

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. Price of Essential Commodities in December, 2023: Samdrup Jongkhar

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1350	1300	1323
Basmati Rice	Tibar	25 kg	1500	1480	1487
Surekha Rice	Dubar	25 kg	1480	1380	1440
		26 kg	1480	1480	1480
Sortex Rice	Raj Bhog Kumar	25 kg	1150	1150	1150
		26 kg	1250	1180	1203
Flour (Atta)	Amrit Bhog	1 kg	60	60	60
Flour (Maida)	Amrit Bhog	1 kg	60	60	60
Dal	Moong	1 kg	100	100	100
Dal	Masoor	1 kg	100	87	95
Instant Noodle	Koka (Chicken Flavour)	85 g	40	32	36
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	70	77
Toned Milk	Keventer	1 L	80	70	76
Processed Butter	Amul	500 g	285	270	278
Processed Cheese	Britannia Cheese Block	1 kg	580	540	563
Egg	Local	1 tray (30 eggs)	470	450	457
Milk Powder	Everyday/ Nestle	400 g	240	215	227
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	40	45
Coffee	Nescafe Classic	90 g	330	330	330
Salt	Everyday	1 kg	20	15	17
Salt	Saffola	1 kg	50	40	49
Soyabean oil	Saffola Gold	5 L	860	860	860
Soyabean oil	Bengal Gold	3.75 L	430	380	402
Soyabean oil	Shudh Refined	3.75 L	400	380	390

Note: Average of 9 shops

Table 2. Price of Essential Commodities in December, 2023: Pemagatshel

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychum Chogjur	20 kg	1400	1170	1291
Basmati Rice	Tibar	26 kg	1450	1450	1450
		26 kg	1450	1360	1410
Surekha Rice	SK Gold	25 kg	1550	1550	1550
Sortex Rice	Raj Bhog Kumar	26 kg	1300	1100	1239
Flour (Atta)	Amrit Bhog	1 kg	60	55	58
Flour (Maida)	Amrit Bhog	1 kg	60	55	58
Dal	Masoor	1 kg	120	90	108
Instant Noodle	Koka (Chicken Flavour)	85 g	40	35	38
Instant Noodle	Maggi (Masala)	75 g	15	10	11
Instant Noodle	Wai Wai (Chicken)	75 g	12.5	10	11
Toned Milk	Amul Taaza	1 L	80	75	77
Toned Milk	Keventer	1 L	80	75	76
Processed Butter	Amul	500 g	275	275	275
Processed Cheese	Britannia Cheese Block	1 kg	590	540	578
Egg	Local	1 tray (30 eggs)	500	400	450
Milk Powder	Everyday/ Nestle	400 g	235	220	228
Refined Sugar	Amrit Gold Crystal Sugar	700 g	55	45	49
Salt	Everyday	1 kg	20	15	18
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Bengal Gold	3.75 L	485	390	431
Soyabean oil	Natural Gold	3.75 L	600	600	600

Note: Average of 8 shops

Table 3: Price of Essential Commodities in December, 2023: Gasa

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20kg	1400	1400	1400
Surekha Rice	SK Gold	25kg	1200	1200	1200
Sortex Rice	Raj Bhog Kumar	25kg	1400	1350	1383
Flour (Atta)	Amrit Bhog	1kg	60	60	60
Flour (Maida)	Amrit Bhog	1kg	60	60	60
Dal	Masoor	1kg	135	90	111
Instant Noodle	Koka (Chicken Flavour)	85g	40	40	40
Instant Noodle	Maggi (Masala)	75g	15	15	15
Instant Noodle	Wai Wai (Chicken)	75g	15	15	15
Toned Milk	Amul Taaza	1 ltr	80	75	78
Toned Milk	Keventer	1 ltr	75	75	75
Processed Butter	Amul	500g	280	250	267
Processed Cheese	Britannia Cheese Block	1kg	590	580	585
Egg	Local	1 tray (30 eggs)	540	520	530
Milk Powder	Everyday/ Nestle	400g	240	230	235
Refined Sugar	Amrit Gold Crystal Sugar	700g	70	55	61
Coffee	Nescafe Classic	90g	340	340	340
Salt	Everyday	1kg	25	20	22
Salt	Saffola	1kg	50	50	50
Soyabean oil	Bengal Gold Refines Oil	3.75ltr	500	450	475

