



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								Aug-18	
	IDEAL	TA KHONGONI			TA TAMBALA		TA MLUMBE		TA MMBELWA	
ITEMS	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total	
Maize	50	100	5000	100	5000	150	7500	80	4000	
Rice	20	1000	20000	800	16000	800	16000	650	13000	
Sugar	6	850	5100	950	5700	850	5100	850	5100	
Beans	7	800	5600	500	3500	500	3500	800	5600	
Eggs	40	90	3600	90	3600	100	4000	100	4000	
Goat meat	5	2000	10000	2000	10000	2400	12000	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	1000	3000	1300	3900	1400	4200	1200	3600	
Bananas	350	30	10500	20	7000	50	17500	50	17500	
Salt	1	300	300	260	260	300	300	400	400	
<b>Totals</b>			<b>71800</b>		<b>67410</b>		<b>78125</b>		<b>75650</b>	
Kcal			<b>1884</b>		<b>1692</b>		<b>1445</b>		<b>2014</b>	
<b>IDEAL</b>			<b>TA KHONGONI</b>		<b>TA TAMBALA</b>		<b>TA MLUMBE</b>		<b>TA MMBELWA</b>	
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	350	1050	400	1200	350	1050	350	1050	
Glycerine	3	150	450	180	540	150	450	250	750	
Body care	1	1300	1300	450	450	1900	1900	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	3500	7000	4000	8000	1800	3600	

Batteries	9	150	1350	150	1350	150	1350	350	3150
Matches	9	30	270	30	270	50	450	40	360
Kukonola	5	150	750	250	1250	700	3500	350	1750
Milling	5	150	750	250	1250	700	3500	350	1750
Bicycles	1	2900	2900	2900	2900	2900	2900	2900	2900
<b>TOTALS</b>			<b>22920</b>		<b>24310</b>		<b>31500</b>		<b>25610</b>

<b>C</b>									
<b>MONTHLY INCOME</b>		<b>TA KHONGONI</b>		<b>TA TAMBALA</b>		<b>TA MLUMBE</b>		<b>TA MMBELWA</b>	
Ganyu		5000		4280		500		1000	
Small business		0		409				0	
Loans from VSL		0		1400				0	
Loans from others		0		4630				0	
Usury/Katapila		0		2370				0	
Crop sales		12000		1200		3750		11200	
Livestock sales		0		9150				3500	
Remittances		0		0				3000	
Wage Labour		0		0				4000	
Forest products		0		0				0	
Selling planks		0		0				0	
Firewood for selling		0		0				0	
<b>TOTALS</b>			<b>15792</b>		<b>24456</b>		<b>5239</b>		<b>22695</b>

<b>Actual Non-Food Items</b>									
<b>Expenditure</b>		<b>TA KHONGONI</b>		<b>TA TAMBALA</b>		<b>TA MLUMBE</b>		<b>TA MMBELWA</b>	
<b>Matches</b>		45		42		250		52	
Torch		300		126		300		250	
<b>Batteries</b>		408		50		260		0	
Firewood		400		26		400		0	
<b>Ufresh</b>		100		300		150		436	
Nirma		0		40		700		348	
<b>Lifebouy</b>		320		90		0		0	
Boom		555		185		0		132	

