

Table 1. Prices of Essential Commodities in December, 2024: Thimphu

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychem Chogjur	20kg	1420	1340	1377	17
Basmati Rice	Nawab	20kg	1295	1295	1295	1
Basmati Rice	Nawab	26kg	1450	1200	1313	18
Basmati Rice	Tibar	25 kg	1320	1320	1320	1
Basmati Rice	Tibar	26kg	1500	1250	1355	22
Surekha Rice	SK Gold	25kg	1185	880	1005	3
Surekha Rice	SK Gold	26kg	1145	920	1016	20
Basmati Rice	Dubar	26kg	1390	1090	1229	19
Sortex Rice	Raj Bhog Kumar	25kg	1320	1320	1320	1
Sortex Rice	Raj Bhog Kumar	26kg	1395	1220	1313	21
Flour (Atta)	Amrit Bhog	1kg	65	50	59	25
Flour (Maida)	Amrit Bhog	1kg	65	55	59	25
Dal	Moong	1kg	155	100	123	13
Dal	Masoor	1kg	135	80	106	28
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	37	28
Instant Noodle	Maggi (Masala)	75g	10	10	10	28
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	28
Toned Milk	Amul Taaza	1 ltr	75	70	74	26
Toned Milk	Keventer	1 ltr	77	70	75	8
Processed Butter	Amul	500g	295	280	292	26
Processed Cheese	Amul Cheese Block	1kg	595	500	556	18
Processed Cheese	Britannia Cheese Block	1kg	590	510	549	26
Egg	Local	1 tray (30 eggs)	335	240	291	28
Milk Powder	Everyday/ Nestle	400g	300	210	232	21
Tea Leaves	Taro Taza Gold	500g	310	240	282	19
Tea Leaves	Brooke Bond Red Label	500g	255	255	255	1
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	49	27
Coffee	Nescafe Classic	90gm	410	340	368	20
Salt	Everyday	1kg	20	15	19	25
Salt	Saffola	1kg	60	40	55	25
Soyabean oil	Saffola Gold	5ltr	1000	850	925	23
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	475	420	448	13

Note: 30 total shops

Table 2. Prices of Essential Commodities in December, 2024: Punakha

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychem Chogjur	20kg	1400	1350	1375	4
Basmati Rice	Nawab	20kg	1400	1350	1375	2
Basmati Rice	Tibar	25 kg	1350	1350	1350	1
Basmati Rice	Tibar	26kg	1650	1300	1475	7
Surekha Rice	SK Gold	25kg	1050	900	975	8
Surekha Rice	SK Gold	26kg	1000	1000	1000	1
Basmati Rice	Dubar	25kg	1250	1250	1250	1
Basmati Rice	Dubar	26kg	1300	1120	1210	5
Sortex Rice	Raj Bhog Kumar	26kg	1400	1250	1325	7
Flour (Atta)	Amrit Bhog	1kg	60	50	55	8
Flour (Maida)	Amrit Bhog	1kg	60	50	55	8
Dal	Moong	1kg	120	120	120	1
Dal	Masoor	1kg	120	100	110	9
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	10
Instant Noodle	Maggi (Masala)	75g	10	10	10	10
Instant Noodle	Wai Wai (Chicken)	75g	12	10	11	10
Toned Milk	Amul Taaza	1 ltr	75	75	75	10
Toned Milk	Keventer	1 ltr	75	70	73	3
Processed Butter	Amul	500g	295	280	288	8
Processed Cheese	Amul Cheese Block	1kg	540	530	535	2
Processed Cheese	Britannia Cheese Block	1kg	590	520	555	9
Egg	Local	1 tray (30 eggs)	280	250	265	9
Milk Powder	Everyday/ Nestle	400g	230	220	225	5
Tea Leaves	Taro Taza Gold	500g	290	230	260	6
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	48	10
Coffee	Nescafe Classic	90gm	410	340	375	9
Salt	Everyday	1kg	20	15	18	8
Salt	Saffola	1kg	60	45	53	8
Soyabean oil	Saffola Gold	5ltr	1100	750	925	6
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	460	430	445	4
Soyabean oil	Natural Gold	3.75ltr	480	480	480	1
Soyabean oil	Natural Gold	3.75ltr	590	590	590	1

