



Centre for Social Concern

CFSC-RURAL BASIC NEEDS BASKETS: TAs KHONGONI(LL), TAMBALA(DZ),MLUMBE(ZA)

CALORIE INTAKE and COST OF FOOD ITEMS FOR A FAMILY OF SIX

								Month	Jan-18
A. IDEAL FOOD ITEMS	TA KHONGONI			TA TAMBALA		TA MLUMBE			
ITEMS	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total		
Maize	50	90	4500	90	4500	150	7500		
Rice	20	800	16000	850	17000	700	14000		
Sugar	6	850	5100	850	5100	950	5700		
Beans	7	700	4900	600	4200	600	4200		
Eggs	40	80	3200	80	3200	100	4000		
Goat meat	5	2000	10000	2000	10000	1800	9000		
Tomato	27	250	6750	450	12150	175	4725		
Mustard	15	100	1500	120	1800	220	3300		
Cooking Oil	3	1100	3300	1000	3000	1850	5550		
Bananas	350	30	10500	20	7000	50	17500		
Salt	1	300	300	250	250	300	300		
Totals			66050		68200		75775		
Kcal			1197		1456		1434		
IDEAL			TA KHONGONI		TA TAMBALA		TA MLUMBE		
NON-FOOD ITEMS 1	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total		
Butex	4	200	800	200	800	250	1000		
Nirma	15	100	1500	120	1800	120	1800		
Clere	3	350	1050	300	900	350	1050		
Glycerine	3		0	150	450	150	450		
Body care	1	1000	1000	450		2000	2000		
Airtime	1	4500	4500	4500	4500	4500	4500		
Phone Charging	10	100	1000		0	70	700		
Charcoal	2	2500	5000	4000	8000	3000	6000		

Batteries	9	150	1350	200	1800		0		
Matches	9	30	270	30	270	30	270		
Kukonola	5	150	750	250	1250	500	2500		
Milling	5	150	750	230	1150	500	2500		
Bicycles	1	2900	2900	2900	2900	2900	2900		
TOTALS			20870		23820		25670		

C									
MONTHLY INCOME		TA KHONGONI		TA TAMBALA		TA MLUMBE			
Ganyu		4500		600		4660			
Small business		250		0		0			
Loans from VSL		0		2500		0			
Loans from others		0		2000		1500			
Usury/Katapila		0		0		0			
Crop sales		400		550		950			
Livestock sales		300		1970		0			
Remittances				2500		695			
Wage Labour				0		0			
Forest products				0		810			
Selling planks				0		460			
Firewood for selling				4650		0			
TOTALS			5450		14770		9075		

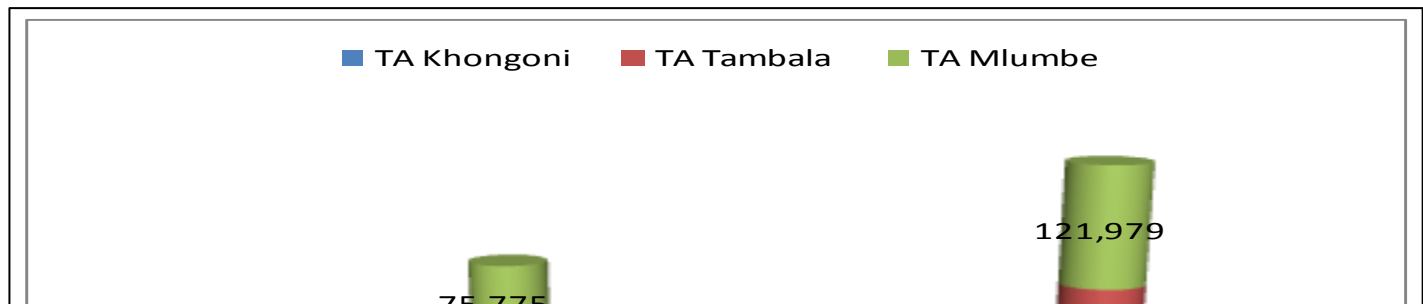
Actual Non-Food Items									
Expenditure		TA KHONGONI		TA TAMBALA		TA MLUMBE			
		72		0					
Matches		156		72		4660			
Torch		240		156		0			
Batteries		672		50		0			
Firewood		260		0		1500			
Ufresh		270		142		0			
Nirma		800		100		600			
Lifebouy		150		500		0			
Boom		250		0		800			

