

QUARTERLY MARKET PRICE OF ESSENTIAL GOODS

Introduction

Price serves as a fundamental basis for comparison among consumers. When making purchasing decisions, consumers often compare the prices of similar products or services to evaluate which option offers the best value for their money. Price comparisons enable consumers to assess affordability, identify potential cost savings, and make informed choices based on their budget and preferences.

Additionally, businesses themselves rely on price comparisons to stay competitive within their market, ensuring their pricing strategies align with or differentiate from their competitor's offerings. While frequent price information of major products and services in all places would be ideal, price collection and reporting costs money; and therefore, it is a compromise between costs and benefits.

While it is the Competition & Consumer Affairs Authority's (CCAA) vision to have more comprehensive price information in the future; for now, the CCAA is pleased to share quarterly price information of major essential food commodities in all Dzongkhag towns.

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

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1330	1200	1265	6
Basmati Rice	Tibar	26kg	1550	1390	1470	7
Basmati Rice	Dubar	26kg	1350	1190	1270	5
Sortex Rice	Raj Bhog Kumar	26kg	1200	1150	1175	10
Dal	Masoor	1kg	110	80	95	11
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	10
Instant Noodle	Maggi (Masala)	75g	10	10	10	11
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	11
Toned Milk	Amul Taaza	1 ltr	80	70	75	6
Toned Milk	Keventer	1 ltr	80	75	78	5
Processed Butter	Amul	500g	285	270	278	6
Processed Cheese	Britannia Cheese Block	1kg	580	530	555	11
Egg	Local	1 tray (30 eggs)	450	410	430	8
Milk Powder	Everyday/ Nestle	400g	220	215	218	6
Salt	Everyday	1kg	15	10	13	6
Salt	Saffola	1kg	60	50	55	9
Soyabean oil	Saffola Gold	5ltr	1000	850	925	8

Note: Total no. of shop 11

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

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1380	1350	1365	4
Sortex Rice	Raj Bhog Kumar	26kg	1350	1250	1300	6
Dal	Masoor	1kg	110	90	100	7
Instant Noodle	Koka (Chicken Flavour)	85g	45	35	40	7
Instant Noodle	Maggi (Masala)	75g	12	10	11	7
Instant Noodle	Wai Wai (Chicken)	75g	13	10	11	7
Toned Milk	Amul Taaza	1 ltr	75	70	73	4
Toned Milk	Keventer	1 ltr	75	70	73	3
Processed Cheese	Britannia Cheese Block	1kg	590	550	570	6
Egg	Local	1 tray (30 eggs)	480	360	420	7

Note: Total no. of shops 7

Table 3. Price of Essential Commodities in March, 2024: Gasa

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Sortex Rice	Raj Bhog Kumar	26kg	1400	1350	1365	4
Flour (Atta)	Amrit Bhog	1kg	65	60	61	4
Flour (Maida)	Amrit Bhog	1kg	65	60	61	4
Dal	Masoor	1kg	135	100	116	4
Instant Noodle	Koka (Chicken Flavour)	85g	40	40	40	4
Instant Noodle	Maggi (Masala)	75g	15	12.5	14	4
Instant Noodle	Wai Wai (Chicken)	75g	15	12.5	14	4
Toned Milk	Amul Taaza	1 ltr	80	75	79	4
Processed Butter	Amul	500g	290	285	287	3
Processed Cheese	Britannia Cheese Block	1kg	580	560	568	4
Egg	Local	1 tray (30 eggs)	510	450	480	4
Refined Sugar	Amrit Gold Crystal Sugar	700g	65	50	59	4
Salt	Everyday	1kg	25	20	21	4
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	550	500	533	3

