



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

		TA KHONGONI		TA TAMBALA		TA MLUMBE		TA MMBELWA	
		Month		Month		Month		Month	
		Apr-18		Apr-18		Apr-18		Apr-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	80	4000	100	5000	120	6000	60	3000
Rice	20	1000	20000	750	15000	420	8400	700	14000
Sugar	6	850	5100	950	5700	850	5100	900	5400
Beans	7	1000	7000	500	3500	400	2800	800	5600
Eggs	40	100	4000	80	3200	100	4000	100	4000
Goat meat	5	2000	10000	2000	10000	2000	10000	2000	10000
Tomato	27	200	5400	400	10800	175	4725	400	10800
Mustard	15	220	3300	110	1650	220	3300	110	1650
Cooking Oil	3	900	2700	1300	3900	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			72300		66000		66225		75950
Kcal			1565		1449		1544		2412
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	350	1400	250	1000
Nirma	15	120	1800	120	1800	100	1500	130	1950
Clere	3	300	900	350	1050	240	720	200	600
Glycerine	3	150	450	150	450	150	450	300	900
Body care	1	600	600	450	450	1800	1800	800	800
Airtime	1	4500	4500	4500	4500	4500	4500	4500	4500
Phone Charging	10	50	500	100	1000	100	1000	100	1000
Charcoal	2	3000	6000	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	300	1500
Milling	5	150	750	230	1150	300	1500	300	1500
Bicycles	1	2900	2900	2900	2900	2900	2900	2900	2900
TOTALS			21570		24970		26970		23670

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MONTHLY INCOME		TA KHONGONI		TA TAMBALA		TA MLUMBE		TA MMBELWA	
Ganyu		1500		3550		2440		6800	
Small business		1250		8400		1300		1960	
Loans from VSL		800		3194		80		1000	
Loans from others		0		0		120		7200	
Usury/Katapila		1200		0		0		800	
Crop sales		1600		0		4505		1490	
Livestock sales		1100		0		1480		2510	
Remittances		3000		0		2200		2585	
Wage Labour		3410		0		0		150	
Forest products		140		0		0		550	
Selling planks		0		0		0		255	
Firewood for selling		0		0		0		0	
TOTALS		14000		15144		12125		25300	

Actual Non-Food Items									
Expenditure		TA KHONGONI		TA TAMBALA		TA MLUMBE		TA MMBELWA	
Matches		76		74		24		52	
Torch		359		50		48		250	
Batteries		495		0		0		0	
Firewood		700		0		0		0	
Ufresh		450		168		206		436	
Nirma		696		200		382		348	
Lifebouy		356		0		0		0	
Boom		227		0		124		132	

Clere			255		446		167		208
Geisha			500		300		0		0
Protex			297		450		155		187
Milling			150		450		50		0
Glycerine			95		300		87		0
Azam			740		700		494		1190
Body care Jelly			171		290		1160		1007
Church offerings			400		200		1113		120
Community contri			366		400		0		0
Medication			258		600		5		0
Transport			280		1500		0		0
TOTALS			6871		6128		4015		3930