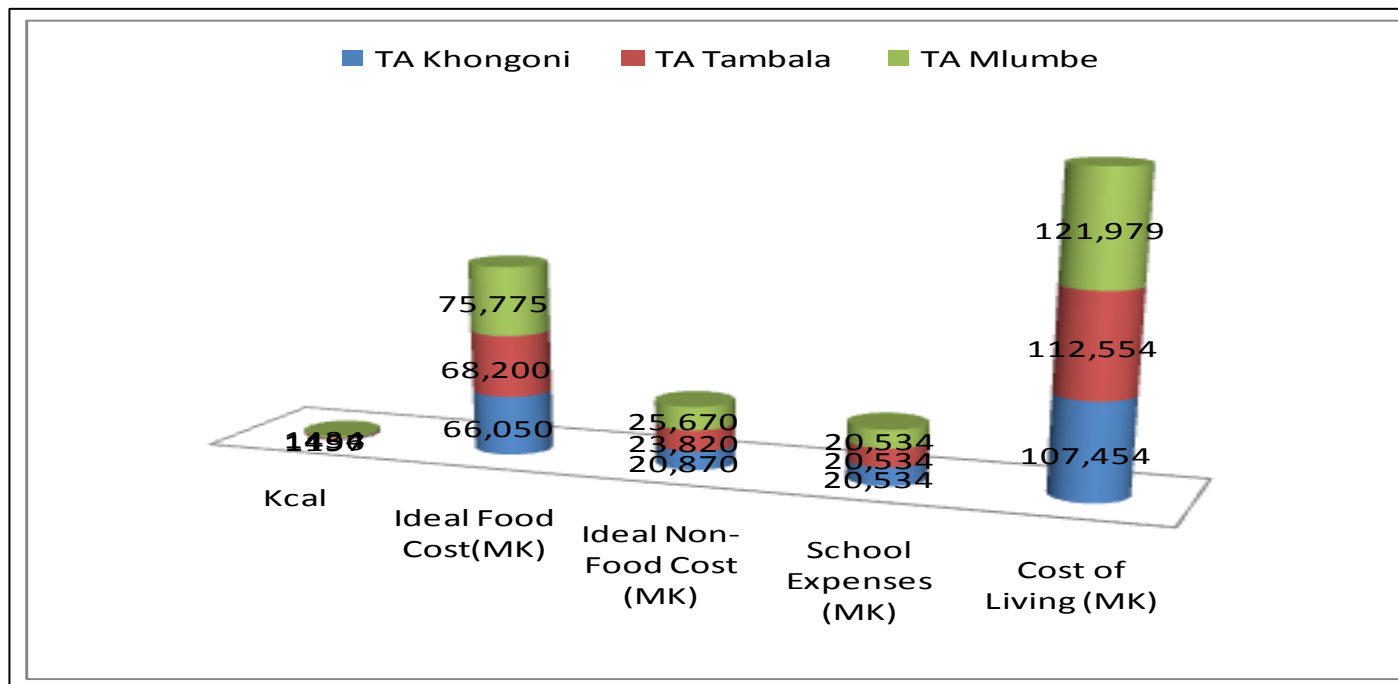
Clere				0	0
Geisha				35	810
Protex				45	460
Milling				0	0
Glycerine				138	
Azam				0	
Body care Jelly				95	
Church offerings				48	
Community contri				0	
Medication				2210	
Transport				0	
TOTALS			2870	3591	8830

E
SCHOOL EXPENSES 20,534

COST OF LIVING:

	TA KHONGONI	TA TAMBALA	TA MLUMBE
Kcal	1197	1456	1434
Ideal Food Cost	66,050	68,200	75,775
Ideal Non Food Cost	20,870	23,820	25,670
School Expenses	20,534	20,534	20,534
Cost of Living	107,454	112,554	121,979





COMMENTS/SUMMARY

Kilocalorie(Energy Intake) per person per day

Actual consumption by households, obtained from separate analysis, was found that, none of the households from the three areas managed to consume enough food to acquire the recommended calorie/energy intake of 2400 according to WHO. This is one indicator of household food insecurity among rural people. People with inadequate food intake get sick easily. Unhealthy citizens will lead into unhealthly nation and this has a great bearing on national economy due to low productivity.