Note: 10 total shops

Table 3. Prices of Essential Commodities in December, 2024: Wangdue Phodrang

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychem Chogjur	20kg	1420	1350	1378	6
Basmati Rice	Nawaab	26kg	1550	1550	1550	1
Basmati Rice	Tibar	26kg	1500	1350	1404	8
Surekha Rice	SK Gold	25kg	1030	950	978	4
Surekha Rice	SK Gold	26kg	1020	1000	1010	2
Basmati Rice	Dubar	26kg	1250	1200	1236	7
Sortex Rice	Raj Bhog Kumar	26kg	1380	1250	1316	8
Flour (Atta)	Amrit Bhog	1kg	60	50	57	7
Flour (Maida)	Amrit Bhog	1kg	60	50	57	8
Dal	Moong	1kg	170	100	137	3
Dal	Masoor	1kg	140	100	114	10
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	37	10
Instant Noodle	Maggi (Masala)	75g	10	10	10	10
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	10
Toned Milk	Amul Taaza	1 ltr	75	75	75	10
Toned Milk	Keventer	1 ltr	75	70	73	2
Processed Butter	Amul	500g	295	265	282	10
Processed Cheese	Amul Cheese Block	1kg	595	520	551	7
Processed Cheese	Britannia Cheese Block	1kg	590	55	500	10
Egg	Local	1 tray (30 eggs)	450	260	296	8
Milk Powder	Everyday/ Nestle	400g	235	210	227	9
Tea Leaves	Taro Taza Gold	500g	290	260	281	7
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	48	10
Coffee	Nescafe Classic	90gm	400	340	361	5
Salt	Everyday	1kg	20	15	17	9
Salt	Saffola	1kg	60	50	58	9
Soyabean oil	Saffola Gold	5ltr	1000	890	945	8
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	400	437	6
Soyabean oil	Natural Gold	3.75ltr	440	440	440	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	400	400	400	1

Note: 10 total shops

Table 4. Prices of Essential Commodities in December, 2024: Gasa

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Nawab	26kg	1450	1400	1417	3
Surekha Rice	SK Gold	26kg	1100	1050	1075	2
Sortex Rice	Raj Bhog Kumar	26kg	1380	1300	1352	5
Flour (Atta)	Amrit Bhog	1kg	60	55	59	5
Flour (Maida)	Amrit Bhog	1kg	60	55	59	5
Dal	Masoor	1kg	120	110	118	4
Instant Noodle	Koka (Chicken Flavour)	85g	45	40	41	5
Instant Noodle	Maggi (Masala)	75g	15	12.5	13	5
Instant Noodle	Wai Wai (Chicken)	75g	15	12.5	13	5
Toned Milk	Amul Taaza	1 ltr	80	75	76	4
Toned Milk	Keventer	1 ltr	85	75	80	2
Processed Butter	Amul	500g	290	280	285	4
Processed Cheese	Amul Cheese Block	1kg	590	580	585	2
Processed Cheese	Britannia Cheese Block	1kg	590	560	570	5
Egg	Local	1 tray (30 eggs)	310	290	300	4
Refined Sugar	Amrit Gold Crystal Sugar	750g	55	50	52	3
Coffee	Nescafe Classic	90gm	395	380	388	2
Salt	Everyday	1kg	25	20	21	5
Salt	Saffola	1kg	60	55	59	4
Soyabean oil	Saffola Gold	5ltr	1000	1000	1000	1
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	480	450	460	3

Note: 5 total shops

Table 5. Prices of Essential Commodities in December, 2024: Haa

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychum Chogjur	20kg	1400	1200	1300	6
Basmati Rice	Nawab	20kg	1380	1380	1380	1
Basmati Rice	Tibar	26kg	1480	1400	1440	4
Surekha Rice	SK Gold	26kg	1080	1000	1040	4
Basmati Rice	Dubar	26kg	1300	1200	1250	8
Sortex Rice	Raj Bhog Kumar	26kg	1350	1280	1315	8
Flour (Atta)	Amrit Bhog	1kg	60	50	55	8
Flour (Maida)	Amrit Bhog	1kg	60	50	55	9
Dal	Moong	1kg	120	120	120	2
Dal	Masoor	1kg	130	100	115	11
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	11
Instant Noodle	Maggi (Masala)	75g	15	10	13	11
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	11
Toned Milk	Amul Taaza	1 ltr	80	70	75	9
Toned Milk	Keventer	1 ltr	75	70	73	3
Processed Butter	Amul	500g	295	280	288	11
Processed Cheese	Amul Cheese Block	1kg	560	550	555	2
Processed Cheese	Britannia Cheese Block	1kg	590	550	570	11
Egg	Local	1 tray (30 eggs)	300	260	280	10
Milk Powder	Everyday/ Nestle	400g	235	220	228	7
Tea Leaves	Taro Taza Gold	500g	295	250	273	6
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	50	50	11
Coffee	Nescafe Classic	90gm	410	350	380	6
Salt	Everyday	1kg	25	15	20	11
Salt	Saffola	1kg	60	45	53	7
Soyabean oil	Saffola Gold	5ltr	1000	880	940	4
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	480	440	460	5
Soyabean oil	Natural Gold	3.75ltr	480	480	480	1

