



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

A. IDEAL FOOD ITEMS	Month									
	Mei-18									
ITEMS	TA KHONGONI			TA TAMBALA		TA MLUMBE		TA MMBELWA		
	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total	
Maize	50	100	5000	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	80	3200	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	200	3000	110	1650	220	3300	110	1650	
Cooking Oil	3	1300	3900	1300	3900	1400	4200	1200	3600	
Bananas	350	20	7000	20	7000	50	17500	50	17500	
Salt	1	300	300	250	250	200	200	400	400	
Totals			69900		66000		66225		75950	
Kcal			1502		1449		1502		1964	
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	200	3000	
Clere	3	450	1350	350	1050	240	720	200	600	
Glycerine	3	150	450	150	450	150	450	300	900	
Body care	1	500	500	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	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	250	1250	300	1500
Milling	5	150	750	230	1150	250	1250	300	1500
Bicycles	1	2900	2900	2900	2900	2900	2900	2900	2900
TOTALS			22420		24970		26470		24720

C									
MONTHLY INCOME		TA KHONGONI		TA TAMBALA		TA MLUMBE		TA MMBELWA	
Ganyu		1500		3550		2440		6800	
Small business		1250		8500		1300		1960	
Loans from VSL		800		3280		80		1000	
Loans from others		0		90		0		7200	
Usury/Katapila		1200		0		0		800	
Crop sales		1600		0		4507		1490	
Livestock sales		1100		0		1480		2510	
Remittances		3000		0		2143		2585	
Wage Labour		3410		0		0		900	
Forest products		500		0		0		197	
Selling planks		140		0		0		0	
Firewood for selling		0		0		0		0	
TOTALS		14500		15420		11950		25442	

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

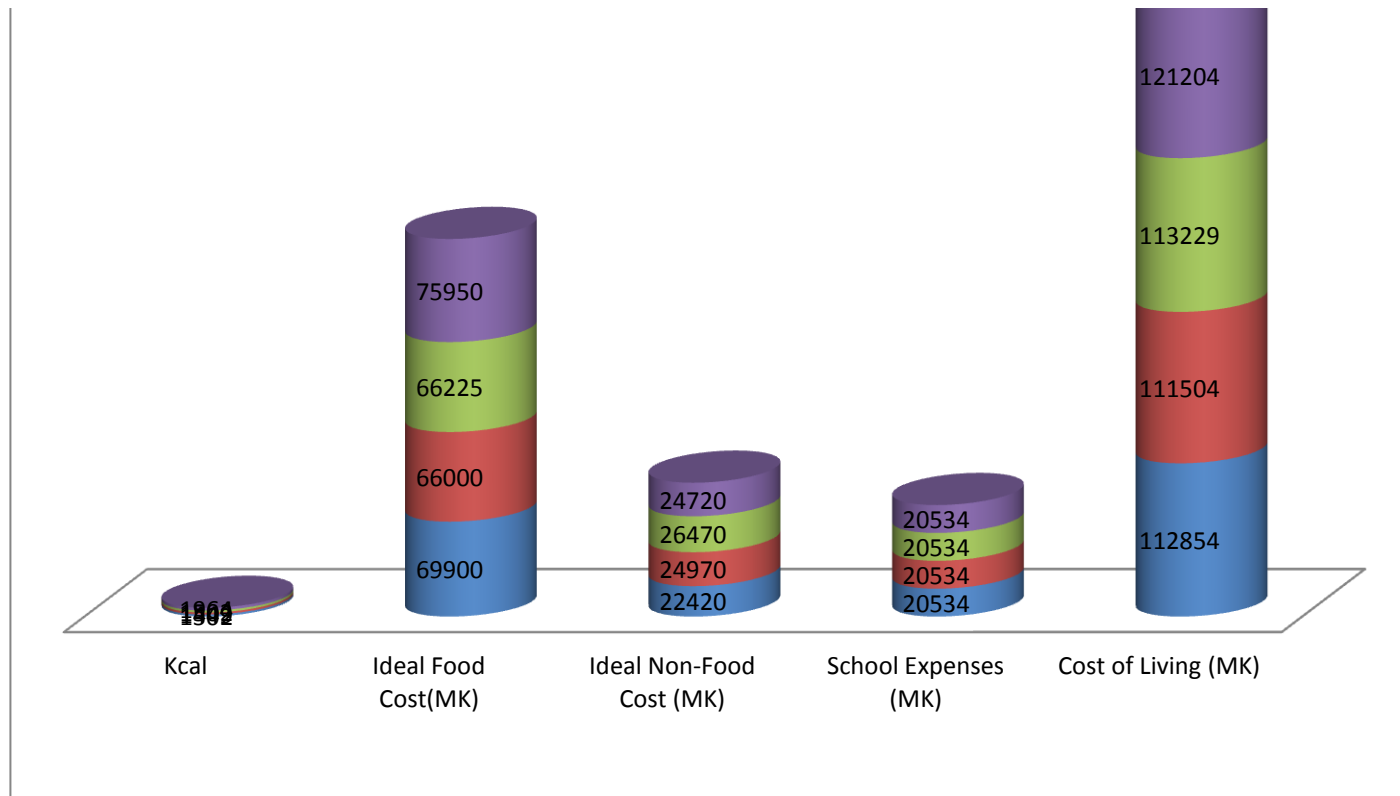
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SCHOOL EXPENSES **20,534**

COST OF LIVING:

	TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA
Kcal	1502	1449	1502	1964
Ideal Food Cost	69,900	66,000	66,225	75,950
Ideal Non Food Cost	22,420	24,970	26,470	24,720
School Expenses	20,534	20,534	20,534	20,534
Cost of Living	112,854	111,504	113,229	121,204

■ 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, none of the households managed to consume enough calories of 2400 as recommended by WHO.

This is one indicator of household food insecurity among rural people. People with inadequate food intake are unhealthy. Unhealthy citizens will lead into unhealthy 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 May 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 Mlumbe (had it been that they had enough money), ideally, they could have incurred more expenses (K26,470 + K20,534) than other areas to pay for ideal non-food items for a family of 6 during the month of May.

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 May 2018, the cost of living in TA M'belwa in Mzimba was highest at MK121,204 while TA Tambala was lowest at MK111,504. This means that households of TA M'belwa were supposed to have an income of K121,204 to buy food worthy K75,950 that would give them 2400 Kilocalories, buy enough nonfood items worthy K24,720 and pay school expenses at K20534 but a household got only MK25,442 against the cost of living of MK121,204.

This MK25,442 represents 21% of MK121,204, 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 May 2018 in these TAS: Khongoni in Lilongwe, Tambala in Dedza, M'belwa in Mzimba and Mlumbe in Zomba.

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