



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 Des-18										
	IDEAL	TA KHONGONI			TA TAMBALA		TA MLUMBE		TA MMBELWA		TA MAS
ITEMS	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	
Maize	50	150	7500	150	7500	175	8750	120	6000	150	
Rice	20	1000	20000	800	16000	800	16000	850	17000	650	
Sugar	6	850	5100	950	5700	850	5100	900	5400	850	
Beans	7	1000	7000	500	3500	1000	7000	600	4200	600	
Eggs	40	90	3600	90	3600	100	4000	100	4000	100	
Goat meat	5	2000	10000	2000	10000	2400	12000	1800	9000	1800	
Tomato	27	200	5400	400	10800	200	5400	400	10800	400	
Mustard	15	220	3300	110	1650	110	1650	200	3000	200	
Cooking Oil	3	1000	3000	1300	3900	1400	4200	1100	3300	1500	
Bananas	350	30	10500	20	7000	35	12250	50	17500	100	
Salt	1	300	300	260	260	360	360	300	300	400	
Totals			75700		69910		76710		80500		
Kcal			1884		1692		1445		2014		
IDEAL		TA KHONGONI			TA TAMBALA		TA MLUMBE		TA MMBELWA		TA MAS
NON-FOOD ITEMS 1	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	
Butex	4	200	800	200	800	350	1400	300	1200	250	
Nirma	15	120	1800	120	1800	120	1800	200	3000	120	
Clere	3	350	1050	500	1500	350	1050	350	1050	350	
Glycerine	3	150	450	180	540	150	450	250	750	250	
Body care	1	1200	1200	1000	1000	2000	2000	800	800	850	
Airtime	1	4500	4500	4500	4500	4500	4500	4500	4500	4500	
Phone Charging	10	100	1000	100	1000	100	1000	100	1000	100	
Charcoal	2	2500	5000	3000	6000	3500	7000	2000	4000	3000	

Batteries	9	150	1350	150	1350	150	1350	400	3600	250
Matches	9	30	270	50	450	30	270	50	450	30
Kukonola	5	150	750	250	1250	500	2500	350	1750	200
Milling	5	150	750	250	1250	500	2500	350	1750	200
Bicycles	1	2900	2900	2900	2900	2900	2900	2900	2900	2900
TOTALS			21820		24340		28720		26750	
C										
MONTHLY INCOME		TA KHONGONI		TA TAMBALA		TA MLUMBE		TA MMBELWA		TA MA
Ganyu		4530		4000		600		2000		
Small business		0		500				0		
Loans from VSL		0		0		1000		0		
Loans from others		0		3700				0		
Usury/Katapila		0		800				0		
Crop sales		3500		1300		4550		11407		
Livestock sales		0		0				2508		
Remittances		500		1500				3000		
Wage Labour		0		0				3540		
Forest products		0		0				0		
Selling planks		0		0				0		
Firewood for selling		0		0				0		
TOTALS			8530		11800		6150		22455	
Actual Non-Food Items										
Expenditure		TA KHONGONI		TA TAMBALA		TA MLUMBE		TA MMBELWA		TA MA
Matches		50		42		250		52		
Torch		300		126		300		250		
Batteries		408		50		260		0		
Firewood		500		26		400		0		
Ufresh		100		400		150		436		
Nirma		0		40		750		450		
Lifebouy		320		90		0		0		
Boom		555		185		0		132		

Clere			125		75		150		0
Geisha			70		55		0		0
Protex			495		230		0		187
Milling			155		1150		0		300
Glycerine			0		251		0		0
Azam			772.5		250		0		1190
Body care Jelly			503		47		0		1007
Church offerings			200		75		0		200
Community contri							0		0
Medication							5		0
Transport							0		0
TOTALS			4554		3092		1865		4204

