

# ΠΑΡΑΤΗΡΗΤΗΡΙΟ ΒΑΣΙΚΩΝ ΚΑΤΑΝΑΛΩΤΙΚΩΝ ΑΓΑΘΩΝ

## ΣΥΓΚΡΙΣΗ ΜΕ ΠΡΟΗΓΟΥΜΕΝΟ ΜΗΝΑ



Κεντρική Διεύθυνση

ΥΠΟΥΡΓΕΙΟ ΕΝΕΡΓΕΙΑΣ  
ΕΠΙΧΕΙΡΗΣΙΑΣ ΚΑΙ ΒΙΩΣΙΜΟΤΗΤΑΣ

Μαϊ 2026

Α/Α	ΠΡΟΪΟΝ	Μέση Σταθμισμένη Τιμή		Αύξηση / Μείωση Τιμής	% Μεταβολή
		Προηγούμενος Μήνας	Τρέχον Μήνας		
<b>ΑΛΛΑΝΤΙΚΑ</b>					
<b>ΑΛΛΑΝΤΙΚΑ</b>					
1	Chrysodalia Lountza Smoked Slices 300gr	3.67	3.70	0.03	0.8%
2	Chrysodalia Turkey Smoked Slices 200gr	2.89	3.24	0.35	12.1%
3	GRIGORIOU HAM PREMIUM SLICES 150GR	2.70	2.68	-0.02	-0.7%
4	Grigoriou Lountza Slices 150gr	3.06	3.29	0.23	7.5%
5	Grigoriou Salami Extra 300gr	2.43	2.42	-0.01	-0.4%
6	Grigoriou Streaky Bacon Slices 150gr	2.38	2.36	-0.02	-0.8%
7	Grigoriou Turkey Smoked Slices 200gr	3.67	3.66	-0.01	-0.3%
<b>ΒΟΗΘΗΜΑΤΑ ΜΑΓΕΙΡΕΜΑΤΟΣ</b>					
<b>ΖΩΜΟΣ</b>					
8	KNORR BOUILLONS CHICKEN 12 CUBES 120GR	1.20	1.21	0.01	0.8%
9	KNORR BOUILLONS VEGETABLES 12 CUBES 120GR	1.60	1.63	0.03	1.9%
10	MAGGI BOUILLONS CHICKEN 12 CUBES 132GR	1.45	1.50	0.05	3.4%
11	MAGGI BOUILLONS PASTA 12 CUBES 132GR	1.91	1.93	0.02	1.0%
12	MAGGI BOUILLONS VEGETABLES 12 CUBES 132GR	1.90	1.91	0.01	0.5%
<b>ΝΤΟΜΑΤΟΧΥΜΟΣ/ ΠΕΛΤΕΣ</b>					
13	BLOSSOM TOMATO PASTE CUP 4X70GR	2.01	2.07	0.06	3.0%
14	KEAN POMILORI SIEVE TOMATO PASTE JAR 700GR	1.89	1.90	0.01	0.5%
15	MITSIDES TOMATO PASSATA CARTON 3X500GR P-OFF	2.73	2.74	0.01	0.4%
16	MITSIDES TOMATO PASTE CUP 4X70GR	1.99	2.06	0.07	3.5%
17	PELARGOS TOMATO PASSATA CARTON 3X250GR	1.28	1.30	0.02	1.6%
<b>ΦΥΤΙΚΟ ΜΑΓΕΙΡΙΚΟ ΛΙΠΟΣ</b>					
18	SPRY 350GR	2.34	2.38	0.04	1.7%
<b>ΓΑΛΑΚΤΟΚΟΜΙΚΑ</b>					
<b>ΓΙΑΟΥΡΤΙ</b>					
19	ALAMBRA THE GRANNY SHEEP F/F PC 700GR	2.81	2.86	0.05	1.8%
20	CHARALAMB/CHRISTIS STRAINED STRAGGATO F/F PC 1KG	4.46	4.49	0.03	0.7%
21	CHARALAMB/CHRISTIS STRAINED STRAGGATO LGT PC 1KG	4.00	4.49	0.49	12.3%
22	ZITA STRAINED F/F PC 1KG	3.77	3.88	0.11	2.9%
23	ZITA STRAINED LGT PC 1KG	3.79	3.89	0.10	2.6%
<b>ΤΥΡΙ</b>					
24	ALAMBRA COTTAGE PC 200GR	1.72	1.72	0.00	0.0%
25	ALAMBRA H GIAGIA GOAT/SHEEP HALLOUMI KG	12.04	13.77	1.73	14.4%
26	CHARALAMB/CHRISTIS FETA BLOCK 200GR	3.08	3.24	0.16	5.2%
27	CHARALAMB/CHRISTIS HALLOUMI PISSOURKOTIKO KG	16.01	16.09	0.08	0.5%
