



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-20

A. IDEAL FOOD ITEMS	TA KHONGONI		TA TAMBALA		TA MLUMBE(closed)		TA MMBELWA		TA MASEYA		
ITEMS	Ideal	Unit Price	Total	Unit Price	Total			Unit Price	Total	Unit Price	Total
Maize	50	210	10500	220	11000			150	7500	170	8500
Rice	20	1000	20000	800	16000			800	16000	600	12000
Sugar	6	900	5400	950	5700			900	5400	1000	6000
Beans	7	1000	7000	1000	7000			600	4200	700	4900
Eggs	40	90	3600	90	3600			100	4000	100	4000
Goat meat	5	2000	10000	2400	12000			2500	12500	2000	10000
Tomato	27	200	5400	400	10800			400	10800	228	6156
Mustard	15	118	1770	59	885			153	2295	200	3000
Cooking Oil	3	1000	3000	1300	3900			1350	4050	1800	5400
Bananas	350	40	14000	20	7000			50	17500	100	35000
Salt	1	300	300	400	400			500	500	400	400
<b>Totals</b>			<b>80970</b>		<b>78285</b>				<b>84745</b>		<b>95356</b>
Kcal			<b>1388</b>		<b>1774</b>				<b>2392</b>		<b>2002</b>
IDEAL	TA KHONGONI		TA TAMBALA		TA MMBELWA		TA MASEYA				
NON-FOOD ITEMS 1	Ideal	Unit Price	Total	Unit Price	Total			Unit Price	Total	Unit Price	Total
Butex	4	300	1200	290	1160			350	1400	250	1000
Nirma	15	120	1800	120	1800			180	2700	150	2250
Clere	3	350	1050	500	1500			400	1200	350	1050
Glycerine	3	150	450	180	540			250	750	250	750
Body care	1	1300	1300	1300	1300			1200	1200	1200	1200
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			1500	3000	3500	7000

Batteries	9	170	1530	200	1800			480	4320	250	2250
Matches	9	50	450	50	450			50	450	50	450
Kukonola	5	300	1500	300	1500			400	2000	400	2000
Milling	5	300	1500	300	1500			400	2000	800	4000
Bicycles	1	2900	2900	2900	2900			2900	2900	2900	2900
<b>TOTALS</b>			<b>24180</b>		<b>27950</b>				<b>27420</b>		<b>30350</b>

<b>C</b>											
<b>MONTHLY INCOME</b>			<b>TA KHONGONI</b>		<b>TA TAMBALA</b>				<b>TA MMBELWA</b>		<b>TA MASEYA</b>
Ganyu			4530		6000				0		2000
Small business			4500		1600				9000		2500
Loans from VSL			0		1500				0		0
Loans from others			0		4166				0		0
Usury/Katapila			0		0				0		0
Crop sales			2420		6500				20000		5000
Livestock sales			1300		0				8200		7100
Remittances			785		2500				0		3885
Wage Labour			0		0				2890		0
Forest products			0		0				0		0
Selling planks			0		0				0		0
Firewood for selling			0		0				0		0
<b>TOTALS</b>			<b>13535</b>		<b>22266</b>				<b>40090</b>		<b>20485</b>

<b>Actual Non-Food Items</b>											
<b>Expenditure</b>			<b>TA KHONGONI</b>		<b>TA TAMBALA</b>				<b>TA MMBELWA</b>		<b>TA MASEYA</b>
<b>Matches</b>			50		42				300		150
Torch			300		126				100		0
<b>Batteries</b>			408		50				650		0
Firewood			0		26				5000		0
<b>Ufresh</b>			100		677				800		4000
Nirma			0		40				250		450
<b>Lifebouy</b>			0		150				455		0
Boom			555		185				982		132
<b>Clere</b>			125		75				1000		0