Note: Total no. of shops 4

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

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1450	1340	1390	3
Surekha Rice	SK Gold	26kg	1200	1000	1113	5
Basmati Rice	Dubar	26kg	1320	1270	1297	3
Sortex Rice	Raj Bhog Kumar	26kg	1350	1320	1340	3
Flour (Atta)	Amrit Bhog	1kg	60	50	53	4
Flour (Maida)	Amrit Bhog	1kg	60	50	52.5	4
Dal	Masoor	1kg	130	100	112.5	4
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	37.5	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	75	75	6
Processed Butter	Amul	500g	285	275	279	4
Processed Cheese	Amul Cheese Block	1kg	580	550	560	3
Processed Cheese	Britannia Cheese Block	1kg	590	550	565	6
Egg	Local	1 tray (30 eggs)	480	450	474	7
Tea Leaves	Taro Taza Gold	500g	290	260	275	3
Refined Sugar	Amrit Gold Crystal Sugar	750g	50	50	50	3
Coffee	Nescafe Classic	90gm	355	350	352	3
Salt	Everyday	1kg	20	20	20	5
Salt	Saffola	1kg	50	45	49	4
Soyabean oil	Saffola Gold	5ltr	1000	800	935	4
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	440	380	402	4

Note: Total no. of shops 7

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

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1450	1350	1391	8
Basmati Rice	Nawab	20kg	1550	1350	1402	5
Basmati Rice	Tibar	26kg	1650	1400	1476	7
Flour (Atta)	Amrit Bhog	1kg	60	51	57	9
Flour (Maida)	Amrit Bhog	1kg	65	51	57	8
Dal	Masoor	1kg	150	100	115	8
Instant Noodle	Koka (Chicken Flavour)	85g	55	35	41	9
Instant Noodle	Maggi (Masala)	75g	10	9	10	9
Instant Noodle	Wai Wai (Chicken)	75g	10	9	10	9
Toned Milk	Amul Taaza	1 ltr	75	70	74	9
Toned Milk	Keventer	1 ltr	77	70	72	6
Processed Butter	Amul	500g	280	275	278	5
Processed Cheese	Amul Cheese Block	1kg	575	510	538	6
Processed Cheese	Britannia Cheese Block	1kg	580	505	549	10
Egg	Local	1 tray (30 eggs)	490	460	479	9
Tea Leaves	Taro Taza Gold	500g	290	220	265	6
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	48	9
Salt	Everyday	1kg	20	15	18	10
Salt	Saffola	1kg	50	50	50	9
Soyabean oil	Saffola Gold	5ltr	990	930	960	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	400	370	387	9

Note: Total no. of shop 10

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

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1400	1360	1389	8
Surekha Rice	SK Gold	25kg	1110	980	1032	5
Flour (Atta)	Amrit Bhog	1kg	60	50	57	9
Flour (Maida)	Amrit Bhog	1kg	60	50	57	9
Dal	Masoor	1kg	130	100	113	7
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	37	10
Instant Noodle	Maggi	75g	15	10	11	10
Instant Noodle	Wai Wai	75g	15	10	11	10
Toned Milk	Amul Taaza	1 ltr	75	70	74	9
Toned Milk	Keventer	1 ltr	75	70	74	5
Processed Butter	Amul	500g	280	270	278	9
Processed Cheese	Amul Cheese Block	1kg	590	520	544	5
Processed Cheese	Britannia Cheese Block	1kg	590	520	551	7
Egg	Local	1 tray (30 eggs)	500	450	476	10
Milk Powder	Everyday/ Nestle Milk	400g	230	220	228	5
Tea Leaves	Taro Taza Gold	500g	280	250	267	6
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	49	9
Salt	Everyday Salt	1kg	20	10	18	10
Salt	Saffola Salt	1kg	50	50	50	9
Soyabean oil	Saffola Gold	5ltr	1250	880	1004	7
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	400	330	374	8