28	DIROLLO 2.2% COTTAGE 225GR	2.77	2.87	0.10	3.6%
29	DODONI FETA BLOCK 400GR	6.38	6.53	0.15	2.4%
30	KESES GOAT/SHEEP HALLOUMI KG	Not Available	15.51	Not Available	Not Available
31	LA VACHE QUI RIT CHEEZ DIPPERS 4PORTION 140GR	3.09	3.09	0.00	0.0%
32	PHILADELPHIA LIGHT PLAIN SPREAD TUBS 200GR	2.34	2.29	-0.05	-2.1%
33	PHILADELPHIA PLAIN SPREAD TUBS 200GR	2.38	2.33	-0.05	-2.1%
34	VALIO EDAM LIGHT 17% SLICES 400GR	5.30	6.18	0.88	16.6%
35	VEPO FOOD EDAM SLICES 200GR	2.59	2.58	-0.01	-0.4%
36	VEPO FOOD GOUDA SLICES 200GR	2.58	2.56	-0.02	-0.8%
<b>ΦΡΕΣΚΟ ΓΑΛΑ</b>					
37	CHARALAMBIDES CHRISTIS DELACT HDPE 1L	1.73	1.73	0.00	0.0%
38	CHARALAMBIDES CHRISTIS FULL FAT 3% HDPE 2L	2.95	2.94	-0.01	-0.3%
39	CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 1.5L	2.32	2.32	0.00	0.0%
40	CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 1L	1.49	1.49	0.00	0.0%
41	CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 2L	2.97	2.96	-0.01	-0.3%
42	LANITIS FULL FAT 3% HDPE 2L	2.93	2.93	0.00	0.0%
43	LANITIS SEMI SKIMMED 1.5% HDPE 1.5L	2.28	2.28	0.00	0.0%
44	LANITIS SEMI SKIMMED 1.5% HDPE 2L	2.94	2.94	0.00	0.0%
<b>ΕΛΑΙΑ</b>					
<b>ΛΑΔΙ</b>					

Α/Α	ΠΡΟΪΟΝ	Μέση Σταθμισμένη Τιμή		Αύξηση / Μείωση Τιμής	% Μεταβολή
		Προηγούμενος Μήνας	Τρέχον Μήνας		
45	AMBROSIA SUNFLOWER OIL 3L	6.63	6.61	-0.02	-0.3%
46	ELIOHORI EXTRA VIRGIN OLIVE OIL 2L	20.18	20.26	0.08	0.4%
47	ELIOHORI EXTRA VIRGIN OLIVE OIL PET 1L	9.87	10.02	0.15	1.5%
48	GUSTO SUNFLOWER OIL PET 5L	8.45	8.97	0.52	6.2%
49	LESIEUR SUNFLOWER OIL 3L	6.45	6.63	0.18	2.8%
50	SAINT GEORGE CYPRUS EXTRA VIRGIN OLIVE OIL PET 1L	6.72	6.88	0.16	2.4%
51	THE KING OF OLIVES SALAD OIL PET 1L	2.85	2.81	-0.04	-1.4%
<b>ΖΥΜΑΡΙΚΑ / ΑΛΕΥΡΙ / ΡΥΖΙ / ΠΟΥΡΓΟΥΡΙ / ΟΣΠΡΙΑ / ΖΑΧΑΡΗ</b>					
<b>ΑΛΕΥΡΙ</b>					
52	MITSIDES FARINA PLAIN 00 1KG	1.33	1.53	0.20	15.0%
53	MITSIDES PLAIN 00 ALL PURPOSE 1KG	1.23	1.22	-0.01	-0.8%
54	MITSIDES SELF RAISING 1KG	1.52	1.53	0.01	0.7%
55	MITSIDES VILLAGE 1KG	1.39	1.60	0.21	15.1%
56	TRIUMPH FARINA 00 1KG	1.28	1.45	0.17	13.3%
57	TRIUMPH VILLAGE 1KG	1.30	1.54	0.24	18.5%
<b>ΖΑΧΑΡΗ</b>					