Note: 10 total shops

Table 6. Prices of Essential Commodities in December, 2024: Paro

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychem Chogjur	20kg	1420	1340	1381	11
Basmati Rice	Tibar	26kg	1450	1350	1391	11
Surekha Rice	SK Gold	25kg	950	950	950	1
Surekha Rice	SK Gold	26kg	1050	950	1030	8
Basmati Rice	Dubar	26kg	1300	1180	1236	10
Sortex Rice	Raj Bhog Kumar	26kg	1350	1250	1310	11
Flour (Atta)	Amrit Bhog	1kg	60	50	58	13
Flour (Maida)	Amrit Bhog	1kg	65	50	59	15
Dal	Moong	1kg	145	110	131	4
Dal	Masoor	1kg	140	100	116	13
Instant Noodle	Koka (Chicken Flavour)	85g	45	35	38	14
Instant Noodle	Maggi (Masala)	75g	15	10	10	15
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	15
Toned Milk	Amul Taaza	1 ltr	75	70	75	15
Toned Milk	Keventer	1 ltr	75	70	73	3
Processed Butter	Amul	500g	295	285	292	15
Processed Cheese	Amul Cheese Block	1kg	590	550	561	8
Processed Cheese	Britannia Cheese Block	1kg	590	500	563	15
Egg	Local	1 tray (30 eggs)	280	250	272	13
Milk Powder	Everyday/ Nestle	400g	235	220	230	11
Tea Leaves	Taro Taza Gold	500g	290	275	288	12
Refined Sugar	Amrit Gold Crystal Sugar	750g	60	45	51	13
Coffee	Nescafe Classic	90gm	480	20	367	13
Salt	Everyday	1kg	20	15	20	15
Salt	Saffola	1kg	60	50	56	11
Soyabean oil	Saffola Gold	5ltr	1020	950	980	10
Soyabean oil	Natural Gold	3.75ltr	480	450	470	3

Note: 15 total shops

Table 7. Prices of Essential Commodities in December, 2024: Lhuntse

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychum Chogjur	20kg	1450	1300	1413	4
Basmati Rice	Nawab	20kg	1350	1350	1350	2
Basmati Rice	Nawab	26kg	1400	1400	1400	1
Basmati Rice	Tibar	26 kg	1500	1500	1500	2
Basmati Rice	Dubar	25kg	1300	1000	1100	4
Sortex Rice	Raj Bhog Kumar	26kg	1500	1350	1400	4
Flour (Atta)	Amrit Bhog	1kg	60	50	58	4
Flour (Maida)	Amrit Bhog	1kg	60	60	60	4
Dal	Moong	1kg	140	130	135	4
Dal	Masoor	1kg	140	140	140	2
Instant Noodle	Koka (Chicken Flavour)	85g	40	40	40	4
Instant Noodle	Maggi (Masala)	75g	12	10	11	4
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	4
Toned Milk	Amul Taaza	1 ltr	80	70	76	4
Toned Milk	Keventer	1 ltr	80	70	76	4
Processed Butter	Amul	500g	295	275	288	3
Processed Cheese	Amul Cheese Block	1kg	575	575	575	1
Processed Cheese	Britannia Cheese Block	1kg	600	575	589	4
Egg	Local	1 tray (30 eggs)	380	350	365	4
Milk Powder	Everyday/ Nestle	400g	250	210	235	4
Tea Leaves	Taro Taza Gold	500g	290	290	290	2
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	50	50	4
Coffee	Nescafe Classic	90gm	410	350	380	4
Salt	Everyday	1kg	25	20	22	4
Salt	Saffola	1kg	50	50	50	4
Soyabean oil	Saffola Gold	5ltr	1000	1000	1000	3
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	480	450	472	4
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	450	450	450	1

Note: 4 total shops

Table 8. Prices of Essential Commodities in December, 2024: Mongar

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychum Chogjur	20kg	1480	1400	1440	10
Basmati Rice	Nawab	20kg	1450	1350	1400	8
Basmati Rice	Tibar	26kg	1550	1450	1500	12
Surekha Rice	SK Gold	26kg	1420	1280	1350	7
Basmati Rice	Dubar	25kg	1100	1080	1090	4
Basmati Rice	Dubar	26kg	1350	1050	1200	9
Sortex Rice	Raj Bhog Kumar	26kg	1450	1270	1360	12
Flour (Atta)	Amrit Bhog	1kg	60	50	55	12
Flour (Maida)	Amrit Bhog	1kg	60	50	55	12
Dal	Moong	1kg	150	120	135	5
Dal	Masoor	1kg	130	90	110	10
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	12
Instant Noodle	Maggi (Masala)	75g	12	10	11	12
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	12
Toned Milk	Amul Taaza	1 ltr	80	75	78	12
Toned Milk	Keventer	1 ltr	80	75	78	11
Processed Butter	Amul	500g	295	285	290	8
Processed Cheese	Britannia Cheese Block	1kg	590	550	570	12
Egg	Local	1 tray (30 eggs)	390	330	360	11
Milk Powder	Everyday/ Nestle	400g	240	230	235	12
Tea Leaves	Taro Taza Gold	500g	290	290	290	11
Tea Leaves	Brooke Bond Red Label	500g	250	250	250	2
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	48	11
Coffee	Nescafe Classic	90gm	410	330	370	9
Salt	Everyday	1kg	20	20	20	12
Salt	Saffola	1kg	60	50	55	11
Soyabean oil	Saffola Gold	5ltr	1000	990	995	11
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	500	430	465	11