Note: Average of 4 shops

Table 4: Price of Essential Commodities in December, 2023: Paro

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1470	1300	1390
Basmati Rice	Nawab	20 kg	1450	1250	1377
		26 kg	1600	1600	1600
Basmati Rice	Tibar	25 kg	1550	1380	1465
		26 kg	1530	1340	1446
Surekha Rice	SK Gold	26 kg	1250	1050	1136
Basmati Rice	Dubar	25 kg	1250	1250	1250
		26 kg	1400	1130	1284
Sortex Rice	Raj Bhog Kumar	26 kg	1485	1160	1328
Flour (Atta)	Amrit Bhog	1 kg	70	50	60
Flour (Maida)	Amrit Bhog	1 kg	70	50	61
Dal	Moong	1 kg	150	100	130
Dal	Masoor	1 kg	150	100	114
Instant Noodle	Koka (Chicken Flavour)	85 g	45	35	41
Instant Noodle	Maggi (Masala)	75 g	15	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	15	10	10
Toned Milk	Amul Taaza	1 L	80	70	75
Toned Milk	Keventer	1 L	80	70	76
Processed Butter	Amul	500 g	285	260	278
Processed Cheese	Amul Cheese Block	1 kg	575	550	564
Processed Cheese	Britannia Cheese Block	1 kg	590	550	577
Egg	Local	1 tray (30 eggs)	500	430	484
Milk Powder	Everyday/ Nestle	400 g	235	225	230
Tea Leaves	Taro Taza Gold	500 g	290	270	286
Tea Leaves	Brooke Bond Red Label	500 g	260	260	260
Refined Sugar	Amrit Gold Crystal Sugar	700 g	55	50	52
Coffee	Nescafe Classic	90 g	350	300	333
Salt	Everyday	1 kg	20	15	20
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1020	945	976
Soyabean oil	Bengal Gold Refines Oil	3.75 L	450	390	414
Soyabean oil	Natural Gold	3.75 L	450	360	414
Soyabean oil	Shudh Refined Soyabean Oil	3.75 L	450	450	450

Note: Average of 15 shops

Table 5: Price of Essential Commodities in December, 2023: Haa

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1450	1200	1350
Basmati Rice	Nawab	20 kg	1450	1350	1400
Basmati Rice	Tibar	26 kg	1480	1400	1440
Surekha Rice	SK Gold	25 kg	1190	1040	1095
		26 kg	1250	1100	1163
Basmati Rice	Dubar	25 kg	1250	1250	1250
		26kg	1300	1250	1267
Sortex Rice	Raj Bhog Kumar	25 kg	1500	1500	1500
		26 kg	1350	1200	1266
Flour (Atta)	Amrit Bhog	1 kg	60	50	55
Flour (Maida)	Amrit Bhog	1 kg	60	50	55
Dal	Moong	1 kg	120	120	120
Dal	Masoor	1 kg	120	90	109
Instant Noodle	Koka (Chicken Flavour)	40	35	39	39
Instant Noodle	Maggi (Masala)	75 g	15	10	11
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	70	76
Toned Milk	Keventer	1 L	80	75	78
Processed Butter	Amul	500 g	285	270	280
Processed Cheese	Britannia Cheese Block	590	500	568	550
Egg	Local	1 tray (30 eggs)	500	480	495
Milk Powder	Everyday/ Nestle	400 g	235	220	229
Tea Leaves	Taro Taza Gold	500 g	295	250	281
Refined Sugar	Amrit Gold Crystal Sugar	700 g	65	50	53
Coffee	Nescafe Classic	90 g	340	330	337
Salt	Everyday	1 kg	20	15	20
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1060	1000	1030
Soyabean oil	Bengal Gold	3.75 L	450	400	420
Soyabean oil	Natural Silver	3.75 L	400	400	400
Soyabean oil	Shudh Refined	3.75 L	450	400	438

Note: Average of 10 shops

Table 6: Price of Essential Commodities in December, 2023: Wangdi Phodrang

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1380	1350	1356
Basmati Rice	Nawab	20 kg	1380	1350	1360
Basmati Rice	Tibar	25 kg	1500	1400	1450
		26 kg	1500	1380	1426
Surekha Rice	SK Gold	25 kg	1100	980	1062
		26 kg	1100	1050	1073
Basmati Rice	Dubar	25kg	1250	1250	1250
		26kg	1300	1250	1270
Sortex Rice	Raj Bhog Kumar	25 kg	1300	1250	1280
		26 kg	1350	1250	1293
Flour (Atta)	Amrit Bhog	1 kg	65	50	58
Flour (Maida)	Amrit Bhog	1 kg	65	50	58
Dal	Moong	1 kg	130	130	130
Dal	Masoor	1 kg	140	90	118
Instant Noodle	Koka(Chicken flavour)	85g	35	38	38
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	75	70	74
Toned Milk	Keventer	1 L	75	70	73
Processed Butter	Amul	500 g	285	260	275
Processed Cheese	Amul Cheese Block	1 kg	590	520	548
Processed Cheese	Britannia Cheese Block	1kg	530	551	542
Egg	Local	1 tray (30 eggs)	495	480	488
Milk Powder	Everyday/ Nestle	400 g	230	220	225
Tea Leaves	Taro Taza Gold	500 g	290	280	285
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	45	47
Coffee	Nescafe Classic	90 g	350	330	337
Salt	Everyday	1 kg	20	15	19
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	980	950	965
Soyabean oil	Bengal Gold	3.75 L	395	380	388
Soyabean oil	Natural Gold	3.75 L	390	390	390
Soyabean oil	Shudh Refined	3.75 L	395	390	393

