



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-19

A. IDEAL FOOD ITEMS		TA KHONGONI			TA TAMBALA	TA MLUMBE		TA CHIKWAWA	
ITEMS	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total
Maize	50	160	8000	250	12500	180	9000	214	10700
Rice	20	850	17000	800	16000	500	10000	800	16000
Sugar	6	900	5400	950	5700	900	5400	850	5100
Beans	7	1000	7000	500	3500	500	3500	700	4900
Eggs	40	80	3200	90	3600	100	4000	100	4000
Goat meat	5	2000	10000	2000	10000	2200	11000	1800	9000
Tomato	27	100	2700	400	10800	200	5400	400	10800
Mustard	15	200	3000	100	1500	200	3000	110	1650
Cooking Oil	3	950	2850	1100	3300	1450	4350	1000	3000
Bananas	350	30	10500	20	7000	50	17500	50	17500
Salt	1	300	300	320	320	300	300	450	450
Totals			69950		74220		73450		83100
Kcal			1855		1593		1564		1796
IDEAL		TA KHONGONI			TA TAMBALA	TA MLUMBE		TA CHIKWAWA	
NON-FOOD ITEMS 1	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total
Butex	4	200	800	200	800	320	1280	350	1400
Nirma	15	150	2250	120	1800	130	1950	200	3000
Clere	3	350	1050	350	1050	350	1050	350	1050
Glycerine	3	150	450	180	540	170	510	250	750
Body care	1	1000	1000	1000	1000	1000	1000	850	850
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	4000	8000

Batteries	9	150	1350	150	1350	250	2250	250	2250
Matches	9	50	450	50	450	50	450	50	450
Kukonola	5	200	1000	300	1500	850	4250	400	2000
Milling	5	200	1000	300	1500	300	1500	600	3000
Bicycles	1	2900	2900	2900	2900	2900	2900	2900	2900
TOTALS			22750		26390		29640		31150

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MONTHLY INCOME			TA KHONGONI		TA TAMBALA		TA MLUMBE		TA CHIKWAWA
Ganyu			700		0		3000		0
Small business			0		0				8900
Loans from VSL			0		1500				0
Loans from others			0		0				1600
Usury/Katapila			0		0				0
Crop sales			9006		0		7433		6600
Livestock sales			0		1600				740
Remittances			2500		0		7000		0
Wage Labour			0		0				0
Forest products			0		0				0
Selling planks			0		0				0
Firewood for selling			1500		2695				0
TOTALS			13706		5795		17433		17840

Actual Non-Food Items									
Expenditure			TA KHONGONI		TA TAMBALA		TA MLUMBE		TA CHIKWAWA
			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

