



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	Feb-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	160	8000		
Rice	20	800	16000	800	16000	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	1000	3000	1000	3000	1850	5550		
Bananas	350	30	10500	20	7000	50	17500		
Salt	1	300	300	250	250	300	300		
Totals			65750		67200		76275		
Kcal			1209		1445		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	150	450	150	450	150	450		
Body care	1	1000	1000	450	450	2000	2000		
Airtime	1	4500	4500	4500	4500	4500	4500		
Phone Charging	10	100	1000	100	1000	70	700		
Charcoal	2	2500	5000	4000	8000	3000	6000		

Batteries	9	150	1350	200	1800	250	2250		
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			21320		25270		27920		

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MONTHLY INCOME		TA KHONGONI		TA TAMBALA		TA MLUMBE			
Ganyu		5840		600		4660			
Small business		300		0		0			
Loans from VSL		0		2500		0			
Loans from others		0		2000		1500			
Usury/Katapila		0		0		0			
Crop sales		300		550		950			
Livestock sales		300		3500		0			
Remittances				2500		800			
Wage Labour				0		0			
Forest products				0		810			
Selling planks				0		460			
Firewood for selling				4650		0			
TOTALS			6740		16300		9180		

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		907.5		150		950			
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			2978	3641		9180	

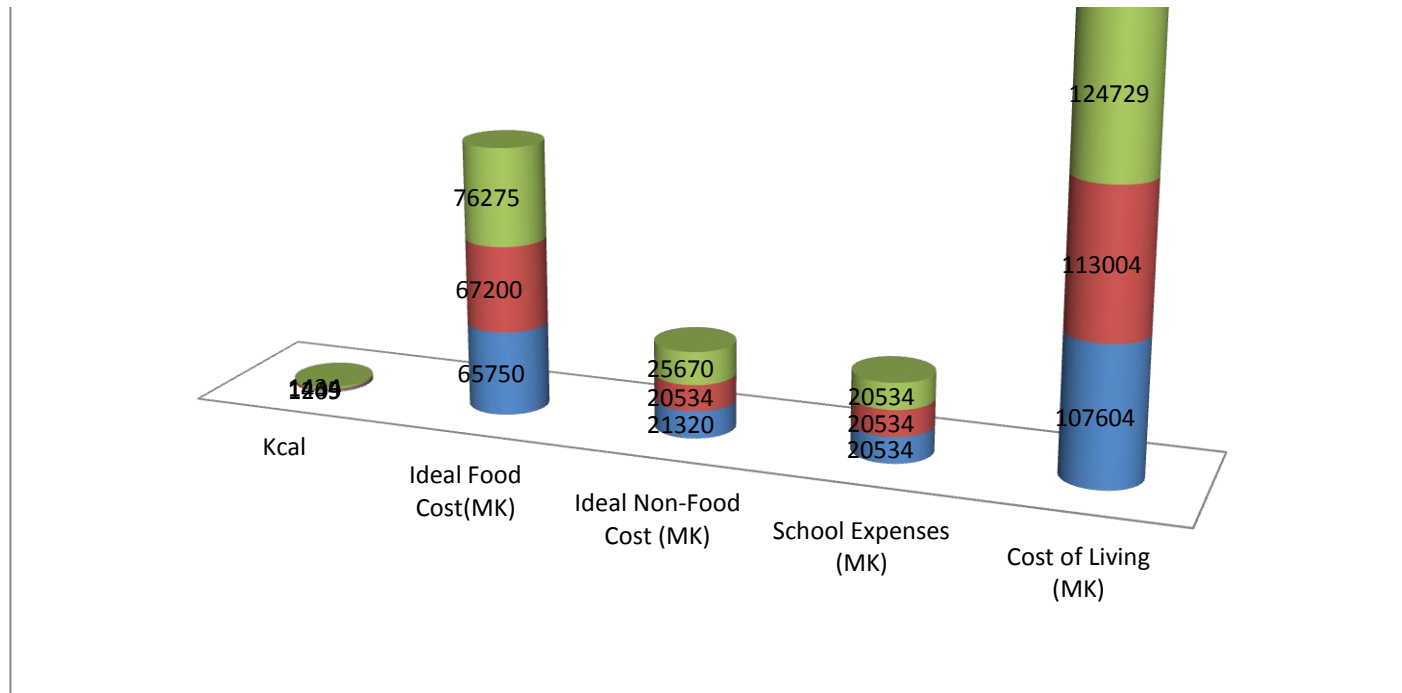
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SCHOOL EXPENSES 20,534

COST OF LIVING:

	TA KHONGONI	TA TAMBALA	TA MLUMBE
Kcal	1209	1445	1434
Ideal Food Cost	65,750	67,200	76,275
Ideal Non Food Cost	21,320	25,270	27,920
School Expenses	20,534	20,534	20,534
Cost of Living	107,604	113,004	124,729

■ TA Khongoni ■ TA Tambala ■ TA Mlumbe





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 February 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 MK76,275 to buy enough food to give them an average of 2400 calories. They only managed to get K9,180 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 the board. 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 (K27,920 + K20,534) than other areas to pay for ideal non-food items for a family of 6 during the month of February.

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 February 2018, the cost of living in TA Mlumbe in Zomba was highest at MK124,729 while it was lowest in TA Khongoni in Lilongwe at MK107,604. This means that households of TA Mlumbe were supposed to have an income of K124,729 to buy enough food worthy K76,275 that would give them 2400 Kilocalories, buy enough nonfood items worthy K27,920 and pay school expenses at MK20,534, but a household got only MK9,180 against the cost of living of MK124,729.

This MK9,180 only represents 7% of MK124,729, 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 February in these TAS: Khongoni in Lilongwe, Tambala in Dedza and Mlumbe in Zomba.

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