Note: Average of 10 shops

Table 7: Price of Essential Commodities in December, 2023: Punakha

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1450	1350	1391
Basmati Rice	Nawab	20 kg	1350	1350	1350
		26 kg	1400	1400	1400
Basmati Rice	Tibar	25kg	1450	1250	1350
		26kg	1480	1350	1398
Surekha Rice	SK Gold	25 kg	1080	1080	1080
		26 kg	1100	1000	1050
Basmati Rice	Dubar	25 kg	1385	1250	1328
		26kg	1350	1150	1250
Sortex Rice	Raj Bhog Kumar	25 kg	1250	1250	1250
		26 kg	1250	1200	1233
Flour (Atta)	Amrit Bhog	1 kg	60	50	57
Flour (Maida)	Amrit Bhog	1 kg	60	50	56
Dal	Moong	1 kg	120	100	110
Dal	Masoor	1 kg	130	100	111
Instant Noodle	Koka (Chicken Flavour)	85 g	50	30	38
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	70	75
Toned Milk	Keventer	1 L	75	70	73
Processed Butter	Amul	500 g	285	270	278
Processed Cheese	Amul Cheese Block	1 kg	550	530	540
Processed Cheese	Britannia Cheese Block	1 kg	625	520	557
Egg	Local	1 tray (30 eggs)	550	450	493
Milk Powder	Everyday/ Nestle	400 g	230	225	227
Tea Leaves	Taro Taza Gold	500 g	290	260	280
Refined Sugar	Amrit Sugar Gold	700g	49	45	49
Coffee	Nescafe Classic	90 g	340	320	334
Salt	Everyday	1 kg	20	15	17
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1000	940	965
Soyabean oil	Bengal Gold	3.75 L	390	380	386
Soyabean oil	Natural Gold	3.75 L	400	380	393

Note: Average of 10 shops

Table 8: Price of Essential Commodities in December, 2023: Trongsa

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1450	1300	1383
Basmati Rice	Nawab	20 kg	1420	1380	1395
Basmati Rice	Tibar	25 kg	1580	1350	1472
Surekha Rice	SK Gold	25 kg	1200	1025	1095
		26 kg	1200	1200	1200
Basmati Rice	Dubar	25 kg	1550	1550	1550
Sortex Rice	Raj Bhog Kumar	25 kg	1350	1150	1283
		26 kg	1300	1300	1300
Flour (Atta)	Amrit Bhog	1 kg	60	55	58
Flour (Maida)	Amrit Bhog	1 kg	70	55	59
Dal	Moong	1 kg	160	100	139
Dal	Masoor	1 kg	140	90	122
Instant Noodle	Koka (Chicken Flavour)	85 g	40	35	38
Instant Noodle	Maggi (Masala)	75 g	12	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	15	10	10
Toned Milk	Amul Taaza	1 L	80	70	76
Toned Milk	Keventer	1 L	75	70	73
Processed Butter	Amul	500 g	285	75	262
Processed Cheese	Amul Cheese Block	1 kg	570	530	551
Processed Cheese	Britannia Cheese Block	1 kg	590	525	558
Egg	Local	1 tray (30 eggs)	480	450	474
Milk Powder	Everyday/ Nestle	400 g	290	230	284
Tea Leaves	Taro Taza Gold	500 g	290	250	282
Tea Leaves	Brooke Bond Red Label	500 g	250	250	250
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	45	48
Coffee	Nescafe Classic	90 g	350	340	345
Salt	Everyday	1 kg	20	20	20
Salt	Saffola	1 kg	55	50	51
Soyabean oil	Saffola Gold	5 L	1100	1000	1025
Soyabean oil	Bengal Gold	3.75 L	420	400	408
Soyabean oil	Natural Gold	3.75 L	580	550	565
Soyabean oil	Shudh Refined	3.75 L	500	400	422