58	SUGAR	0.95	0.95	0.00	0.0%
<b>ΖΥΜΑΡΙΚΑ</b>					
59	BARILLA SPAGHETTI No.5 500GR	1.13	1.15	0.02	1.8%
60	MELISSA PRIMO GUSTO ORZO 500GR	1.10	1.16	0.06	5.5%
61	MELISSA PRIMO GUSTO SPAGHETTI No.6 500GR	0.88	0.90	0.02	2.3%
62	MITSIDES MEZZANI A 500GR	1.23	1.37	0.14	11.4%
63	MITSIDES ORZO 500GR	1.30	1.33	0.03	2.3%
64	MITSIDES SPAGHETTI 500GR	1.18	1.26	0.08	6.8%
65	MITSIDES TRADITIONAL 500GR	1.45	1.43	-0.02	-1.4%
66	TRIUMPH SPAGHETTI 500GR	1.15	1.18	0.03	2.6%
<b>ΟΣΠΡΙΑ</b>					
67	KAOURIS CANADIAN LAIRD LENTILS 1KG	2.63	2.65	0.02	0.8%
68	NATURAL LIFE IMPORTED BLACK EYE BEANS 1KG	3.23	3.27	0.04	1.2%
69	NATURAL LIFE IMPORTED LENTILS 1KG	2.55	2.57	0.02	0.8%
70	SOLEAS 3A BEANS 1KG	2.77	2.88	0.11	4.0%
71	SOLEAS 3A BLACK EYE BEANS 1KG	3.71	3.70	-0.01	-0.3%
72	SOLEAS 3A GREEN LENTILS 1KG	2.82	2.91	0.09	3.2%
<b>ΠΟΥΡΓΟΥΡΙ</b>					
73	A.KEPOLA BULGUR WHEAT 1KG	2.46	2.51	0.05	2.0%
74	A.KEPOLA BULGUR WHEAT 500GR	1.68	1.69	0.01	0.6%
75	KAOURIS BULGUR WHEAT 500GR	1.47	1.53	0.06	4.1%
76	LISKO FAMELISKO BULGUR WHEAT MEDIUM 500GR	1.24	1.18	-0.06	-4.8%
77	MITSIDES BULGUR WHEAT 1KG	3.13	3.08	-0.05	-1.6%
78	MITSIDES BULGUR WHEAT 500GR	1.75	1.72	-0.03	-1.7%
<b>ΡΥΖΙ</b>					
79	SOLEAS 3A BASMATI RICE BAG 1KG	2.98	3.19	0.21	7.0%
80	SOLEAS 3A GLUTINOUS RICE BAG 1KG	2.25	2.33	0.08	3.6%
81	SOLEAS 3A PARBOILED RICE 1KG	2.42	2.48	0.06	2.5%
82	TILDA BASMATI RICE 1KG	5.01	4.99	-0.02	-0.4%
83	UNCLE BENS LONG GRAIN RICE 1KG	4.15	4.17	0.02	0.5%
84	UNCLE BENS LONG GRAIN RICE BOX 2KG	9.61	9.05	-0.56	-5.8%
<b>ΚΑΤΕΨΥΓΜΕΝΑ</b>					
<b>ΚΑΤΕΨΥΓΜΕΝΑ ΖΥΜΑΡΙΚΑ</b>					
85	CHARALAMBIDES CHRISTIS RAVIOLI 400GR	4.00	4.20	0.20	5.0%
86	HERCULES RAVIOLI 400GR	3.16	3.11	-0.05	-1.6%
87	MITSIDES VILLAGE RAVIOLI 375GR	3.29	3.27	-0.02	-0.6%
<b>ΚΑΤΕΨΥΓΜΕΝΑ ΜΑΛΑΚΙΑ/ ΟΣΤΡΑΚΟΕΙΔΗ</b>					
88	7 THALASSES SHRIMPS 30/50 500GR	8.96	8.99	0.03	0.3%
89	BLUE GREEN WAVE OCTOPUS 1KG	5.74	6.10	0.36	6.3%
90	BLUE GREEN WAVE SQUID RINGS 1KG	6.15	6.14	-0.01	-0.2%
91	EDESMA SQUID RINGS 1KG	7.30	7.14	-0.16	-2.2%
<b>ΚΑΤΕΨΥΓΜΕΝΟ ΨΑΡΙ</b>					
92	EDESMA RED FISH 1KG	7.19	7.02	-0.17	-2.4%
93	FINDUS SALMON PORTIONS 4X125GR	19.38	19.12	-0.26	-1.3%