Note: Total no. of shops 10

Table 7. Price of Essential Commodities in March 2024: Trongsa

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1450	1380	1416	5
Surekha Rice	SK Gold	26kg	1150	1020	1054	6
Sortex Rice	Raj Bhog Kumar	25kg	1350	1250	1308	5
Flour (Atta)	Amrit Bhog	1kg	60	55	58	9
Flour (Maida)	Amrit Bhog	1kg	65	55	59	9
Dal	Moong	1kg	150	100	125	8
Dal	Masoor	1kg	140	100	121	9
Instant Noodle	Koka (Chicken Flavour)	85g	40	34	37	10
Instant Noodle	Maggi (Masala)	75g	12	10	10	10
Instant Noodle	Wai Wai (Chicken)	75g	15	10	10	10
Toned Milk	Amul Taaza	1 ltr	80	70	76	11
Toned Milk	Keventer	1 ltr	75	60	73	8
Processed Butter	Amul	500g	290	275	283	11
Processed Cheese	Amul Cheese Block	1kg	590	530	555	7
Processed Cheese	Britannia Cheese Block	1kg	595	530	566	10
Egg	Local	1 tray (30 eggs)	490	460	477	9
Milk Powder	Everyday/ Nestle	400g	235	200	225	5
Tea Leaves	Taro Taza Gold	500g	290	235	265	5
Refined Sugar	Amrit Gold Crystal Sugar	700g	55	45	48	11
Coffee	Nescafe Classic	90/95gm	350	340	343	6
Salt	Everyday	1kg	25	20	20	11
Salt	Saffola	1kg	60	50	51	7
Soyabean oil	Saffola Gold	5ltr	1000	950	990	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	480	370	417	9
Soyabean oil	Shudh Refined Soyabean Oil	3.75ltr	450	390	417	6

Note: Total no. of shops 11

Table 8. Price of Essential Commodities in March, 2024: Bumthang

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychum Chogjur	20kg	1450	1350	1388	9
Basmati Rice	Nawab	20kg	1590	1300	1410	4
Basmati Rice	Tibar	25kg	1450	1380	1412	5
Surekha Rice	SK Gold	25kg	1100	980	1046	5
Sortex Rice	Raj Bhog Kumar	25kg	1350	1280	1320	4
		26kg	1400	1350	1375	4
Flour (Atta)	Amrit Bhog	1kg	60	45	56	8
Flour (Maida)	Amrit Bhog	1kg	60	45	55	8
Dal	Moong	1kg	130	100	110	4
Dal	Masoor	1kg	120	100	111	8
Instant Noodle	Koka (Chicken Flavour)	85g	40	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	65	72	5
Processed Butter	Amul	500g	285	280	281	8
Processed Cheese	Britannia Cheese Block	1kg	570	520	537	9
Egg	Local	1 tray (30 eggs)	490	460	474	8
Tea Leaves	Taro Taza Gold	500g	290	280	284	4
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	46	9
Salt	Everyday	1kg	20	20	20	9
Salt	Saffola	1kg	50	50	50	7
Soyabean oil	Saffola Gold	5ltr	1000	950	984	8
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	400	380	384	9

Note: Total no. of shops 9

Table 9. Price of Essential Commodities in March, 2024: Thimphu

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1410	1330	1383	17
Basmati Rice	Nawab	20kg	1500	1250	1341	13
Flour (Atta)	Amrit Bhog	1kg	70	50	58	24
Flour (Maida)	Amrit Bhog	1kg	70	50	58	24
Dal	Moong	1kg	145	100	127	14
Dal	Masoor	1kg	140	90	108	24
Instant Noodle	Koka (Chicken Flavour)	85g	40	30	36	26
Instant Noodle	Maggi (Masala)	75g	10	10	10	27
Instant Noodle	Wai Wai (Chicken)	75g	12	10	10	27
Toned Milk	Amul Taaza	1 ltr	75	70	74	27
Toned Milk	Keventer	1 ltr	80	68	73	12
Processed Butter	Amul	500g	285	260	278	23
Processed Cheese	Amul Cheese Block	1kg	575	520	544	17
Processed Cheese	Britannia Cheese Block	1kg	590	505	546	24
Egg	Local	1 tray (30 eggs)	490	420	453	24
Milk Powder	Everyday/ Nestle	400g	235	205	227	18
Tea Leaves	Taro Taza Gold	500g	290	240	280	14
Refined Sugar	Amrit Gold Crystal Sugar	700g	59	45	49	25
Coffee	Nescafe Classic	90/95gm	350	325	343	13
Salt	Everyday	1kg	25	12	19	26
Salt	Saffola	1kg	55	40	49	27
Soyabean oil	Saffola Gold	5ltr	1080	830	940	16