Note: Average of 11 shops

Table 9: Price of Essential Commodities in December, 2023: Bumthang

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1400	1340	1374
Basmati Rice	Nawab	20 kg	1750	1380	1455
Basmati Rice	Tibar	25 kg	1450	1400	1409
Surekha Rice	SK Gold	25 kg	1090	960	1063
Basmati Rice	Dubar	25 kg	1480	1400	1440
Sortex Rice	Raj Bhog Kumar	25 kg	1350	1250	1300
Flour (Atta)	Amrit Bhog	1 kg	60	50	55
Flour (Maida)	Amrit Bhog	1 kg	60	50	55
Dal	Moong	1 kg	125	100	116
Dal	Masoor	1 kg	120	100	109
Instant Noodle	Koka (Chicken Flavour)	85 g	40	35	36
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	75	75	75
Toned Milk	Keventer	1 L	75	70	74
Processed Butter	Amul	500 g	285	280	281
Processed Cheese	Amul Cheese Block	1 kg	550	480	510
Processed Cheese	Britannia Cheese Block	1 kg	550	520	534
Egg	Local	1 tray (30 eggs)	480	450	471
Milk Powder	Everyday/ Nestle	400 g	230	230	230
Tea Leaves	Taro Taza Gold	500 g	290	280	286
Tea Leaves	Brooke Bond Red Label	500 g	290	290	290
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	45	47
Coffee	Nescafe Classic	90 g	340	340	340
Salt	Everyday	1 kg	20	20	20
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1100	950	1012
Soyabean oil	Bengal Gold	3.75 L	440	380	406
Soyabean oil	Shudh Refined	3.75 L	420	390	410

Note: Average of 9 shops

Table 10: Price of Essential Commodities in December, 2023: Thimphu

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1430	1330	1386
Basmati Rice	Nawab	20 kg	1500	1250	1348
Basmati Rice	Tibar	25 kg	1550	1250	1396
		26 kg	1600	1330	1411
Surekha Rice	SK Gold	25 kg	1150	940	1052
		26 kg	1152	1085	1116
Basmati Rice	Dubar	25 kg	1400	1220	1284
		26 kg	1195	1130	1163
Sortex Rice	Raj Bhog Kumar	25 kg	1450	1230	1286
		26 kg	1295	1295	1295
Flour (Atta)	Amrit Bhog	1 kg	70	50	58
Flour (Maida)	Amrit Bhog	1 kg	65	50	58
Dal	Moong	1 kg	145	100	125
Dal	Masoor	1 kg	120	95	111
Instant Noodle	Koka (Chicken Flavour)	85 g	40	30	37
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	75	70	74
Toned Milk	Keventer	1 L	80	70	74
Processed Butter	Amul	500 g	285	265	278
Processed Cheese	Amul Cheese Block	1 kg	575	500	546
Processed Cheese	Britannia Cheese Block	1 kg	590	505	551
Egg	Local	1 tray (30 eggs)	500	420	469
Milk Powder	Everyday/ Nestle	400 g	234	210	223
Tea Leaves	Taro Taza Gold	500 g	290	240	278
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	45	50
Coffee	Nescafe Classic	90 g	350	330	338
Salt	Everyday	1 kg	25	10	19
Salt	Saffola	1 kg	50	40	49
Soyabean oil	Saffola Gold	5 L	1115	830	984
Soyabean oil	Bengal Refined Gold	3.75 L	480	385	413
Soyabean oil	Natural Gold	3.75 L	400	320	381
Soyabean oil	Shudh Refined Oil	3.75 L	440	370	404

Note: Average of 27 shops

Table 11: Price of Essential Commodities in December, 2023: Phuentsholing

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1380	1380	1380
Basmati Rice	Nawab	20 kg	1350	1220	1290
Basmati Rice	Tibar	25 kg	1450	1350	1388
Surekha Rice	SK Gold	25 kg	1120	950	1013
Basmati Rice	Dubar	25kg	1450	1230	1378
Sortex Rice	Raj Bhog Kumar	25 kg	1300	1195	1261
Flour (Atta)	Amrit Bhog	1 kg	60	48	57
Flour (Maida)	Amrit Bhog	1 kg	60	48	57
Dal	Moong	1 kg	140	135	138
Dal	Masoor	1 kg	125	100	118
Instant Noodle	Koka (Chicken Flavour)	85 g	40	35	36
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	75	70	73
Toned Milk	Keventer	1 L	70	65	68
Processed Butter	Amul	500 g	285	235	271
Processed Cheese	Amul Cheese Block	1 kg	585	540	566
Processed Cheese	Britannia Cheese Block	1 kg	590	560	579
Egg	Local	tray (30 eggs)	480	480	480
Milk Powder	Everyday/ Nestle	400 g	234	220	229
Tea Leaves	Taro Taza Gold	500 g	280	266	273
Tea Leaves	Brooke Bond Red Label	500 g	250	250	250
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	50	50
Coffee	Nescafe Classic	90 g	350	335	345
Salt	Everyday	1 kg	20	15	17
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 ltr	981	940	955
Soyabean oil	Bengal Gold	3.75 L	400	367	392
Soyabean oil	Natural Gold	3.75 L	390	390	390
Soyabean oil	Shudh Refined	3.75 L	400	380	390