94	FOODPAX SALMON PORTIONS 4X125GR	15.30	15.80	0.50	3.3%
95	QUALIFOOD PANGASIU FILLETS 1KG	3.22	4.10	0.88	27.3%
96	QUALIFOOD SALMON PORTION 4X125GR	14.27	13.90	-0.37	-2.6%
<b>ΚΑΤΕΨΥΓΜΕΝΟ ΨΑΡΙ ΠΑΝΕ/ ΠΡΟΨΗΜΕΝΟ</b>					
97	7 SEAS COD BREADED FISH FILLETS 400GR	3.57	3.62	0.05	1.4%

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98	BIRDS EYE COD FISH FINGERS 14PCS 350GR	6.44	6.43	-0.01	-0.2%
99	BIRDS EYE SIMPLY 4 COD FILLET BREADED 440GR	10.90	11.62	0.72	6.6%
100	BLUE GREEN WAVE COD FISH FILLET BREADED 4PCS 400GR	4.01	4.40	0.39	9.7%
101	NORDA WHITE FISH FISH STICKS 10PCS 300GR	3.07	3.07	0.00	0.0%
<b>ΨΥΓΕΙΟΥ ΚΑΙ ΚΑΤΕΨΥΓΜΕΝΑ ΜΠΕΡΚΕΡ</b>					
102	EDESMA VEGETABLE BURGERS 4P 380GR	4.70	4.68	-0.02	-0.4%
103	EN ELLADI NOSTIMIES BURGERS 420GR	4.43	4.42	-0.01	-0.2%
104	GRIGORIOU BEEF BURGERS 4P 600GR	6.89	6.90	0.01	0.1%
105	GRIGORIOU HAMBURGERS 6P 480GR	3.98	4.24	0.26	6.5%
106	GRIGORIOU TURKEY BURGERS 6P 480GR	5.56	5.60	0.04	0.7%
107	KYPRIANOU SPECIAL CHICKEN BURGERS 900GR	6.62	6.62	0.00	0.0%
<b>ΨΥΓΕΙΟΥ ΚΑΙ ΚΑΤΕΨΥΓΜΕΝΟ ΚΡΕΑΣ ΠΑΝΕ/ ΠΡΟΨΗΜΕΝΟ</b>					
108	EDESMA CHICKEN NUGGETS 500GR	5.19	5.07	-0.12	-2.3%
109	EDESMA CHICKEN NUGGETS 900GR	7.28	7.34	0.06	0.8%
110	EMA FOODS CHICKEN NUGGETS 900GR	6.93	7.05	0.12	1.7%
111	EN ELLADI CHICKEN NUGGETS 400GR	4.71	4.74	0.03	0.6%
112	EN ELLADI MEAT BALLS 420GR	4.21	4.06	-0.15	-3.6%
113	PARADISIOTIS CHICKEN NUGGETS 800GR	5.51	5.64	0.13	2.4%
<b>ΚΑΦΕΣ</b>					
<b>ΚΥΠΡΙΑΚΟΣ ΚΑΦΕΣ</b>					
114	CHARALAMBOUS GREEN 200GR	3.36	3.67	0.31	9.2%
115	CHARALAMBOUS GREEN 500GR	8.77	8.89	0.12	1.4%
116	LAIKON GOLD 200GR	3.66	3.81	0.15	4.1%
117	LAIKON GOLD 500GR	8.99	9.19	0.20	2.2%
<b>ΣΤΙΓΜΙΑΙΟΣ ΚΑΦΕΣ</b>					
118	CELEST CAFE TIN 200GR	5.34	5.37	0.03	0.6%
119	JACOBS EKLEKTOS JAR 100GR	4.64	4.58	-0.06	-1.3%
120	NESCAFE AZERA ESPRESSO TIN 100GR	6.82	6.94	0.12	1.8%
121	NESCAFE CLASSIC DEC TIN 100GR	5.38	5.85	0.47	8.7%
122	NESCAFE CLASSIC TIN 100GR	4.45	4.72	0.27	6.1%
123	NESCAFE CLASSIC TIN 200GR	6.95	7.06	0.11	1.6%
124	NESCAFE GOLD BLEND JAR 190GR	7.00	7.14	0.14	2.0%
125	NESCAFE GOLD BLEND JAR 95GR	4.39	4.47	0.08	1.8%
<b>ΚΟΝΣΕΡΒΕΣ</b>					