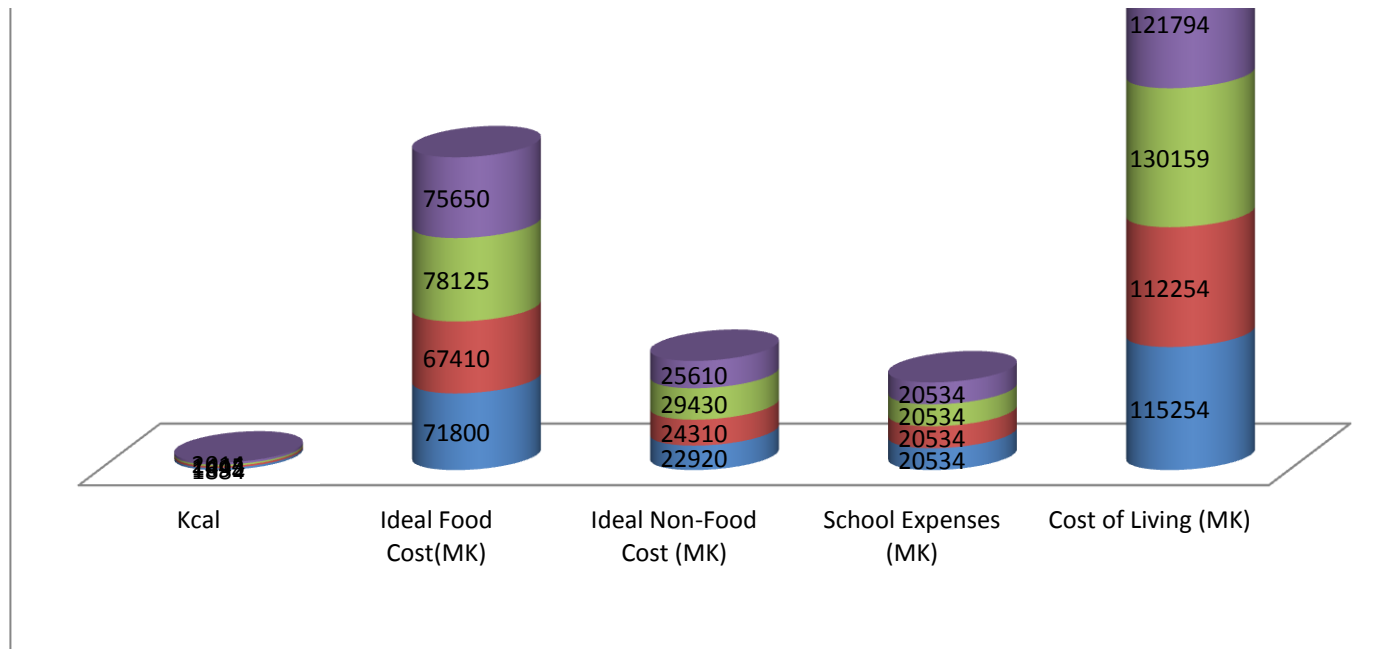
<b>Clere</b>			125		75	150	0
Geisha			70		55	0	0
<b>Protex</b>			495		80	0	187
Milling			155		1150	0	0
<b>Glycerine</b>			0		251	0	0
Azam			772.5		250	0	1190
<b>Body care Jelly</b>			503		47	0	1007
Church offerings			182		75	0	120
<b>Community contri</b>						0	0
Medication						5	0
<b>Transport</b>						0	0
<b>TOTALS</b>			<b>4431</b>		<b>2842</b>	<b>1815</b>	<b>3722</b>

E  
SCHOOL EXPENSES 20,534

		TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA
<b>Kcal</b>		<b>1884</b>	<b>1692</b>	<b>1445</b>	<b>2014</b>
<b>Ideal Food Cost</b>	71,800	67,410	78,125	75,650	
<b>Ideal Non Food Cost</b>	22,920	24,310	31,500	25,610	
<b>School Expenses</b>	20,534	20,534	20,534	20,534	
<b>Cost of Living</b>	<b>115,254</b>	<b>112,254</b>	<b>130,159</b>	<b>121,794</b>	

■ 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 August 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 MK78,125 to buy enough food to give them an average of 2400 calories but the income was only K4,250.

##### 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 (K31,500 + K20,534) than other areas to pay for ideal non-food items for a family of 6 during the month of August.

#### **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 August 2018, the cost of living in TA Mlumbe in Zomba was highest at MK130,159 while TA Tambala was lowest at MK112,254. This means that households of TA Mlumbe were supposed to have an income of K130,159 to buy food worthy K78,125 that would give them 2400 Kilocalories, buy enough nonfood items worthy K31,500 and pay school expenses at K20534 but a household got only MK5,239 against the cost of living of MK130,159.

This MK5,239 represents 4% of MK130,159, with a gap of 96%. 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 August 2018 in these TAS: Khongoni in Lilongwe, Tambala in Dedza, M'mbelwa in Mzimba and Mlumbe in Zomba.

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