Note: Average of 6 shops

Table 12: Price of Essential Commodities in December, 2023: Chhukha

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1450	1350	1395
Basmati Rice	Nawab	20 kg	1700	1350	1583
Basmati Rice	Tibar	25 kg	1450	1250	1380
Surekha Rice	SK Gold	25 kg	1100	950	1026
Basmati Rice	Dubar	25 kg	1500	1200	1410
Sortex Rice	Raj Bhog Kumar	25 kg	1350	1250	1297
Flour (Atta)	Amrit Bhog	1 kg	60	55	56
Flour (Maida)	Amrit Bhog	1 kg	60	55	57
Dal	Moong	1 kg	180	120	135
Dal	Masoor	1 kg	120	100	116
Instant Noodle	Koka (Chicken Flavour)	85g	35	36	35
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	70	77
Toned Milk	Keventer	1 L	80	70	77
Processed Butter	Amul	500 g	285	275	282
Processed Cheese	Amul Cheese Block	1 kg	575	540	553
Processed Cheese	Britannia Cheese Block	1 kg	590	500	552
Egg	Local	1 tray (30 eggs)	550	430	495
Milk Powder	Everyday/ Nestle	400 g	290	230	252
Tea Leaves	Taro Taza Gold	500 g	290	220	274
Tea Leaves	Brooke Bond Red Label	500 g	300	260	273
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	45	48
Coffee	Nescafe Classic	90 g	350	340	343
Salt	Everyday	1 kg	20	20	20
Salt	Saffola	1 kg	50	45	49
Soyabean oil	Saffola Gold	5 L	1100	950	1013
Soyabean oil	Bengal Gold	3.75 L	420	380	405
Soyabean oil	Natural Gold	3.75 L	650	400	500
Soyabean oil	Shudh Refined	3.75 L	450	400	425

Note: Average of 6 shops

Table 13: Price of Essential Commodities in December, 2023: Samtse

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20kg	1300	1300	1300
Basmati Rice	Nawab	20 kg	1300	1030	1187
Basmati Rice	Tibar	25 kg	1730	1200	1557
Surekha Rice	SK Gold	25 kg	1050	850	974
Basmati Rice	Dubar	25 kg	1740	1200	1423
Sortex Rice	Raj Bhog Kumar	25 kg	1350	1250	1288
Flour (Atta)	Amrit Bhog	1 kg	55	50	52
Flour (Maida)	Amrit Bhog	1 kg	60	50	54
Dal	Moong	1 kg	130	120	127
Dal	Masoor	1 kg	170	100	117
Instant Noodle	Koka (Chicken Flavour)	85 g	40	35	36
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	75	70	73
Toned Milk	Keventer	1 L	75	70	73
Processed Butter	Amul	500 g	285	275	280
Processed Cheese	Amul Cheese Block	1 kg	540	530	535
Processed Cheese	Britannia Cheese Block	1 kg	580	540	557
Egg	Local	1 tray (30 Eggs)	450	390	426
Milk Powder	Everyday/ Nestle	400 g	235	220	228
Tea Leaves	Taro Taza Gold	500 g	250	200	223
Refined Sugar	Amrit Gold Crystal Sugar	700 g	55	50	51
Coffee	Nescafe Classic	90 g	340	320	327
Salt	Everyday	1 kg	20	15	19
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1050	930	966
Soyabean oil	Bengal Gold	3.75 L	390	370	383
Soyabean oil	Shudh Refined	3.75L	390	380	385