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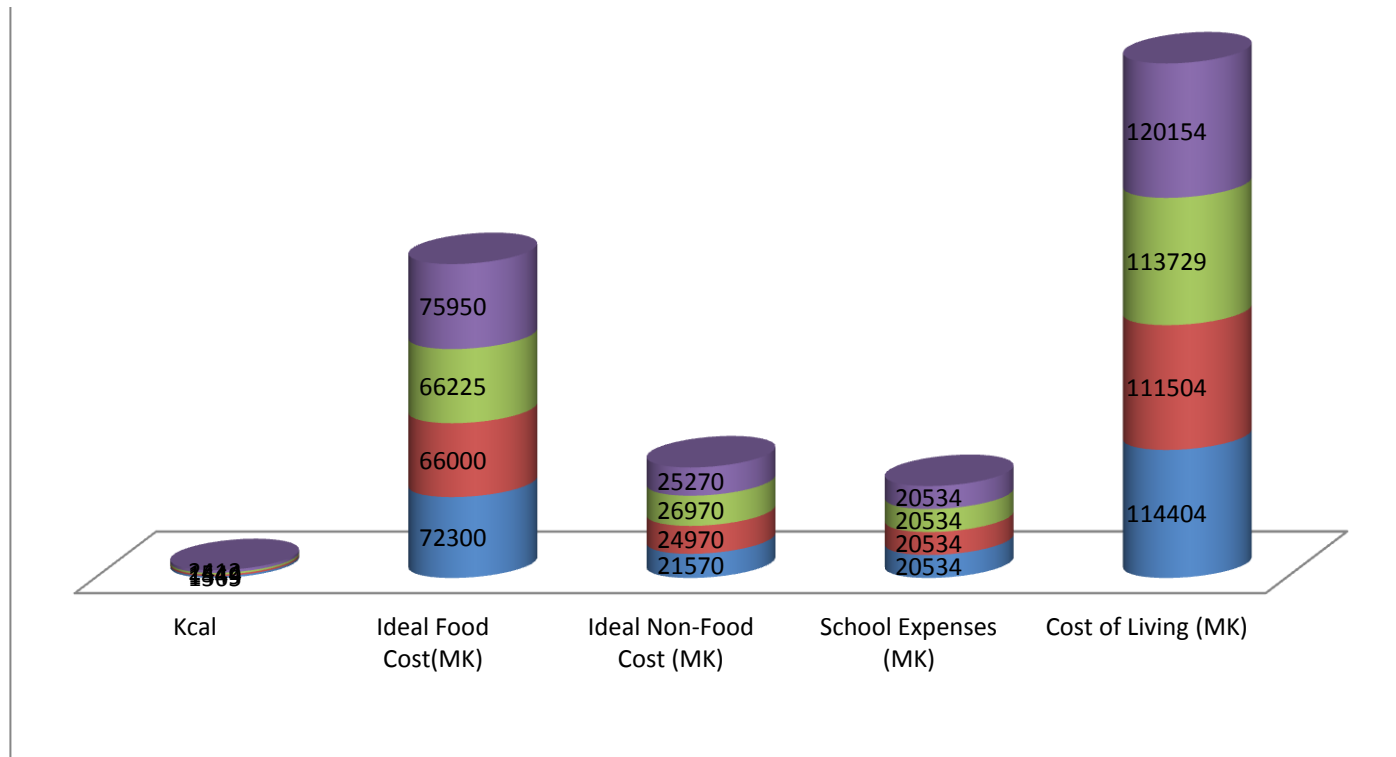
SCHOOL EXPENSES 20,534

COST OF LIVING:

		TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA
Kcal		1565	1449	1544	2412
Ideal Food Cost		72,300	66,000	66,225	75,950
Ideal Non Food Cost		21,570	24,970	26,970	23,670
School Expenses		20,534	20,534	20,534	20,534
Cost of Living		114,404	111,504	113,729	120,154

Chart Title

■ 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 (2412 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 Mlumbe got the least Calories/energy of 1449.

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 April 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 MK75,950 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 (K23,670 + K20,534) than other areas to pay for ideal non-food items for a family of 6 during the month of April.

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 April 2018, the cost of living in TA M'mbelwa in Mzimba was highest at MK120,154 while TA Tambala was lowest at MK111,504. This means that households of TA M'mbelwa were supposed to have an income of K120,154 to buy food worthy K75,950 that would give them 2400 Kilocalories, buy enough nonfood items worthy K23,670 and pay school expenses at K20534 but a household got only MK25,300 against the cost of living of MK120,154.

This MK25,300 represents 21% of MK120,154, with a gap of 79%. 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 April 2018 in these TAS: Khongoni in Lilongwe, Tambala in Dedza, M'mbelwa in Mzimba and Mlumbe in Zomba.

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