Note: 12 total shops

Table 9. Prices of Essential Commodities in December, 2024: Trashi Yangtse

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Nawab	20kg	1500	1450	1475	3
Basmati Rice	Tibar	26kg	1500	1200	1350	3
Surekha Rice	SK Gold	26kg	1700	1700	1700	1
Basmati Rice	Dubar	26kg	1100	1080	1090	3
Sortex Rice	Raj Bhog Kumar	26kg	1380	1350	1365	5
Flour (Atta)	Amrit Bhog	1kg	60	50	55	5
Flour (Maida)	Amrit Bhog	1kg	60	50	55	5
Dal	Moong	1kg	100	100	100	1
Dal	Masoor	1kg	120	110	115	4
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	37.5	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	4
Toned Milk	Keventer	1 ltr	80	75	77.5	3
Processed Butter	Amul	500g	295	295	295	2
Processed Cheese	Britannia Cheese Block	1kg	590	560	575	5
Egg	Local	1 tray (30 eggs)	360	330	345	5
Milk Powder	Everyday/ Nestle	400g	240	235	237	5
Tea Leaves	Taro Taza Gold	500g	290	290	290	3
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	50	50	5
Coffee	Nescafe Classic	90gm	410	350	380	3
Salt	Everyday	1kg	20	20	20	5
Salt	Saffola	1kg	60	60	60	4
Soyabean oil	Saffola Gold	5ltr	1000	1000	1000	3
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	490	450	470	5
Soyabean oil	Natural Gold	5ltr	750	750	750	1

Note: 5 total shops

Table 10. Prices of Essential Commodities in December, 2024: Trashigang

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheyechum Chogjur	20kg	1450	1400	1425	2
Basmati Rice	Nawab	20kg	1380	1380	1380	1
Basmati Rice	Tibar	26kg	1480	1460	1470	2
Surekha Rice	SK Gold	26kg	1400	1150	1275	2
Sortex Rice	Raj Bhog Kumar	25kg	1400	1400	1400	1
Sortex Rice	Raj Bhog Kumar	26kg	1350	1300	1325	3
Flour (Atta)	Amrit Bhog	1kg	60	50	55	5
Flour (Maida)	Amrit Bhog	1kg	60	45	53	6
Dal	Moong	1kg	120	120	120	1
Dal	Masoor	1kg	145	100	123	6
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	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	85	75	80	5
Toned Milk	Keventer	1 ltr	80	75	78	8
Processed Butter	Amul	500g	295	295	295	1
Processed Cheese	Britannia Cheese Block	1kg	590	550	570	5
Egg	Local	1 tray (30 eggs)	360	300	330	7
Milk Powder	Everyday/ Nestle	400g	235	230	233	5
Tea Leaves	Taro Taza Gold	500g	280	270	275	5
Tea Leaves	Brooke Bond Red Label	500g	255	255	255	1
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	48	6
Coffee	Nescafe Classic	90gm	410	350	380	2
Salt	Everyday	1kg	20	15	18	7
Salt	Saffola	1kg	60	50	55	7
Soyabean oil	Saffola Gold	5ltr	1000	950	975	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	545	450	498	6

Note: 7 total shops

Table 11. Prices of Essential Commodities in December, 2024: Gelephu

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Tibar	26kg	1340	1300	1320	5
Surekha Rice	SK Gold	26kg	1340	1300	1320	5
Basmati Rice	Dubar	26kg	940	930	935	5
Sortex Rice	Raj Bhog Kumar	25kg	1180	1180	1180	1
Sortex Rice	Raj Bhog Kumar	26kg	1300	1080	1190	5
Flour (Atta)	Amrit Bhog	1kg	55	50	52	5
Flour (Maida)	Amrit Bhog	1kg	55	50	52	5
Dal	Moong	1kg	125	120	122	5
Dal	Masoor	1kg	110	90	100	5
Instant Noodle	Koka (Chicken Flavour)	85g	35	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	70	70	70	3
Toned Milk	Keventer	1 ltr	75	70	72	5
Processed Butter	Amul	500g	280	265	272	3
Processed Cheese	Britannia Cheese Block	1kg	570	550	560	5
Egg	Local	1 tray (30 eggs)	225	220	222	2
Milk Powder	Everyday/ Nestle	400g	240	230	235	5
Tea Leaves	Taro Taza Gold	500g	290	230	260	5
Tea Leaves	Brooke Bond Red Label	500g	230	230	230	1
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	47	5
Coffee	Nescafe Classic	90gm	350	350	350	5
Salt	Everyday	1kg	15	10	12	5
Salt	Saffola	1kg	50	50	50	5
Soyabean oil	Saffola Gold	5ltr	960	900	930	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	380	370	375	5
Soyabean oil	Natural Gold	5ltr	700	700	700	1
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	380	370	375	5