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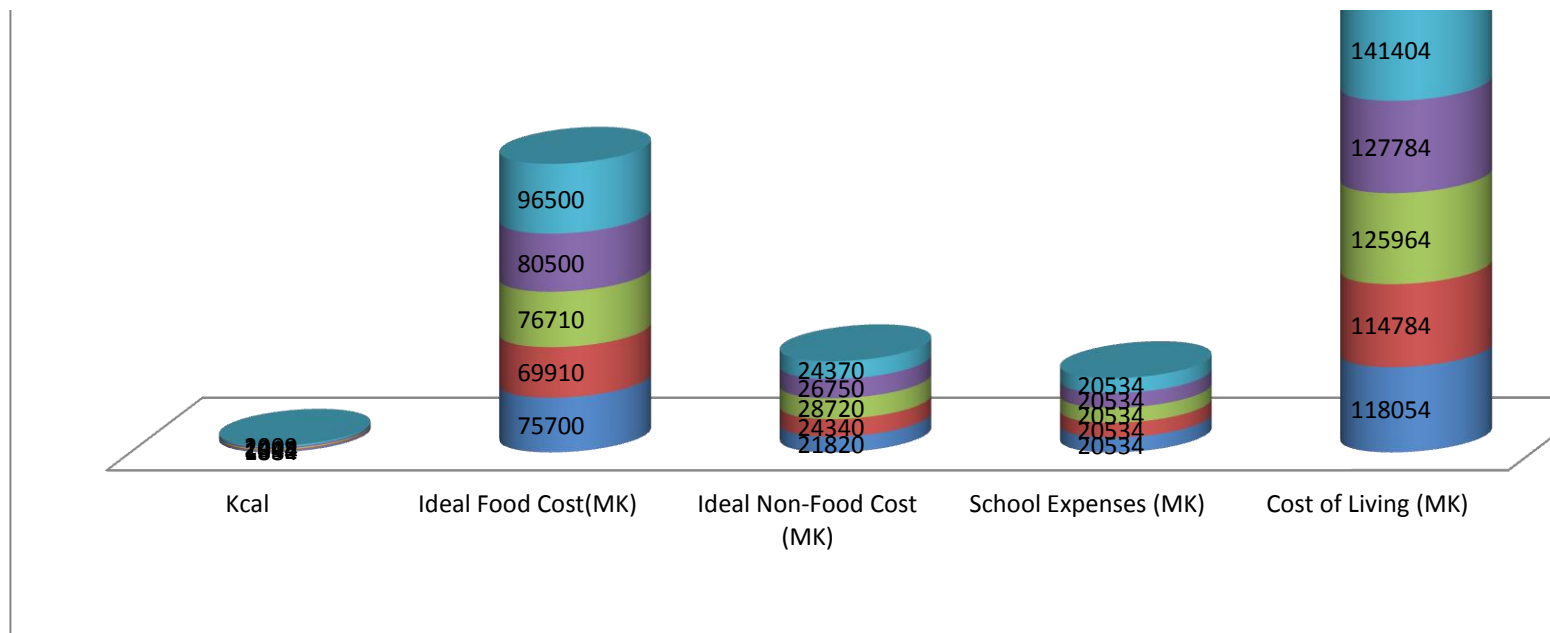
SCHOOL EXPENSES 20,534

COST OF LIVING:

	TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA	TA MASEYA
Kcal	1884	1692	1445	2014	
Ideal Food Cost	75,700	69,910	76,710	80,500	
Ideal Non Food Cost	21,820	24,340	28,720	26,750	
School Expenses	20,534	20,534	20,534	20,534	
Cost of Living	118,054	114,784	125,964	127,784	

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





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 December 2018 from surrounding markets.

Basing on this ideal food list, food cost was calculated. It was found out that, in an ideal situation, TA Khongoni households were supposed to have MK75,700 to buy enough food to give them an average of 2400 calories but the income was only K8,530.

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 (K28,720 + K20,534) than other areas to pay for ideal non-food items for a family of 6 during the month of December.

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 December 2018, the cost of living in TA Maseya in Chikwawa was highest at MK141,404 while TA Tambala was low at MK114,784. This means that households of TA Maseya were supposed to have an income of K141,404 to buy food worthy K96,500 that would give them 2400 Kilocalories, buy enough nonfood items worthy K24,370 and pay school expenses at K20534 but a household got only MK64,140 against the cost of living of MK141,204.

This MK64,140 represents 45% of MK141,404, with a gap of 55%. 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 **December** 2018 in these TAS: Khongoni in Lilongwe, Tambala in Dedza, M'mbelwa in Mzimba and Mlumbe in Zomba.

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SEYA
Total
7500
13000
5100
4200
4000
9000
10800
3000
4500
35000
400
96500
SEYA
Total
1000
1800
1050
750
850
4500
1000
6000

2250
270
1000
1000
2900
24370
SEYA
5000
8600
0
0
0
19000
25000
3000
3540
0
0
0
64140
SEYA
150
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0
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4000
450
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132

0
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586
300
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1190
1007
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1500
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ASEYA
2009
96500
24370
20,534
141,404

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