Note: Average of 7 shops

Table 14: Price of Essential Commodities in December, 2023: Mongar

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1450	1150	1389
Basmati Rice	Nawab	20 kg	1180	1180	1180
		26kg	1450	1400	1418
Basmati Rice	Tibar	25 kg	1550	1480	1516
		26 kg	1650	1500	1583
Surekha Rice	SK Gold	25 kg	1150	1100	1134
		26kg	1200	1180	1193
Basmati Rice	Dubar	25kg	1550	1480	1510
		26kg	1650	1550	1613
Sortex Rice	Raj Bhog Kumar	25 kg	1350	1350	1350
		26 kg	1450	1400	1417
Flour (Atta)	Amrit Bhog	1 kg	65	50	58
Flour (Maida)	Amrit Bhog	1 kg	65	50	59
Dal	Moong	1 kg	150	120	130
Dal	Masoor	1 kg	130	110	123
Instant Noodle	Koka (Chicken Flavour)	85 g	40	25	34
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	75	77
Toned Milk	Keventer	1 L	80	75	78
Processed Butter	Amul	500 g	285	285	285
Processed Cheese	Amul Cheese Block	1 kg	590	550	570
Processed Cheese	Britannia Cheese Block	1 kg	600	550	567
Egg	Local	1 tray (30 eggs)	550	490	523
Milk Powder	Everyday/ Nestle	400 g	295	220	239
Tea Leaves	Taro Taza Gold	500 g	290	220	272
Tea Leaves	Brooke Bond Red Label	500 g	280	280	280
Refined Sugar	Amrit Gold Crystal Sugar	700 g	55	45	50
Coffee	Nescafe Classic	90 g	350	330	340
Salt	Everyday	1 kg	20	20	20
Salt	Saffola	1 kg	50	40	48
Soyabean oil	Saffola Gold	5 L	1300	945	1022
Soyabean oil	Bengal Gold	3.75 L	470	410	443
Soyabean oil	Shudh Refined	3.75 L	450	450	450

Note: Average of 9 shops

Table 15: Price of Essential Commodities in December, 2023: Lhuentse

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1450	1360	1403
Basmati Rice	Nawab	20 kg	1500	1300	1400
Basmati Rice	Tibar	25 kg	1500	1400	1433
Surekha Rice	SK Gold	25 kg	1150	1000	1080
Basmati Rice	Dubar	25kg	1450	1300	1375
Sortex Rice	Raj Bhog Kumar	25 kg	1300	1300	1300
		26kg	1400	1350	1375
Flour (Atta)	Amrit Bhog	1 kg	60	50	56
Flour (Maida)	Amrit Bhog	1 kg	60	50	56
Dal	Moong	1 kg	130	120	125
Dal	Masoor	1 kg	140	120	126
Instant Noodle	Koka (Chicken Flavour)	85 g	40	35	37
Instant Noodle	Maggi (Masala)	75 g	15	10	12
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	75	78
Toned Milk	Keventer	1 L	80	75	76
Processed Butter	Amul	500 g	275	275	275
Processed Cheese	Britannia Cheese Block	1 kg	590	580	587
Egg	Local	1 tray (30 eggs)	550	450	512
Milk Powder	Everyday/ Nestle	400 g	240	210	230
Tea Leaves	Taro Taza Gold	500 g	290	290	290
Tea Leaves	Brooke Bond Red Label	500 g	280	255	268
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	50	50
Coffee	Nescafe Classic	90g	350	350	350
Salt	Everyday	1 kg	20	15	18
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1100	940	1025
Soyabean oil	Bengal Gold	3.75 L	500	400	440

Note: Average of 5 shops

Table 16: Price of Essential Commodities in December, 2023: Trashigang

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1430	1350	1392
Basmati Rice	Nawab	20 kg	1490	1350	1393
		26kg	1750	1750	1750
Basmati Rice	Tibar	25 kg	1490	1400	1450
		26kg	1750	1750	1750
Surekha Rice	SK Gold	25 kg	1100	750	938
		26 kg	1200	1100	1176
Basmati Rice	Dubar	25kg	1480	1150	1366
Sortex Rice	Raj Bhog Kumar	25kg	1300	1270	1295
		26kg	1300	1300	1300
Flour (Atta)	Amrit Bhog	1 kg	60	50	56
Flour (Maida)	Amrit Bhog	1 kg	60	50	56
Dal	Moong	1 kg	130	130	130
Dal	Masoor	1 kg	130	100	108
Instant Noodle	Koka (Chicken Flavour)	85 g	40	30	37
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	12.5	10	10
Toned Milk	Amul Taaza	1 L	80	75	79
Toned Milk	Keventer	1 L	80	70	75
Processed Butter	Amul	500 g	285	200	264
Processed Cheese	Britannia Cheese Block	1 kg	590	180	535
Egg	Local	1 tray (30 eggs)	500	450	473
Milk Powder	Everyday/ Nestle	400 g	235	225	229
Tea Leaves	Taro Taza Gold	500 g	290	290	290
Tea Leaves	Brooke Bond Red Label	500 g	225	225	225
Refined Sugar	Amrit Gold Crystal Suga	750 g	60	45	49
Coffee	Nescafe Classic	90 g	350	330	345
Salt	Everyday	1 kg	20	15	17
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1060	435	908
Soyabean oil	Bengal Gold	3.75 L	580	400	458

