



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

Mar-18

A. IDEAL FOOD ITEMS		TA KHONGONI				TA TAMBALA	TA MLUMBE		TA MMBELWA	
ITEMS	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total	
Maize	50	90	4500	90	4500	100	5000	70	3500	
Rice	20	800	16000	750	15000	420	8400	650	13000	
Sugar	6	850	5100	850	5100	850	5100	850	5100	
Beans	7	700	4900	500	3500	400	2800	450	3150	
Eggs	40	80	3200	80	3200	100	4000	100	4000	
Goat meat	5	2000	10000	2000	10000	2000	10000	1800	9000	
Tomato	27	250	6750	400	10800	175	4725	400	10800	
Mustard	15	100	1500	110	1650	220	3300	110	1650	
Cooking Oil	3	900	2700	1000	3000	1400	4200	1200	3600	
Bananas	350	30	10500	20	7000	50	17500	50	17500	
Salt	1	300	300	250	250	200	200	400	400	
Totals			65450		64000		65225		71700	
Kcal			1220		1444		1567		2635	
IDEAL		TA KHONGONI				TA TAMBALA	TA MLUMBE		TA MMBELWA	
NON-FOOD ITEMS 1	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total	
Butex	4	200	800	200	800	300	1200	300	1200	
Nirma	15	150	2250	120	1800	120	1800	200	3000	
Clere	3	350	1050	350	1050	250	750	200	600	
Glycerine	3	150	450	150	450	150	450	250	750	
Body care	1	1000	1000	450	450	1800	1800	800	800	
Airtime	1	4500	4500	4500	4500	4500	4500	4500	4500	
Phone Charging	10	100	1000	100	1000	100	1000	100	1000	
Charcoal	2	2500	5000	4000	8000	3500	7000	1800	3600	

Batteries	9	150	1350	150	1350	250	2250	350	3150
Matches	9	30	270	30	270	50	450	30	270
Kukonola	5	150	750	250	1250	300	1500	350	1750
Milling	5	150	750	230	1150	300	1500	350	1750
Bicycles	1	2900	2900	2900	2900	2900	2900	2900	2900
TOTALS			22070		24970		27100		25270

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MONTHLY INCOME			TA KHONGONI		TA TAMBALA		TA MLUMBE		TA MMBELWA
Ganyu			500		500		3000		0
Small business			0		0				13942
Loans from VSL			0		2500				0
Loans from others			0		2000				1600
Usury/Katapila			0		0				1036.5
Crop sales			18300		0				41500
Livestock sales			0		3500				750
Remittances			2500		2500		7000		2000
Wage Labour			0		0				0
Forest products			0		0				0
Selling planks			0		0				0
Firewood for selling			3670		4650				0
TOTALS			24970		15650		10000		60829

Actual Non-Food Items									
Expenditure			TA KHONGONI		TA TAMBALA		TA MLUMBE		TA MMBELWA
			0		0				
Matches			133		72		240		129
Torch			101		156				12
Batteries			0		50				1828
Firewood			0		0				0
Ufresh			300		142				408
Nirma			220		174				0
Lifebouy			30		630				480
Boom			0		0				200

Clere			0		0			380
Geisha			40		35	120		37
Protex			0		45			85
Milling			0		0			790
Glycerine			0		138	8000		2590
Azam			12		0			520
Body care Jelly			30		95			500
Church offerings			0		48			1100
Community contri			0		0			
Medication			2130		2210			
Transport			0		0			
TOTALS			2996		3795		8360	9059