Note: 5 total shops

Table 12. Prices of Essential Commodities in December, 2024: Zhemgang

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychum Chogjur	20kg	1400	1300	1350	3
Basmati Rice	Tibar	26kg	1430	1380	1405	4
Surekha Rice	SK Gold	26kg	1430	1380	1405	3
Basmati Rice	Dubar	26kg	1120	980	1050	5
Sortex Rice	Raj Bhog Kumar	26kg	1340	1230	1285	5
Flour (Atta)	Amrit Bhog	1kg	60	50	55	5
Flour (Maida)	Amrit Bhog	1kg	60	50	55	5
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	80	75	78	5
Toned Milk	Keventer	1 ltr	80	70	75	4
Processed Butter	Amul	500g	285	285	285	4
Processed Cheese	Amul Cheese Block	1kg	550	550	550	1
Processed Cheese	Britannia Cheese Block	1kg	590	570	580	5
Egg	Local	1 tray (30 eggs)	300	250	275	5
Milk Powder	Everyday/ Nestle	400g	250	230	240	5
Tea Leaves	Taro Taza Gold	500g	270	270	270	4
Tea Leaves	Brooke Bond Red Label	500g	275	275	275	1
Refined Sugar	Amrit Gold Crystal Sugar	750g	60	50	55	5
Coffee	Nescafe Classic	90gm	350	350	350	2
Salt	Everyday	1kg	20	15	18	5
Salt	Saffola	1kg	50	50	50	5
Soyabean oil	Saffola Gold	5ltr	1080	980	1030	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	400	425	5
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	450	400	425	5

Note: 5 total shops

Table 13. Prices of Essential Commodities in December, 2024: Sarpang

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychem Chogjur	20kg	1320	1320	1320	1
Basmati Rice	Tibar	26kg	1340	1330	1333	4
Surekha Rice	SK Gold	26kg	1330	1330	1330	2
Basmati Rice	Dubar	26kg	1120	960	1020	5
Sortex Rice	Raj Bhog Kumar	26kg	1320	1250	1294	5
Flour (Atta)	Amrit Bhog	1kg	60	50	54	5
Flour (Maida)	Amrit Bhog	1kg	60	50	54	5
Dal	Moong	1kg	130	120	125	2
Dal	Masoor	1kg	120	100	111	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)	285	240	268	3
Milk Powder	Everyday/ Nestle	400g	260	230	240	4
Tea Leaves	Taro Taza Gold	500g	295	290	292	3
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	48	5
Coffee	Nescafe Classic	90gm	350	350	350	5
Salt	Everyday	1kg	15	15	15	5
Salt	Saffola	1kg	50	50	50	5
Soyabean oil	Saffola Gold	5ltr	1000	1000	1000	1
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	420	400	406	5
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	410	400	402	5

Note: 5 total shops

Table 14. Prices of Essential Commodities in December, 2024: Tsirang

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheyichum Chogjur	20kg	1350	1320	1335	3
Basmati Rice	Tibar	26kg	1380	1320	1350	5
Surekha Rice	SK Gold	26kg	1380	1320	1350	4
Basmati Rice	Dubar	26kg	1120	980	1050	5
Sortex Rice	Raj Bhog Kumar	26kg	1320	1280	1300	5
Flour (Atta)	Amrit Bhog	1kg	60	55	58	5
Flour (Maida)	Amrit Bhog	1kg	60	55	58	5
Dal	Moong	1kg	140	120	130	2
Dal	Masoor	1kg	130	100	115	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	73	4
Processed Butter	Amul	500g	285	285	285	3
Processed Cheese	Amul Cheese Block	1kg	530	520	525	2
Processed Cheese	Britannia Cheese Block	1kg	570	550	560	5
Egg	Local	1 tray (30 eggs)	280	280	280	2
Milk Powder	Everyday/ Nestle	400g	245	230	238	5
Tea Leaves	Taro Taza Gold	500g	290	275	283	5
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	48	5
Coffee	Nescafe Classic	90gm	350	350	350	3
Salt	Everyday	1kg	20	15	18	5
Salt	Saffola	1kg	50	50	50	4
Soyabean oil	Saffola Gold	5ltr	1020	930	975	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	400	370	385	5
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	400	350	375	5

Note: 5 total shops

Table 15. Prices of Essential Commodities in December, 2024: Dagana

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Tibar	26kg	1500	1340	1420	4
Surekha Rice	SK Gold	25kg	950	1500	1500	1
Surekha Rice	SK Gold	26kg	1360	1330	1345	2
Basmati Rice	Dubar	26kg	1080	1000	1040	5
Sortex Rice	Raj Bhog Kumar	26kg	1350	1300	1325	5
Flour (Atta)	Amrit Bhog	1kg	60	55	58	5
Flour (Maida)	Amrit Bhog	1kg	60	55	58	5
Dal	Masoor	1kg	120	110	115	5
Instant Noodle	Koka (Chicken Flavour)	85g	40	40	40	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	75	65	70	4
Processed Butter	Amul	500g	285	285	285	3
Processed Cheese	Britannia Cheese Block	1kg	590	570	580	5
Egg	Local	1 tray (30 eggs)	300	290	295	3
Milk Powder	Everyday/ Nestle	400g	240	230	235	3
Tea Leaves	Taro Taza Gold	500g	290	280	285	3
Refined Sugar	Amrit Gold Crystal Sugar	750g	55	50	53	5
Coffee	Nescafe Classic	90gm	350	350	350	2
Salt	Everyday	1kg	20	15	18	5
Salt	Saffola	1kg	50	50	50	2
Soyabean oil	Saffola Gold	5ltr	1020	950	985	3
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	400	425	5
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	450	400	425	5