Note: Total no. of shops 27

Table 10. Price of Essential Commodities in March, 2024: Mongar

Product	Brand / Trade me	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Highest (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychum Chogjur	20kg	1450	1400	1433	4
Basmati Rice	Nawab	20kg	1450	1450	1450	4
Basmati Rice	Tibar	26kg	1600	1450	1542	6
Surekha Rice	SK Gold	26kg	2100	1100	1388	4
Basmati Rice	Dubar	26kg	1600	1350	1475	4
Sortex Rice	Raj Bhog Kumar	26kg	1400	1350	1372	6
Flour (Atta)	Amrit Bhog	1kg	65	55	60	7
Flour (Maida)	Amrit Bhog	1kg	65	50	59	7
Dal	Moong	1kg	130	120	127	5
Dal	Masoor	1kg	130	110	122	6
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	36	7
Instant Noodle	Maggi (Masala)	75g	10	10	10	7
Instant Noodle	Wai Wai (Chicken)	75g	15	10	11	7
Toned Milk	Amul Taaza	1 ltr	80	75	78	5
Toned Milk	Keventer	1 ltr	80	75	79	7
Processed Butter	Amul	500g	285	275	283	4
Processed Cheese	Britannia Cheese Block	1kg	590	550	577	7
Egg	Local	1 tray (30 eggs)	500	450	486	7
Milk Powder	Everyday/ Nestle	400g	235	230	234	7
Tea Leaves	Taro Taza Gold	500g	290	280	285	4
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	49	7
Coffee	Nescafe Classic	90/95gm	360	350	354	7
Salt	Everyday	1kg	20	20	20	7
Salt	Saffola	1kg	50	40	48	5
Soyabean oil	Saffola Gold	5ltr	1000	560	872	6
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	400	419	7

Note: Total no. of shop 7

Table 11. Price of Essential Commodities in March, 2024: Lhuentse

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1450	1350	1410	5
Surekha Rice	SK Gold	26kg	1150	1100	1117	3
Sortex Rice	Raj Bhog Kumar	26kg	1400	1200	1317	3
Flour (Atta)	Amrit Bhog	1kg	60	50	55	5
Flour (Maida)	Amrit Bhog	1kg	60	50	57	5
Dal	Masoor	1kg	140	120	132	5
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	5
Instant Noodle	Maggi (Masala)	75g	15	10	14	5
Instant Noodle	Wai Wai (Chicken)	75g	15	10	13	5
Toned Milk	Amul Taaza	1 ltr	80	70	76	5
Toned Milk	Keventer	1 ltr	80	75	76	4
Processed Cheese	Britannia Cheese Block	1kg	600	590	592	5
Egg	Local	1 tray (30 eggs)	550	480	502	5
Milk Powder	Everyday/ Nestle	400g	235	235	235	3
Tea Leaves	Taro Taza Gold	500g	290	280	288	5
Refined Sugar	Amrit Gold Crystal Sugar	700g	55	50	51	5
Coffee	Nescafe Classic	90/95gm	355	340	348	3
Salt	Everyday	1kg	20	15	19	5
Salt	Saffola	1kg	50	50	50	4
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	500	480	488	5