<b>ΓΑΛΑ ΕΒΑΠΟΡΕ/ ΖΑΧΑΡΟΥΧΟ</b>					
126	MANA CONDENSED CAN 397GR	2.08	2.09	0.01	0.5%
127	NOYNOY CONDENSED CAN 397GR	1.86	1.95	0.09	4.8%
128	NOYNOY EVAPORATED CAN 410GR	1.28	1.24	-0.04	-3.1%
129	NOYNOY LIGHT EVAPORATED CAN 410GR	1.28	1.23	-0.05	-3.9%
130	NOYNOY LIGHT EVAPORATED PORTIONS 10X15GR	1.30	1.32	0.02	1.5%
<b>ΚΟΝΣΕΡΒΕΣ ΚΡΕΑΤΟΣ</b>					
131	Karla Corned Beef 340gr	3.56	3.66	0.10	2.8%
132	Tulip Pork Chopped Ham 200gr	2.54	2.63	0.09	3.5%
133	Tulip Pork Luncheon Meat 200gr	2.37	2.38	0.01	0.4%
134	Zwan Chicken Luncheon Meat 200gr	2.15	2.24	0.09	4.2%
135	Zwan Pork Chopped Ham 200gr	3.02	2.95	-0.07	-2.3%
136	Zwan Pork Luncheon Meat 200gr	2.29	2.25	-0.04	-1.7%
<b>ΚΟΝΣΕΡΒΕΣ ΨΑΡΙΟΥ</b>					
137	RIO MARE TUNA IN OLIVE OIL 2X160GR	4.60	4.58	-0.02	-0.4%
138	RIO MARE TUNA MEAT LIGHT IN OLIVE OIL 3X80GR	3.65	3.56	-0.09	-2.5%
139	SEVYCO WHITE TUNA LIGHT IN WATER 4X100GR	3.77	3.89	0.12	3.2%
140	SHEIK PINK TUNA IN SOYABEAN OIL 4X80GR	3.27	3.38	0.11	3.4%
141	SHEIK WHITE TUNA LIGHT IN WATER 4X160GR	6.49	6.61	0.12	1.8%
<b>ΞΗΡΑ ΤΡΟΦΗ</b>					
<b>ΔΗΜΗΤΡΙΑΚΑ ΠΡΟΓΕΥΜΑΤΟΣ</b>					
142	KELLOGG S SPECIAL K CLASSIC MAXI 700GR	4.96	5.00	0.04	0.8%
143	Kellogg S Coco Pops 500gr	3.83	3.89	0.06	1.6%
144	Kellogg S Coco Pops Chocos 375gr	2.70	2.72	0.02	0.7%
145	Kellogg S Corn Flakes 500gr	3.30	3.27	-0.03	-0.9%
146	Kellogg S Honey Loops 330gr	3.30	3.29	-0.01	-0.3%
147	Oreo Os Cookies&Cream Cerals 350gr	4.16	4.30	0.14	3.4%
148	Quaker Traganes Mroukies Dark Chocolate 450gr	3.56	3.53	-0.03	-0.8%
149	Quaker White Oats Bag 500gr	1.80	1.78	-0.02	-1.1%
<b>ΚΟΥΛΟΥΡΙΑ</b>					
150	7DAYS BAKE ROLLS MINI PIZZA 80GR	0.84	0.84	0.00	0.0%

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151	BAKANDYS BREADSTICKS OLIVE OIL 250GR	3.61	3.57	-0.04	-1.1%
152	BAKANDYS RUSKS RYE 200GR	2.79	2.73	-0.06	-2.2%
153	ELITE TOAST RYE 360GR(3+1 FREE)	2.66	2.62	-0.04	-1.5%
154	ELITE TOAST WHEAT 500GR(3+1 FREE)	2.77	2.77	0.00	0.0%
155	JOHNSOF BREAD COOKIES NAPOLITANO RAISIN 240GR	2.84	2.85	0.01	0.4%
156	JOHNSOF CROUTONS WHEAT 320GR	2.57	2.66	0.09	3.5%
157	MARIAS BREAD COOKIES CAROB 350GR	3.28	3.27	-0.01	-0.3%