Note: 5 total shops

Table 16. Prices of Essential Commodities in December, 2024: Samdrup Jongkhar

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychem Chogjur	20kg	1350	1350	1350	4
Basmati Rice	Nawaab	20kg	1400	1250	1325	2
Basmati Rice	Tibar	25 kg	1500	1350	1425	2
Basmati Rice	Tibar	26kg	1510	1400	1455	10
Surekha Rice	SK Gold	25kg	1000	900	950	3
Surekha Rice	SK Gold	26kg	1190	1000	1095	10
Basmati Rice	Dubar	25kg	800	800	800	2
Basmati Rice	Dubar	26kg	1100	910	1005	3
Sortex Rice	Raj Bhog Kumar	25kg	1300	1200	1250	1
Sortex Rice	Raj Bhog Kumar	26kg	1350	1300	1325	12
Flour (Atta)	Amrit Bhog	1kg	60	40	50	13
Flour (Maida)	Amrit Bhog	1kg	60	40	50	13
Dal	Moong	1kg	110	100	105	1
Dal	Masoor	1kg	120	85	102	13
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	37	14
Instant Noodle	Maggi (Masala)	75g	10	10	10	15
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	15
Toned Milk	Amul Taaza	1 ltr	80	65	72	9
Toned Milk	Keventer	1 ltr	80	70	75	12
Processed Butter	Amul	500g	290	280	285	6
Processed Cheese	Amul Cheese Block	1kg	590	540	565	6
Processed Cheese	Britannia Cheese Block	1kg	580	530	555	11
Egg	Local	1 tray (30 eggs)	320	280	300	13
Milk Powder	Everyday/ Nestle	400g	235	225	230	12
Tea Leaves	Taro Taza Gold	500g	290	270	280	11
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	47	10
Coffee	Nescafe Classic	90gm	410	350	380	6
Salt	Everyday	1kg	20	15	17	9
Salt	Saffola	1kg	60	50	55	13
Soyabean oil	Saffola Gold	5ltr	990	850	920	11
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	480	490	470	11
Soyabean oil	Natural Gold	5ltr	690	690	690	1

Note: 15 total shops

Table 17. Prices of Essential Commodities in December, 2024: Pema Gatshel

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheyichum Chogjur	20kg	1420	1360	1390	3
Basmati Rice	Nawaab	20kg	1450	1220	1335	2
Basmati Rice	Tibar	25 kg	1530	1500	1515	2
Basmati Rice	Tibar	26kg	1500	1280	1390	5
Surekha Rice	SK Gold	25kg	1180	1180	1180	1
Surekha Rice	SK Gold	26kg	1400	1200	1300	2
Basmati Rice	Dubar	25kg	950	950	950	1
Basmati Rice	Dubar	26kg	940	940	940	1
Sortex Rice	Raj Bhog Kumar	25kg	1300	1280	1290	2
Sortex Rice	Raj Bhog Kumar	26kg	1290	1200	1245	6
Flour (Atta)	Amrit Bhog	1kg	55	40	48	7
Flour (Maida)	Amrit Bhog	1kg	60	40	50	8
Dal	Moong	1kg	110	100	105	3
Dal	Masoor	1kg	120	90	105	6
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	15	10	13	9
Toned Milk	Amul Taaza	1 ltr	75	75	75	5
Toned Milk	Keventer	1 ltr	80	70	75	7
Processed Butter	Amul	500g	295	275	285	3
Processed Cheese	Amul Cheese Block	1kg	590	550	570	5
Processed Cheese	Britannia Cheese Block	1kg	580	550	565	5
Egg	Local	1 tray (30 eggs)	320	280	300	8
Milk Powder	Everyday/ Nestle	400g	235	225	330	6
Tea Leaves	Taro Taza Gold	500g	290	280	285	6
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	45	48	8
Coffee	Nescafe Classic	90gm	410	350	380	2
Salt	Everyday	1kg	20	15	18	8
Salt	Saffola	1kg	60	50	55	8
Soyabean oil	Saffola Gold	5ltr	1000	950	975	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	480	440	460	8
Soyabean oil	Natural Gold	5ltr	750	460	605	3