Note: Total no. of shop 5

Table 12. Price of Essential Commodities in March, 2024: Trashigang

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1400	1350	1383	3
Sortex Rice	Raj Bhog Kumar	26kg	1400	130	1086	5
Flour (Atta)	Amrit Bhog	1kg	60	45	53	6
Flour (Maida)	Amrit Bhog	1kg	60	45	52	5
Dal	Masoor	1kg	145	100	114	6
Instant Noodle	Koka (Chicken Flavour)	85g	40	35	38	6
Instant Noodle	Maggi (Masala)	75g	10	10	10	6
Instant Noodle	Wai Wai (Chicken)	75g	15	10	11	6
Toned Milk	Amul Taaza	1 ltr	80	70	76	6
Toned Milk	Keventer	1 ltr	80	75	77	6
Processed Cheese	Britannia Cheese Block	1kg	590	510	556	5
Egg	Local	1 tray (30 eggs)	520	480	494	5
Milk Powder	Everyday/ Nestle	400g	235	230	233	4
Tea Leaves	Taro Taza Gold	500g	290	270	276	5
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	49	6
Coffee	Nescafe Classic	90/95gm	355	340	347	5
Salt	Everyday	1kg	20	15	19	6
Salt	Saffola	1kg	50	50	50	6
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	530	400	472	6

Note: Total no. of shop 6

Table 13. Price of Essential Commodities in March, 2024: Trashiyangtse

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Tibar	26kg	1700	1450	1550	3
Surekha Rice	SK Gold	25kg	1100	850	943	3
		26kg	1100	1080	1090	2
Sortex Rice	Raj Bhog Kumar	26kg	1400	1300	1350	5
Flour (Atta)	Amrit Bhog	1kg	60	50	54	5
Flour (Maida)	Amrit Bhog	1kg	60	50	54	5
Dal	Masoor	1kg	120	100	112	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	79	5
Toned Milk	Keventer	1 ltr	80	75	76	4
Processed Butter	Amul	500g	285	220	253	2
Processed Cheese	Britannia Cheese Block	1kg	590	550	570	5
Egg	Local	1 tray (30 eggs)	510	480	504	5
Milk Powder	Everyday/ Nestle	400g	235	225	233	4
Tea Leaves	Taro Taza Gold	500g	275	270	271	4
Tea Leaves	Brooke Bond Red Label	500g	255	250	252	3
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	50	50	5
Coffee	Nescafe Classic	90/95gm	355	340	347	5
Salt	Everyday	1kg	25	20	21	5
Salt	Saffola	1kg	50	50	50	5
Soyabean oil	Saffola Gold	5ltr	1000	1000	1000	3
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	420	439	5

Note: Total no. of shops 5

Table 13. Price of Essential Commodities in March, 2024: Sarpang

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Tibar	25kg	1350	1350	1350	2
		26kg	1450	1320	1385	2
Surekha Rice	SK Gold	25kg	980	970	975	2
		26kg	1020	1000	1007	3
Basmati Rice	Dubar	25kg	1250	1190	1220	2
		26kg	1270	1185	1228	2
Sortex Rice	Raj Bhog Kumar	25kg	1320	1250	1283	3
		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	4
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	355	340	349	4
Salt	Everyday	1kg	15	15	15	5
Salt	Saffola	1kg	50	50	50	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	420	380	398	5

Note: Total no. of shops 5

Table 14. Price of Essential Commodities in March, 2024: Tsirang

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychum Chogjur	20kg	1340	1320	1330	3
Basmati Rice	Tibar	26kg	1450	1380	1400	4
Surekha Rice	SK Gold	26kg	1070	980	1023	4
Basmati Rice	Dubar	26kg	1250	1200	1230	5
Sortex Rice	Raj Bhog Kumar	25kg	1330	1250	1303	3
		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	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
Coffee	Nescafe Classic	90/95gm	355	350	351	4
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 15. Price of Essential Commodities in March, 2024: Dagana