Ideal Food Items Cost

Prices for the ideal food items from six food groups, required for a family of 6, that gives approximately a total of 2400 calories, were collected at the end of January 2018 from surrounding markets.

Basing on this ideal food list, food cost was calculated. It was found out that, in an ideal situation, TA Mlumbe households were supposed to have MK75,775 to buy enough food to give them an average of 2400 calories. They only managed to get K9,075 from different sources of income.

Ideal Non-Food Cost + School expenses

Prices for the ideal Non-Food items required for a family of 6 were also collected from the surrounding markets. Basing on these

Ideal Non-Food items on the list, the cost for these was calculated to find the ideal Non-Food Items cost. This also includes school expenses and the cost of school expenses (K20,534) is uniform across. This is because average mark was found when we surveyed expenses from government owned primary and community day secondary schools with an assumption that a household has 2 pupils at primary and 2 at secondary level and that since the expenses are incurred on term basis (3 months) it was calculated in such a way that the expenses are incurred on monthly basis (cost incurred in a term were divided by 3). The survey indicated that households from TA Mlumbe (had it been that they had enough money), ideally, they could have incurred more expenses (K25,670 + K20,534) than other areas to pay for ideal non-food items for a family of 6 during the month of January.

The Cost of Living vs Monthly Income

The Cost of Living = Ideal Food Items Cost + Ideal Non-Food Items Cost + School Expenses

In the month of January 2018, the cost of living in TA Mlumbe in Zomba Chingale was highest at MK121,979 while it was lowest in TA Khongoni in Lilongwe at MK107,454. This means that households of TA Mlumbe were supposed to have an income of K121,979 to buy enough food worthy K75,775 that would give them 2400 Kilocalories, buy enough nonfood items worthy K25,670 and pay school expenses at MK20,534, but a household got only MK9,075 against the cost of living of MK121,979.

This MK9,075 only represents 7% of MK121,979, with a wide gap of 93%. With this household economy, a rural household cannot lead a decent life and live with dignity.