Note: 9 total shops

Table 18. Prices of Essential Commodities in December, 2024: Trongsa

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychem Chogjur	20kg	1450	1400	1425	4
Basmati Rice	Nawaab	20kg	1480	1480	1480	4
Basmati Rice	Tibar	26kg	1580	1300	1440	6
Surekha Rice	SK Gold	26kg	1200	980	1090	6
Basmati Rice	Dubar	26kg	1350	1300	1325	3
Sortex Rice	Raj Bhog Kumar	26kg	1430	1280	1355	8
Flour (Atta)	Amrit Bhog	1kg	60	55	58	8
Flour (Maida)	Amrit Bhog	1kg	65	55	60	9
Dal	Moong	1kg	130	60	95	4
Dal	Masoor	1kg	135	95	115	6
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	9
Instant Noodle	Maggi (Masala)	75g	15	10	13	9
Instant Noodle	Wai Wai (Chicken)	75g	15	10	13	9
Toned Milk	Amul Taaza	1 ltr	80	75	78	8
Toned Milk	Keventer	1 ltr	75	70	73	3
Processed Butter	Amul	500g	395	230	313	8
Processed Cheese	Amul Cheese Block	1kg	590	490	540	4
Processed Cheese	Britannia Cheese Block	1kg	590	550	570	6
Egg	Local	1 tray (30 eggs)	350	260	305	8
Milk Powder	Everyday/ Nestle	400g	235	230	223	2
Tea Leaves	Taro Taza Gold	500g	295	250	273	3
Tea Leaves	Brooke Bond Red Label	500g	255	255	255	1
Refined Sugar	Amrit Gold Crystal Sugar	750g	60	45	53	6
Coffee	Nescafe Classic	90gm	375	350	365	2
Salt	Everyday	1kg	25	20	23	8
Salt	Saffola	1kg	60	50	55	6
Soyabean oil	Saffola Gold	5ltr	1000	750	875	4
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	500	450	475	8
Soyabean oil	Natural Gold	5ltr	750	700	725	2
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	450	450	450	1

Note: 9 total shops

Table 19. Prices of Essential Commodities in December, 2024: Bumthang

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychum Chogjur	20kg	1440	1360	1400	6
Basmati Rice	Nawaab	20kg	1350	1250	1300	2
Basmati Rice	Tibar	26 kg	1440	1300	1370	7
Surekha Rice	SK Gold	25kg	1025	980	1003	6
Surekha Rice	SK Gold	26kg	1250	1025	1138	5
Basmati Rice	Dubar	26kg	1300	1200	1300	2
Sortex Rice	Raj Bhog Kumar	26kg	1400	1300	1350	3
Flour (Atta)	Amrit Bhog	1kg	70	50	60	8
Flour (Maida)	Amrit Bhog	1kg	70	50	60	7
Dal	Moong	1kg	130	130	130	2
Dal	Masoor	1kg	130	110	120	7
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	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	75	75	75	8
Toned Milk	Keventer	1 ltr	75	75	75	3
Processed Butter	Amul	500g	295	270	283	6
Processed Cheese	Britannia Cheese Block	1kg	550	520	535	7
Egg	Local	1 tray (30 eggs)	290	280	285	7
Tea Leaves	Taro Taza Gold	500g	290	270	280	5
Tea Leaves	Brooke Bond Red Label	500g	280	280	280	2
Refined Sugar	Amrit Gold Crystal Sugar	750g	60	45	53	5
Coffee	Nescafe Classic	90gm	410	350	380	3
Salt	Everyday	1kg	20	20	20	8
Salt	Saffola	1kg	60	40	50	6
Soyabean oil	Saffola Gold	5ltr	1100	920	1010	6
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	400	425	6
Soyabean oil	Natural Gold	5ltr	1000	730	865	2
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	450	440	445	3
Basmati Rice	Zheychum Chogjur	20kg	1440	1360	1400	6
Basmati Rice	Nawaab	20kg	1350	1250	1300	2
Basmati Rice	Tibar	26 kg	1440	1300	1370	7

Note: 8 total shops

Table 20. Prices of Essential Commodities in December, 2024: Samtse

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychum Chogjur	20kg	1350	1350	1350	1
Basmati Rice	Nawaab	20kg	1250	1250	1250	2
Basmati Rice	Tibar	25 kg	1350	1350	1350	1
Basmati Rice	Tibar	26kg	1420	1320	1373	3
Basmati Rice	Dubar	25kg	1150	1100	1125	2
Basmati Rice	Dubar	26kg	1200	1120	1160	5
Surekha Rice	SK Gold	25kg	1050	870	964	5
Surekha Rice	SK Gold	26kg	1050	900	980	6
Sortex Rice	Raj Bhog Kumar	26kg	1300	1200	1263	7
Flour	Amrit Bhog Atta	1kg	60	50	53	11
Flour	Amrit Bhog Maida	1kg	60	50	54	10
Dal	Moong	1kg	150	70	121	8
Dal	Masoor	1kg	120	60	106	11
Instant Noodle	Koka (Chicken Flavour)	85gm	40	35	36	10
Instant Noodle	Maggi (Masala)	75gm	10	10	10	9
Instant Noodle	Wai Wai (Chicken)	75gm	10	10	10	10
Toned Milk	Amul Taaza	1 ltr	75	70	74	8
Processed Butter	Amul Butter	500gm	295	270	284	9
Processed Cheese	Amul Cheese Block	1kg	560	520	544	5
Processed Butter	Britannia Cheese Block	1kg	580	540	549	9
Egg	Local Egg	1 tray (30 eggs)	300	250	260	11
Milk Powder	Everyday/ Nestle	400gm	235	220	228	10
Tea Leaves	Taro Taza Gold	500gm	290	290	290	5
Refined Sugar	Amrit Gold Crystal Sugar	750gm	50	45	48	10
Coffee	Nescafe Classic	90gm	550	350	450	8
Salt	Everyday	1kg	25	15	2	9
Salt	Saffola	1kg	60	50	54	8
Soyabean Oil	Saffola Gold	5ltr	1000	850	940	9
Soyabean Oil	Bengal Gold Refine Oil	3.75ltr	465	430	446	11
Soyabean Oil	Shudh Refined	3.75ltr	450	450	450	2