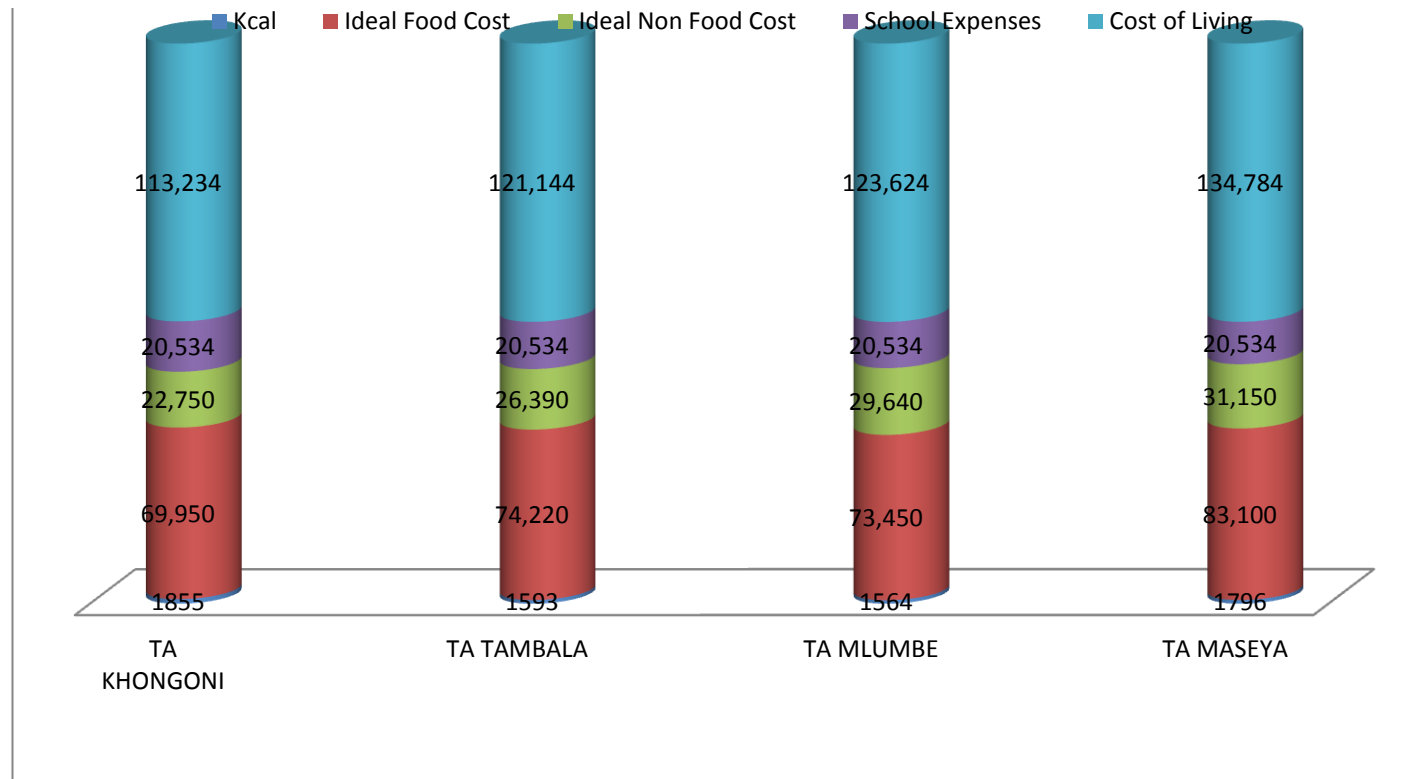
Clere			0		0			380
Geisha			40		35	120		37
Protex			0		45			85
Milling			0		0			790
Glycerine			0		138	8000		2590
Azam			12		0			520
Body care Jelly			30		95			500
Church offerings			0		48			1100
Community contri			0		0			
Medication			2130		2210			
Transport			0		0			
TOTALS			2996		3795		8360	9059

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SCHOOL EXPENSES 20,534

COST OF LIVING:

		TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MASEYA
Kcal		1855	1593	1564	1796
Ideal Food Cost	69,950		74,220	73,450	83,100
Ideal Non Food Cost	22,750		26,390	29,640	31,150
School Expenses	20,534		20,534	20,534	20,534
Cost of Living	113,234		121,144	123,624	134,784

Chart Title



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 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 1564.

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 2019 from surrounding markets.

Basing on this ideal food list, food cost was calculated. It was found out that, in an ideal situation, TA Maseya households were supposed to have MK83,100 to buy enough food to give them an average of 2400 calories.

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 Maseya (had it been that they had enough money), ideally, they could have incurred more expenses (K31,150 + 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 2019, the cost of living in TA Maseya in Chikwawa was highest at MK134,784 while TA Khongoni was lowest at MK113,234. This means that households of TA Maseya were supposed to have an income of K134,784 to buy food worthy K83,100 that would give them 2400 Kilocalories, buy enough nonfood items worthy K31,150 and pay school expenses at K20534 but a household got only MK18,840 as a monthly income against the cost of living of MK134,784.

This MK17,840 represents 13% of MK134,784, with a gap of 87%. 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 2019 in these TAs: Khongoni in Lilongwe, Tambala in Dedza, Maseya in Chikwawa and Mlumbe in Zomba. There was no data for TA Mmbelwa in Mzimba

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