<b>ΜΠΙΣΚΟΤΑ</b>					
158	FROU FROU JOKER CHOCO COV. SW 12X25GR(3 FREE)	4.11	4.15	0.04	1.0%
159	FROU FROU MORNING COFFEE PL 150GR	1.19	1.21	0.02	1.7%
160	KATERINA PETIT FOURS PL 500GR	4.01	3.99	-0.02	-0.5%
161	KINDER CARDS COCOA&MILK FIL 5X25.6GR	2.52	2.48	-0.04	-1.6%
162	NUTELLA FILLED CHOCO BISCUITS FIL T22 304GR	3.88	4.09	0.21	5.4%
163	OREO MINI VANILLA SW 115GR	1.74	1.79	0.05	2.9%
<b>ΡΟΦΗΜΑΤΑ</b>					
<b>ΑΝΑΨΥΚΤΙΚΑ</b>					
164	7 UP DIET/FREE CAN 8X330ML	4.67	4.88	0.21	4.5%
165	7 UP REGULAR CAN 8X330ML	4.70	4.91	0.21	4.5%
166	COCA COLA REGULAR CAN 330ML	0.93	0.92	-0.01	-1.1%
167	COCA COLA REGULAR CAN 8X330ML	5.21	5.25	0.04	0.8%
168	COCA COLA ZERO CAN 8X330ML	5.18	5.26	0.08	1.5%
169	PEPSI MAX CAN 8X330ML	3.91	4.13	0.22	5.6%
<b>ΕΜΦΙΑΛΩΜΕΝΟ ΝΕΡΟ</b>					
170	AGROS STILL PET 12X500ML	2.90	3.04	0.14	4.8%
171	AGROS STILL PET 6X1.5L	2.52	2.49	-0.03	-1.2%
172	ΑΥΙΟΣ ΝΙΣΤΟΛΑΟΣ STILL PET 12X500ML	3.03	3.08	0.05	1.7%
173	ΑΥΙΟΣ ΝΙΣΤΟΛΑΟΣ STILL PET 6X1.5L	2.47	2.46	-0.01	-0.4%
174	ΚΥΚΚΟΣ STILL PET 12X500ML	2.92	3.15	0.23	7.9%
175	ΚΥΚΚΟΣ STILL PET 6X1.5L	2.41	2.39	-0.02	-0.8%
<b>ΧΥΜΟΙ</b>					
176	KEAN MANGO&POMEGRANATE NECTAR TP 1L	1.66	1.65	-0.01	-0.6%
177	KEAN ORANGE 100% TP 1L	2.07	2.08	0.01	0.5%
178	KEANITA KIDS ORANGE DRINK TB 9X250ML	4.13	4.13	0.00	0.0%
179	LIFE APPLE&CARROT&ORANGE 100% PET 400ML	1.73	1.71	-0.02	-1.2%
180	LIFE ORANGE 100% PET 1L	2.99	2.92	-0.07	-2.3%
181	LIFE ORANGE 100% PET 400ML	1.72	1.69	-0.03	-1.7%
<b>ΦΡΕΣΚΑ ΠΡΟΪΟΝΤΑ</b>					
<b>ΑΥΓΑ</b>					
182	Αυγά 12 τεμάχια (Μ) - (53gr - 63gr) -(φθηνότερη συσκ.)	3.62	3.80	0.18	5.0%
<b>ΦΡΕΣΚΟ ΚΡΕΑΣ/ ΠΟΥΛΕΡΙΚΑ/ ΚΟΥΝΕΛΙ</b>					
183	Αμνοερίφια μικρά σε κομμάτια (Kg)	12.16	13.25	1.09	9.0%
184	Βοδινό top-side (Kg) (ψαχνό, χωρίς κόκκαλο και λίπος)	16.48	16.17	-0.31	-1.9%
185	Βοδινός κιμάς (Kg)	12.00	11.94	-0.06	-0.5%
186	Κοτόπουλο ολόκληρο (Kg) (Χαμηλότερη Τιμή)	3.78	3.79	0.01	0.3%
187	Κοτόπουλο στήθος φιλέτο (Kg) (Χαμηλότερη Τιμή)	7.49	7.47	-0.02	-0.3%
188	Κουνέλι (Kg) (χαμηλότερη τιμή)	10.54	10.71	0.17	1.6%
189	Χοιρινή Μπριζόλα φιλέτο (Kg)	6.44	6.00	-0.44	-6.8%
190	Χοιρινός Κιμάς (Kg)	5.02	5.12	0.10	2.0%