Note: Average of 12 shops

Table 17: Price of Essential Commodities in December, 2023: Trashiyangtse

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1450	1200	1325
Basmati Rice	Nawab	26 kg	1600	1400	1500
Basmati Rice	Tibar	25 kg	1490	1450	1470
		26 kg	1650	1600	1625
Surekha Rice	SK Gold	25 kg	1050	900	988
		26 kg	1350	1350	1350
Basmati Rice	Dabur	26 kg	1450	1250	1350
Sortex Rice	Raj Bhog Kumar	25 kg	1250	1250	1250
		26 kg	1350	1300	1338
Flour (Atta)	Amrit Bhog	1 kg	60	50	55
Flour (Maida)	Amrit Bhog	1 kg	60	50	55
Dal	Moong	1 kg	120	120	120
Dal	Masoor	1 kg	120	100	108
Instant Noodle	Koka (Chicken Flavour)	85 g	40	35	39
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	70	76
Toned Milk	Keventer	1 L	80	70	76
Processed Butter	Amul	500 g	290	290	290
Processed Cheese	Britannia Cheese Block	1 kg	590	530	566
Egg	Local	1 tray (30 eggs)	520	450	483
Milk Powder	Everyday/ Nestle	400 g	230	225	229
Tea Leaves	Taro Taza Gold	500 g	290	260	275
Tea Leaves	Brooke Bond Red Label	500 g	355	355	355
Refined Sugar	Amrit Gold Crystal Sugar	750 g	50	45	48
Coffee	Nescafe Classic	90 g	350	330	337
Salt	Everyday	1 kg	20	15	19
Salt	Saffola	1 kg	50	40	48
Soyabean oil	Saffola Gold	5 L	1115	950	1042
Soyabean oil	Bengal Gold	3.75 L	450	420	436

Note: Average of 5 shops

Table 18: Price of Essential Commodities in December, 2023: Sarpang

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Tibar	25kg	1440	1100	1297
Surekha Rice	SK Gold	25 kg	1070	990	1041
Basmati Rice	Dubar	25 kg	1470	1300	1388
Sortex Rice	Raj Bhog Kumar	25 kg	1320	1250	1291
Flour (Atta)	Amrit Bhog	1 kg	60	50	54
Flour (Maida)	Amrit Bhog	1 kg	60	50	54
Dal	Moong	1 kg	130	130	130
Dal	Masoor	1 kg	120	100	111
Instant Noodle	Koka (Chicken Flavour)	85 g	35	36	38
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	70	75
Toned Milk	Keventer	1 L	80	70	75
Processed Butter	Amul	500 g	285	275	280
Processed Cheese	Britannia Cheese block	1 kg	550	575	579
Egg	Local	1 tray (30 eggs)	480	450	465
Milk Powder	Everyday/ Nestle	400 g	230	220	228
Tea Leaves	Taro Taza Gold	500 g	295	290	293
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	45	48
Salt	Everyday	1 kg	15	15	15
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	990	990	990
Soyabean oil	Bengal Gold	3.75 L	420	380	398

Note: Average of 5 shops

Table 19: Price of Essential Commodities in December, 2023: Tsirang

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1350	1350	1350
Basmati Rice	Tibar	25 kg	1450	1350	1390
Surekha Rice	SK Gold	25 kg	1180	1020	1072
Basmati Rice	Dubar	25 kg	1450	1220	1340
Sortex Rice	Raj Bhog Kumar	25 kg	1280	1230	1253
Flour (Atta)	Amrit Bhog	1 kg	60	50	54
Flour (Maida)	Amrit Bhog	1 kg	60	50	54
Dal	Moong	1 kg	130	120	123
Dal	Masoor	1 kg	110	100	108
Instant Noodle	Koka (Chicken Flavour)	85 g	40	35	38
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	75	70	73
Toned Milk	Keventer	1 L	75	70	73
Processed Butter	Amul	500 g	285	270	280
Processed Cheese	Amul Cheese Block	1 kg	570	530	550
Processed Cheese	Britannia Block Cheese	1 kg	570	540	556
Egg	Local	1 tray (30 eggs)	460	450	457
Milk Powder	Everyday/ Nestle	400 g	230	220	225
Tea Leaves	Taro Taza Gold	500 g	290	270	284
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	45	47
Coffee	Nescafe Classic	90 g	340	330	335
Salt	Everyday	1 kg	20	15	17
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1030	950	977
Soyabean oil	Bengal Gold	3.75 L	400	390	394

