Bhog	1kg	55	50	51	5
Dal	Moong	1kg	130	120	124	4
Dal	Masoor	1kg	110	90	100	5
Instant Noodle	Koka (Chicken Flavour)	85g	35	35	35	4
Instant Noodle	Maggi (Masala)	75g	10	10	10	5
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	5
Toned Milk	Amul Taaza	1 ltr	70	70	70	3
Toned Milk	Keventer	1 ltr	70	70	70	4
Processed Butter	Amul	500g	285	280	282	3
Processed Cheese	Britannia Cheese Block	1kg	570	550	556	5
Egg	Local	1 tray (30 eggs)	480	480	480	1
Milk Powder	Everyday/ Nestle	400g	230	220	228	5
Tea Leaves	Taro Taza Gold	500g	290	250	267	3
Tea Leaves	Brooke Bond Red Label	500g	230	230	230	1
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	46	5
Coffee	Nescafe Classic	90/95gm	350	330	346	5
Salt	Everyday	1kg	15	10	14	5
Salt	Saffola	1kg	50	50	50	5
Soyabean oil	Saffola Gold	5ltr	980	900	943	3
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	380	375	379	5
Soyabean oil	Natural Gold	5ltr	700	700	700	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	380	375	378	2

Note: Total no. of shops 5