191	Χοιρινός Λαπάς με κόκκαλο (Kg)	5.46	5.94	0.48	8.8%
<b>ΦΡΕΣΚΟ ΨΑΡΙ/ΜΑΛΑΚΙΑ</b>					
192	Γόπες (Kg)	9.56	9.59	0.03	0.3%
193	Καλαμάρι Μεγάλο (Kg)	13.49	11.51	-1.98	-14.7%
194	Καλαμάρι Μικρό (Kg)	17.25	16.17	-1.08	-6.3%
195	Λαβράκι (Kg)	15.61	15.49	-0.12	-0.8%
196	Μπαρμπούνη (Kg)	32.06	31.94	-0.12	-0.4%
197	Τσιπούρα (Kg)	10.39	9.77	-0.62	-6.0%
198	Χταπόδι (Kg)	19.27	21.17	1.90	9.9%
<b>ΧΟΡΤΑ</b>					
199	Αγγουράκια Θερμοκηπίου (Kg)	2.30	1.52	-0.78	-33.9%
200	Αγγουράκια Χωραφιού (Kg)	3.03	1.78	-1.25	-41.3%
201	Ντομάτες Α (Kg)	2.70	2.30	-0.40	-14.8%
202	Πατάτες Φρέσκες (Kg)	1.21	1.06	-0.15	-12.4%
203	Χόρτα Δέσμης	0.60	0.58	-0.02	-3.3%
<b>ΨΩΜΙ</b>					
204	Slice Άσπρο μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)	1.94	1.99	0.05	2.6%

Α/Α	ΠΡΟΪΟΝ	Μέση Σταθμισμένη Τιμή		Αύξηση / Μείωση Τιμής	% Μεταβολή
		Προηγούμενος Μήνας	Τρέχον Μήνας		
205	Slice Άσπρο μικρό (450gr-500gr) (χαμηλότερη τιμή)	1.60	1.60	0.00	0.0%
206	Slice Ολικής Αλέσεως μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)	2.16	2.17	0.01	0.5%
207	Slice Ολικής Αλέσεως μικρό (450gr-500gr) (χαμηλότερη τιμή)	1.66	1.66	0.00	0.0%
208	Ψωμί Άσπρο μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)	1.66	1.66	0.00	0.0%
209	Ψωμί Άσπρο μικρό (450gr-500gr)(χαμηλότερη τιμή)	1.31	1.31	0.00	0.0%
<b>FUEL</b>					
<b>CHARCOAL</b>					
210	ETOSHA 5kg	6.19	6.11	-0.08	-1.3%
211	ΠΥΡΣΟΣ 5kg	6.14	6.31	0.17	2.8%
<b>ΑΠΟΡΡΥΠΑΝΤΙΚΑ/ ΜΑΛΑΚΤΙΚΑ ΡΟΥΧΩΝ</b>					
<b>ΑΠΟΡΡΥΠΑΝΤΙΚΑ ΡΟΥΧΩΝ</b>					
212	ARIEL TOUCH LENOR FRESH 50WSH LIQ 2.75L	11.49	11.43	-0.06	-0.5%
213	DIXAN POWER GEL MULTICOLOR 48W 2.16L	7.09	7.13	0.04	0.6%
214	DIXAN POWER GEL UNIVERSAL 48W 2.16L	7.04	7.22	0.18	2.6%
215	EUREKA ACTIVE CARE 75WSH PWD 4.125KG	9.05	9.10	0.05	0.6%
216	EUREKA MASSALIAS CLASSIC 57WSH LIQ 2.592L	6.33	6.52	0.19	3.0%
217	EUREKA MASSALIAS LAVENDER 57WSH LIQ 2.592L	6.32	6.49	0.17	2.7%
<b>ΜΑΛΑΚΤΙΚΑ ΡΟΥΧΩΝ</b>					
218	COMFORT GOLD LILY&WILD BERRY 4L	5.54	5.54	0.00	0.0%
219	COMFORT GOLD WILD ORCHID&SANDALWOOD 4L	5.51	5.54	0.03	0.5%
220	COMFORT PURELY SOFT 4L	5.01	5.11	0.10	2.0%
<b>ΕΙΔΗ ΠΡΟΣΩΠΙΚΗΣ ΥΓΙΕΙΝΗΣ</b>					