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Surekha Rice	SK Gold	25kg	1100	1000	1060	3
Basmati Rice	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
Tea Leaves	Taro Taza Gold	500g	280	265	272	3
Refined Sugar	Amrit Gold Crystal Sugar	700g	70	50	54	5
Salt	Everyday	1kg	20	15	16	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	450	400	438	4

Note: Total no. of shops 5

Table 16: Price of Essential Commodities in March, 2024: Zhemgang

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1350	1300	1325	2
Basmati Rice	Tibar	26kg	1450	1450	1450	2
Surekha Rice	SK Gold	25kg	1150	900	1063	4
Sortex Rice	Raj Bhog Kumar	25kg	1450	1100	1293	3
		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 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
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: 18 Price of Essential Commodities in March, 2024: Paro

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1430	1350	1392	10
Basmati Rice	Tibar	26kg	1550	1130	1429	8
Surekha Rice	SK Gold	26kg	1150	900	1086	9
Basmati Rice	Dubar	26kg	1420	1210	1314	10
Sortex Rice	Raj Bhog Kumar	26kg	1450	1260	1339	10
Flour (Atta)	Amrit Bhog	1kg	65	60	60	14
Flour (Maida)	Amrit Bhog	1kg	65	55	60	13
Dal	Masoor	1kg	140	100	118	14
Instant Noodle	Koka (Chicken Flavour)	85g	45	35	40	15
Instant Noodle	Maggi (Masala)	75g	10	10	10	15
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	14
Toned Milk	Amul Taaza	1 ltr	80	70	76	15
Processed Butter	Amul	500g	285	280	284	13
Processed Cheese	Amul Cheese Block	1kg	595	550	573	9
Processed Cheese	Britannia Cheese Block	1kg	590	480	564	14
Egg	Local	1 tray (30 eggs)	480	440	469	12
Milk Powder	Everyday/ Nestle	400g	290	230	238	10
Tea Leaves	Taro Taza Gold	500g	290	280	289	7
Refined Sugar	Amrit Gold Crystal Sugar	700g	60	50	52	11
Salt	Everyday	1kg	20	15	20	13
Salt	Saffola	1kg	50	50	50	14
Soyabean oil	Saffola Gold	5ltr	1330	950	1051	10
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	430	380	409	9

Note: Total no. of shops 15

Table 19. Price of Essential Commodities in March, 2024: Gelephu

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Tibar	25kg	1300	1280	1293	3
		26kg	1360	1350	1353	3
Surekha Rice	SK Gold	25kg	960	950	955	2
		26kg	950	935	945	3
Basmati Rice	Dubar	25kg	1360	1100	1210	4
		26kg	1180	1150	1167	3
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	70	70	70	4
Processed Butter	Amul	500g	285	280	282	3
Processed Cheese	Britannia Cheese Block	1kg	570	550	556	5
Milk Powder	Everyday/ Nestle	400g	230	220	228	5
Tea Leaves	Taro Taza Gold	500g	290	250	267	3
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	Shudh Refined Soyabean Oil	3.75ltr	380	375	378	2

Note: Total no. of shops 5

Table 20. Price of Essential Commodities in March, 2024: Phuentsholing

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1400	1150	1320	7
Basmati Rice	Tibar	25kg	1450	1350	1408	9
Surekha Rice	SK Gold	25kg	1140	900	975	11
Basmati Rice	Dubar	25kg	1450	1200	1370	7
Sortex Rice	Raj Bhog Kumar	25kg	1300	1200	1244	10
Flour (Atta)	Amrit Bhog	1kg	60	50	53	12
Flour (Maida)	Amrit Bhog	1kg	60	50	53	12
Dal	Masoor	1kg	120	95	109	11
Instant Noodle	Koka (Chicken Flavour)	85g	36	32	35	11
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	70	73	11
Processed Butter	Amul	500g	285	275	281	7
Processed Cheese	Amul Cheese Block	1kg	570	540	551	7
Processed Cheese	Britannia Cheese Block	1kg	580	450	541	12
Egg	Local	1 tray (30 eggs)	450	400	433	7
Milk Powder	Everyday/ Nestle	400g	235	220	229	7
Tea Leaves	Taro Taza Gold	500g	290	230	264	9
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	48	10
Coffee	Nescafe Classic	90/95gm	350	330	344	9
Salt	Everyday	1kg	20	10	17	10
Salt	Saffola	1kg	60	20	47	10
Soyabean oil	Saffola Gold	5ltr	990	850	906	8
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	420	370	393	6