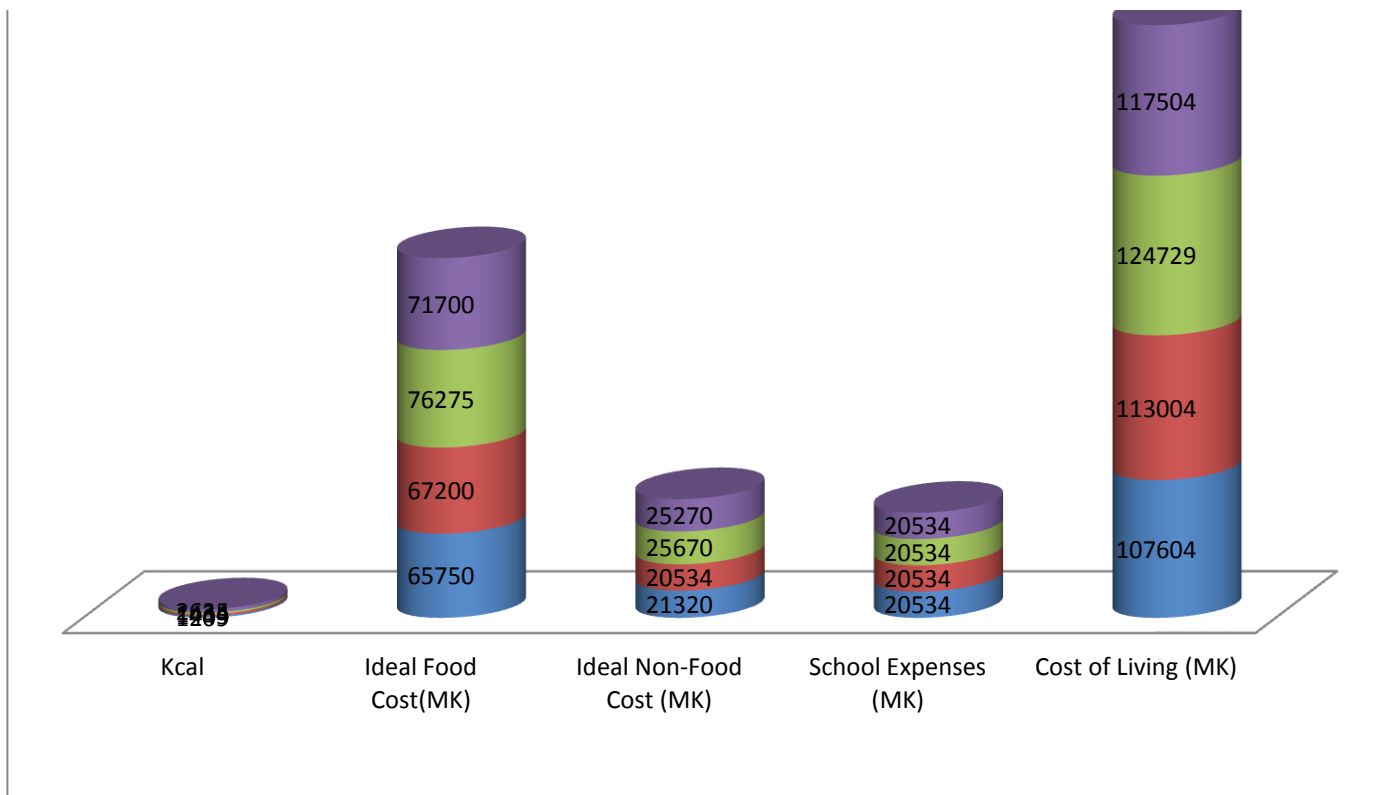
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SCHOOL EXPENSES 20,534

COST OF LIVING:

	TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA
Kcal	1220	1444	1567	2635
Ideal Food Cost	65,450	64,000	65,225	71,700
Ideal Non Food Cost	22,070	24,970	27,100	25,270
School Expenses	20,534	20,534	20,534	20,534
Cost of Living	108,054	109,504	112,859	117,504

■ TA Khongoni ■ TA Tambala ■ TA Mlumbe ■ TA M'mbelwa



COMMENTS/SUMMARY

Average Calorie intake/ person /day

Actual consumption by households, obtained from separate analysis, was found that, TA M'mbelwa households managed to consume enough calories (2635 Kcal) above the recommended calorie/energy intake of 2400 according to WHO.

This is one indicator of household food security among rural people. People with adequate food intake are healthy.

Healthy citizens will lead into healthy nation and this has a great bearing on national economy due to high productivity.

Households from TA Khongoni got the least Calories/energy of 1220.

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 March 2018 from surrounding markets.

Basing on this ideal food list, food cost was calculated. It was found out that, in an ideal situation, TA M'mbelwa households were supposed to have MK71,700 to buy enough food to give them an average of 2400 calories. Nevertheless, they managed to get above the

recommended figure. This may be because households got enough food from their harvests.

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 M'mbelwa (had it been that they had enough money), ideally, they could have incurred more expenses (K25,270 + K20,534) than other areas to pay for ideal non-food items for a family of 6 during the month of March.

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 March 2018, the cost of living in TA M'mbelwa in Mzimba was highest at MK117,504 while TA Khongoni was lowest at MK108,054. This means that households of TA M'mbelwa were supposed to have an income of K117,504 to buy food worthy K71,700 that would give them 2400 Kilocalories, buy enough nonfood items worthy K25,270 and pay school expenses at K20534 but a household got only MK60,829 against the cost of living of MK117,504.

This MK60,829 represents 52% of MK117,504, with a gap of 48%. 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 March 2018 in these TAS: Khongoni in Lilongwe, Tambala in Dedza, M'mbelwa in Mzimba and Mlumbe in Zomba.

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