Note: 10 total shops

Table 21. Prices of Essential Commodities in December, 2024: Chhukha

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychum Chogjur	20kg	1380	1320	1353	4
Basmati Rice	Nawaab	20kg	1230	1100	1169	5
Basmati Rice	Tibar	26kg	1380	1270	1339	9
Basmati Rice	Dubar	26kg	1200	1060	1127	9
Surekha Rice	SK Gold	25kg	950	840	893	5
Surekha Rice	SK Gold	26kg	980	950	962	5
Sortex Rice	Raj Bhog Kumar	26kg	1320	1120	1244	7
Flour	Amrit Bhog Atta	1kg	60	49	56	7
Flour	Amrit Bhog Maida	1kg	60	49	56	7
Dal	Moong	1kg	170	130	147	5
Dal	Masoor	1kg	135	95	114	7
Instant Noodle	Koka (Chicken Flavour)	85gm	35	35	35	6
Instant Noodle	Maggi (Masala)	75gm	10	10	10	7
Instant Noodle	Wai Wai (Chicken)	75gm	10	10	10	7
Toned Milk	Amul Taaza	1 ltr	75	70	74	7
Toned Milk	Keventer	1 ltr	65	65	65	1
Processed Butter	Amul Butter	500gm	295	275	288	6
Processed Cheese	Amul Cheese Block	1kg	583	550	561	5
Processed Cheese	Britannia Cheese Block	1kg	580	540	560	9
Egg	Local Egg	1 tray (30 eggs)	310	280	300	5
Milk Powder	Everyday/ Nestle	400gm	435	225	260	7
Tea Leaves	Taro Taza Gold	500gm	280	260	269	5
Tea Leaves	Brooke Bond Red Label	500gm	289	289	289	1
Refined Sugar	Amrit Gold Crystal Sugar	750gm	55	45	49	7
Coffee	Nescafe Classic	90gm	440	340	379	4
Salt	Everyday	1kg	20	10	15	6
Salt	Saffola	1kg	60	40	50	8
Soyabean Oil	Saffola Gold	5ltr	950	870	921	7
Soyabean Oil	Bengal Gold Refine Oil	3.75ltr	480	440	458	5
Soyabean Oil	Natural Gold	5ltr	680	460	540	4
Soyabean Oil	Shudh Refined	3.75ltr	460	440	450	4

Note: 9 total shops

Table 22. Prices of Essential Commodities in December, 2024: Phuentsholing

Product	Brand/Trade Name	Unit	Highest	Lowest	Average	Price Averaged from no. of Shops
Basmati Rice	Zheychem Chogjur	20kg	1400	1320	1369	7
Basmati Rice	Nawaab	20kg	1300	1200	1267	3
Basmati Rice	Tibar	26kg	1500	1320	1390	5
Basmati Rice	Dubar	25kg	1150	1120	1135	2
Basmati Rice	Dubar	26kg	1300	1150	1206	5
Surekha Rice	SK Gold	25kg	1000	900	930	4
Surekha Rice	SK Gold	26kg	1100	1000	1050	4
Sortex Rice	Raj Bhog Kumar	26kg	1350	1250	1276	5
Flour	Amrit Bhog Atta	1kg	60	50	56	9
Flour	Amrit Bhog Maida	1kg	60	50	56	9
Dal	Moong	1kg	150	110	127	3
Dal	Masoor	1kg	120	80	107	9
Instant Noodle	Koka (Chicken Flavour)	85gm	40	33	36	9
Instant Noodle	Maggi (Masala)	75gm	10	10	10	9
Instant Noodle	Wai Wai (Chicken)	75gm	10	10	10	9
Toned Milk	Amul Taaza	1 ltr	80	70	76	8
Processed Butter	Amul Butter	500gm	295	280	289	8
Processed Cheese	Amul Cheese Block	1kg	580	530	561	7
Processed Cheese	Britannia Cheese Block	1kg	580	530	558	8
Egg	Local Egg	1 tray (30 eggs)	350	300	311	9
Milk Powder	Everyday/ Nestle	400gm	440	220	266	6
Tea Leaves	Taro Taza Gold	500gm	290	250	272	6
Refined Sugar	Amrit Gold Crystal Sugar	750gm	50	40	47	9
Coffee	Nescafe Classic	90gm	400	350	375	8
Salt	Everyday	1kg	20	10	15	9
Salt	Saffola	1kg	60	50	54	9
Soyabean Oil	Saffola Gold	5ltr	1050	850	945	8
Soyabean Oil	Bengal Gold Refine Oil	3.75ltr	480	430	460	8
Soyabean Oil	Natural Gold	5ltr	720	680	700	2
Soyabean Oil	Shudh Refined	3.75ltr	480	450	467	3

Note: 9 total shops