<b>ΣΕΡΒΙΕΤΤΕΣ ΥΓΙΕΙΑΣ</b>					
221	ALWAYS PADS SECURE NIGHT ULTRA DUO W 12P	2.02	2.05	0.03	1.5%
222	ALWAYS PADS ULTRA DAY LONG PLUS GIGAPACK TRIPLE W 36P	3.76	3.61	-0.15	-4.0%
223	ALWAYS PADS ULTRA NORMAL PLUS DUO W 20P	2.08	2.05	-0.03	-1.4%
224	EVERYDAY PADS HYPERDRY ULTRA PLUS SUPER DUO W 18P	1.97	1.98	0.01	0.5%
<b>ΧΑΡΤΙ ΥΓΙΕΙΑΣ</b>					
225	ELITE LUXURY WHITE 3PLY 10P	4.13	4.11	-0.02	-0.5%
226	HOPE ULTRA SOFT 3PLY 10P	3.56	3.52	-0.04	-1.1%
227	KLEENEX PREMIUM CREAM 2PLY 12P	10.93	10.98	0.05	0.5%
228	KLEENEX PREMIUM WHITE 2PLY 12P	10.95	11.00	0.05	0.5%
229	KLEENEX SCOTTONELLE PURE CLEAN MEGA WHITE 2PLY 32P	14.13	14.20	0.07	0.5%
230	SILKY WHITE 2PLY 24P	7.06	7.45	0.39	5.5%
<b>ΚΥΛΙΝΔΡΟΣ ΥΓΡΑΕΡΙΟΥ</b>					
<b>ΚΥΛΙΝΔΡΟΣ ΥΓΡΑΕΡΙΟΥ</b>					
231	ΚΥΛΙΝΔΡΟΣ 10kg (ΤΙΜΗ ΜΕ ΕΠΙΣΤΡΟΦΗ ΑΔΕΙΟΥ)	20.16	20.08	-0.08	-0.4%
<b>ΒΡΕΦΙΚΑ ΠΡΟΪΟΝΤΑ</b>					
<b>ΒΡΕΦΙΚΕΣ ΠΑΝΕΣ</b>					
232	NANNYS SENSITIVE 5 JUNIOR 12-25KG 44P	9.64	9.61	-0.03	-0.3%
233	NANNYS SENSITIVE 7 JUMBO PLUS 15+KG 36P	9.24	9.38	0.14	1.5%
234	PAMP. ACTIVE BABY 6 EXTRA LARGE 13-18KG 56P	13.51	13.39	-0.12	-0.9%
235	PAMP. ACTIVE BABY 7 MAXI 15+KG 40P	10.50	10.46	-0.04	-0.4%
236	PAMP. ACTIVE BABY JUNIOR 5 11-16KG 64P	13.48	13.41	-0.07	-0.5%
237	PAMP. PREMIUM CARE 1 NEW BORN 2-5KG 52P	9.89	9.47	-0.42	-4.2%
<b>ΒΡΕΦΙΚΕΣ ΤΡΟΦΕΣ</b>					
238	HIPP BIO DAIRY FREE OAT PORRIDGE 4M+ CRT 200GR	3.80	3.58	-0.22	-5.8%
239	NESTLE FARINE LACTEE WHEAT CEREALS 6M+ CRT 350GR	3.04	3.07	0.03	1.0%
240	NOYNOY 5 FRUIT CEREAL CREAM 6M+ TIN 300GR	6.05	6.21	0.16	2.6%
241	NOYNOY BISCUIT CEREALS 6M+ TIN 300GR	5.89	5.98	0.09	1.5%
242	NOYNOY FARINE LACTEE CEREALS 6M+ TIN 300GR	3.54	3.57	0.03	0.8%
243	YIOTIS FARINE LACTEE MILK CEREAL CREAM 6M+ TIN 300GR	3.21	3.24	0.03	0.9%
<b>ΒΡΕΦΙΚΟ ΓΑΛΑ</b>					
244	Frisogrow 3 1-3y Tin 800gr	19.75	19.58	-0.17	-0.9%
245	Frisogrow Plus+ 3-5y Tin 800gr	19.72	19.76	0.04	0.2%
246	Frisolac 1 0-6m Tin 800gr	23.52	23.75	0.23	1.0%
247	Frisomel 2 6m+ Tin 800gr	19.76	19.53	-0.23	-1.2%
248	Nan 4 Protect Build 2y+ Tin 400gr	9.67	9.86	0.19	2.0%
249	S-26 Progress Gold 3 1-3y Tin 400gr	9.78	10.02	0.24	2.5%