Note: Average of 6 shops

Table 20: Price of Essential Commodities in December, 2023: Dagana

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Tibar	25 kg	1650	1650	1650
Surekha Rice	SK Gold	25 kg	1100	1000	1060
Basmati Rice	Dubar	25 kg	1350	1350	1350
Sortex Rice	Raj Bhog Kumar	25 kg	1400	1350	1363
Flour (Atta)	Amrit Bhog	1 kg	60	55	58
Flour (Maida)	Amrit Bhog	1 kg	60	55	58
Dal	Masoor	1 kg	120	110	118
Instant Noodle	Koka (Chicken Flavour)	85 g	40	40	40
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	70	75
Toned Milk	Keventer	1 L	75	65	71
Processed Butter	Amul	500 g	285	285	285
Processed Cheese	Amul Cheese Block	1 kg	580	580	580
Processed Cheese	Britannia Cheese Block	1 kg	590	570	583
Egg	Local	1 tray (30 eggs)	450	450	450
Milk Powder	Everyday/ Nestle	400 g	235	220	225
Tea Leaves	Taro Taza Gold	500g	290	280	285
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	50	50
Coffee	Nescafe Classic	90 g	340	330	335
Salt	Everyday	1 kg	20	15	16
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	980	980	980
Soyabean oil	Bengal Gold	3.75 L	450	400	438

Note: Average of 5 shops

Table 21: Price of Essential Commodities in December, 2023: Zhemgang

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1400	1360	1380
Basmati Rice	Nawab	20 kg	1250	1250	1250
Basmati Rice	Tibar	25 kg	1450	1450	1450
Surekha Rice	SK Gold	25 kg	1070	1000	1038
Basmati Rice	Dubar	25 kg	1450	1450	1450
Sortex Rice	Raj Bhog Kumar	25 kg	1310	1200	1249
Flour (Atta)	Amrit Bhog	1 kg	60	50	55
Flour (Maida)	Amrit Bhog	1 kg	60	50	55
Dal	Masoor	1 kg	140	110	122
Instant Noodle	Koka (Chicken Flavour)	85 g	40	35	37
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	80	75	77
Toned Milk	Keventer	1 L	80	70	76.25
Processed Butter	Amul	500 g	285	285	285
Processed Cheese	Amul Cheese Block	1 kg	580	550	565
Processed Cheese	Britannia Cheese Block	1 kg	590	570	580
Egg	Local	1 tray (30 eggs)	450	400	432
Milk Powder	Everyday/ Nestle	400 g	235	225	230
Tea Leaves	Taro Taza Gold	500 g	270	235	252.5
Tea Leaves	Brooke Bond Red Label	500 g	275	275	275
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	50	50
Coffee	Nescafe Classic	90 g	350	350	350
Salt	Everyday	1 kg	20	15	17
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1100	995	1061
Soyabean oil	Bengal Gold	3.75 L	470	400	434

Note: Average of 5 shops

Table 22: Price of Essential Commodities in September, 2023: Gelephu

Product	Brand / Trade Name	Unit	Highest Price (Nu.)	Lowest Price (Nu.)	Average Price (Nu.)
Basmati Rice	Zheychem Chogjur	20 kg	1350	1350	1350
Basmati Rice	Nawab	20 kg	1380	1300	1340
Basmati Rice	Tibar	25 kg	1450	1280	1370
Surekha Rice	SK Gold	25 kg	1080	900	971
Basmati Rice	Dubar	25 kg	1430	1280	1374
Sortex Rice	Raj Bhog Kumar	25 kg	1300	1200	1250
Flour (Atta)	Amrit Bhog	1 kg	60	50	53
Flour (Maida)	Amrit Bhog	1 kg	60	50	53
Dal	Moong	1 kg	140	120	128
Dal	Masoor	1 kg	120	90	106
Instant Noodle	Koka (Chicken Flavour)	85 g	35	35	35
Instant Noodle	Maggi (Masala)	75 g	10	10	10
Instant Noodle	Wai Wai (Chicken)	75 g	10	10	10
Toned Milk	Amul Taaza	1 L	75	70	72
Toned Milk	Keventer	1 L	75	70	71
Processed Butter	Amul	500 g	285	280	283
Processed Cheese	Amul Cheese Block	1 kg	550	550	550
Processed Cheese	Britannia Cheese Block	1 kg	590	550	564
Egg	Local	1 tray (30 eggs)	480	480	480
Milk Powder	Everyday/ Nestle	400 g	230	220	229
Tea Leaves	Taro Taza Gold	500 g	290	235	259
Tea Leaves	Brooke Bond Red Label	500 g	230	230	230
Refined Sugar	Amrit Gold Crystal Sugar	700 g	50	40	46
Coffee	Nescafe Classic	90 g	350	330	346
Salt	Everyday	1 kg	20	10	16
Salt	Saffola	1 kg	50	50	50
Soyabean oil	Saffola Gold	5 L	1000	920	958
Soyabean oil	Bengal Gold	3.75 L	400	375	383
Soyabean oil	Natural Gold	3.75 L	700	700	700
Soyabean oil	Shudh Refined	3.75 L	400	375	385

Note: Average of 8 shops