Note: Total no. of shop 12

Table 21. Price of Essential Commodities in March, 2024: Samtse

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from no. of shops
Surekha Rice	SK Gold	25kg	1100	940	1020	6
Basmati Rice	Dubar	25kg	1750	1180	1465	5
Sortex Rice	Raj Bhog Kumar	25kg	1350	1220	1285	6
Flour (Atta)	Amrit Bhog	1kg	60	50	55	7
Flour (Maida)	Amrit Bhog	1kg	60	50	55	7
Dal	Moong	1kg	140	120	130	4
Dal	Masoor	1kg	120	100	110	7
Instant Noodle	Koka (Chicken Flavour)	85g	35	35	35	6
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	74	75	7
Processed Butter	Amul	500g	285	270	278	5
Processed Cheese	Britannia Cheese Block	1kg	550	540	545	7
Egg	Local	1 tray (30 eggs)	400	230	315	7
Milk Powder	Everyday/ Nestle	400g	235	220	227	6
Tea Leaves	Taro Taza Gold	500g	280	240	260	5
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	48	6
Coffee	Nescafe Classic	90/95gm	350	340	345	4
Salt	Everyday	1kg	20	15	18	6
Salt	Saffola	1kg	50	45	48	7
Soyabean oil	Saffola Gold	5ltr	950	950	950	3
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	380	370	375	6

Note: Total no. of shops 7

Table 22. Price of Essential Commodities in March, 2024: Chhukha

Product	Brand / Trade me	Unit	Highest (Nu.)	Lowest (Nu.)	Average (Nu.)	Price averaged from No. of shops
Basmati Rice	Zheychem Chogjur	20kg	1400	1150	1318	3
Basmati Rice	Tibar	25kg	1450	1400	1434	5
Surekha Rice	SK Gold	25kg	1000	950	980	5
Basmati Rice	Dubar	25kg	1450	1200	1375	4
Sortex Rice	Raj Bhog Kumar	25kg	1300	1200	1263	6
Flour (Atta)	Amrit Bhog	1kg	60	50	55	6
Flour (Maida)	Amrit Bhog	1kg	60	50	55	6
Dal	Masoor	1kg	120	110	112	5
Instant Noodle	Koka (Chicken Flavour)	85g	35	35	35	6
Instant Noodle	Maggi (Masala)	75g	10	10	10	6
Instant Noodle	Wai Wai (Chicken)	75g	10	10	10	6
Toned Milk	Amul Taaza	1 ltr	75	70	73	6
Toned Milk	Keventer	1 ltr	75	69	73	3
Processed Butter	Amul	500g	285	275	283	5
Processed Cheese	Britannia Cheese Block	1kg	570	450	522	6
Egg	Local	1 tray (30 eggs)	450	400	433	4
Milk Powder	Everyday/ Nestle	400g	235	220	228	3
Tea Leaves	Taro Taza Gold	500g	290	270	283	4
Refined Sugar	Amrit Gold Crystal Sugar	700g	50	45	48	6
Coffee	Nescafe Classic	90/95gm	350	330	346	5
Salt	Everyday	1kg	20	15	18	5
Salt	Saffola	1kg	50	50	50	5
Soyabean oil	Saffola Gold	5ltr	940	850	898	5
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	420	380	400	3

Note: Total no. of shops 6