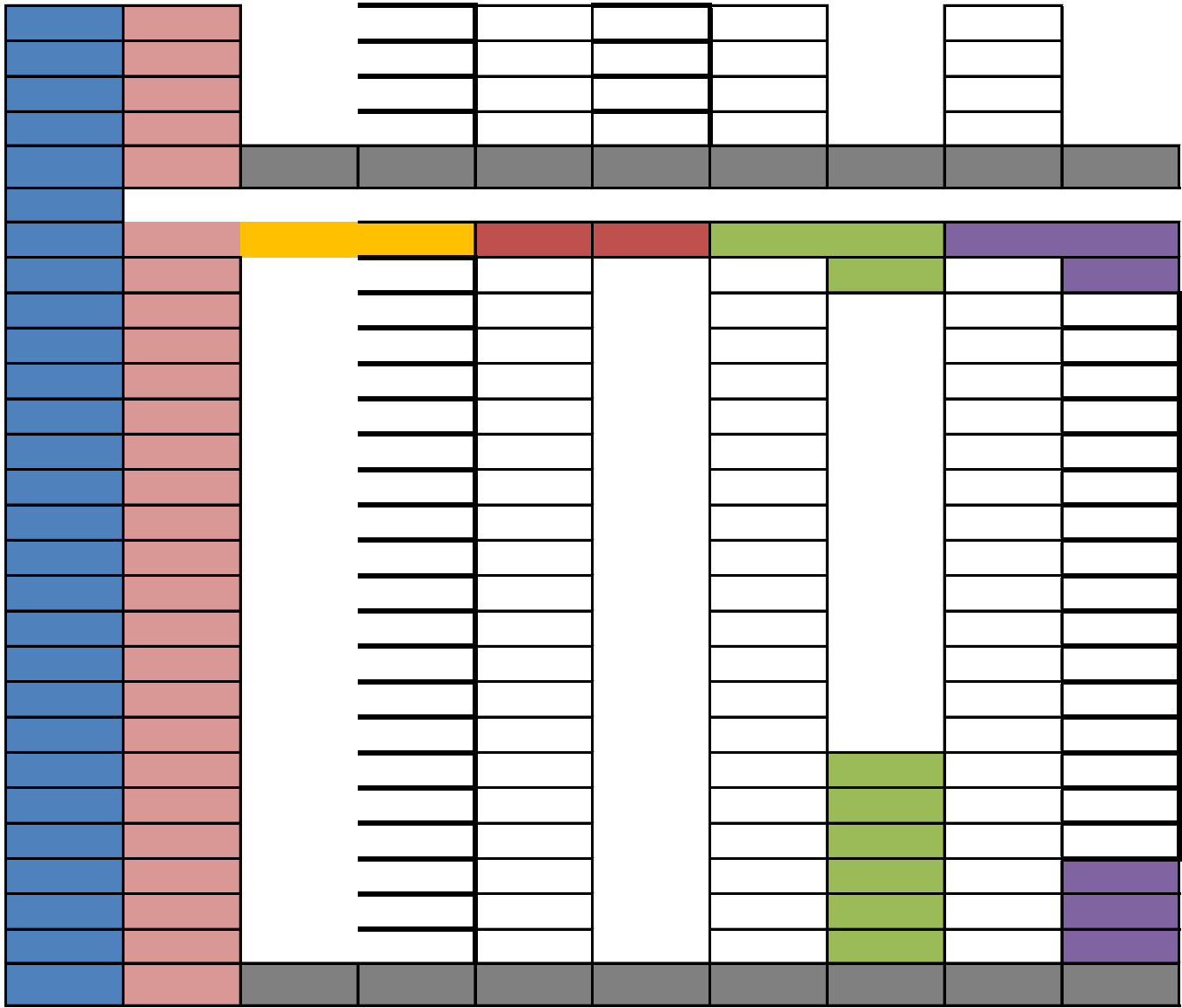
NB: 1 USA Dollar (\$) = 730 Malawian Kwacha (MK)

The Social Conditions Research Programme of the CfSC conducted these surveys during the month of January in these TAS: Khongoni in Lilongwe, Tambala in Dedza and Mlumbe in Zomba.

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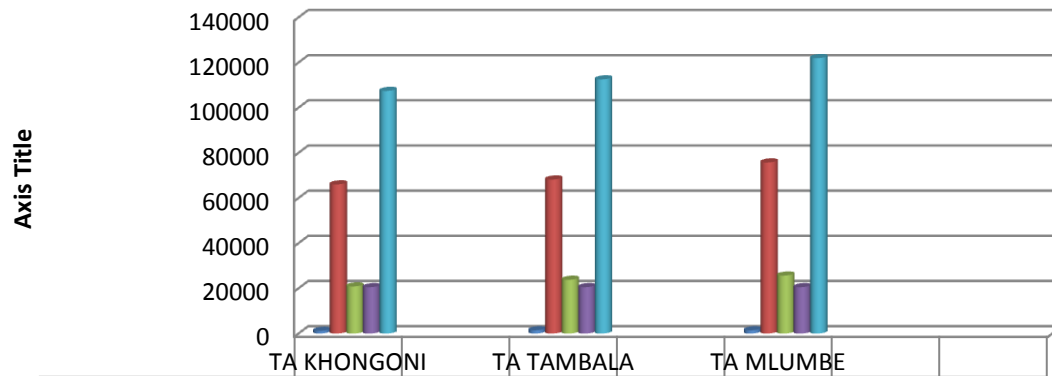
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Chart Title



	TA KHONGONI	TA TAMBALA	TA MLUMBE		
■ Kcal	1197	1456	1434		
■ Ideal Food Cost	66,050	68,200	75,775		
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■ School Expenses	20,534	20,534	20,534		
■ Cost of Living	107,454	112,554	121,979		