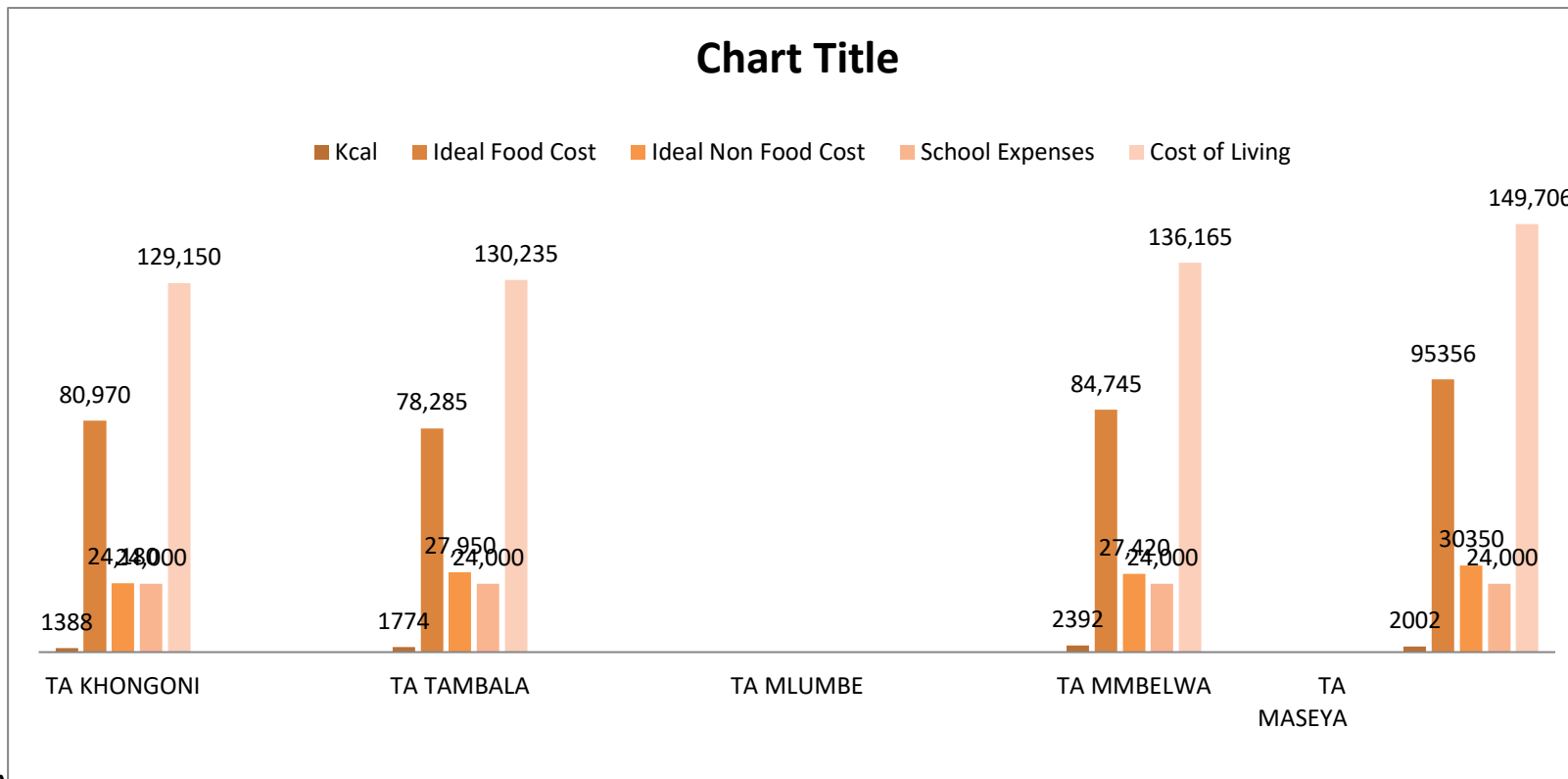
Geisha		250		55				0		0
Protex		320		262				187		800
Milling		155		1134				300		300
Glycerine		0		251				0		0
Azam		0		150				1190		1190
Body care Jelly		503		47				1007		1007
Church offerings		160		75				870		350
Community contri								0		0
Medication								0		1500
Transport								0		6500
<b>TOTALS</b>		<b>2926</b>		<b>3345</b>				<b>13091</b>		<b>16379</b>

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SCHOOL EXPENSES 20,534

COST OF LIVING:

	TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA	TA MASEYA
Kcal	1388	1774		2392	2002
Ideal Food Cost	80,970	78,285		84,745	95356
Ideal Non Food Cost	24,180	27,950		27,420	30350
School Expenses	24,000	24,000		24,000	24,000
Cost of Living	129,150	130,235		136,165	149,706



**COMMENTS/SUMMARY**

**Average Calorie intake/ person /day**

Actual consumption by households, obtained from separate analysis, was found that, only TA M'mbelwa households managed to consume enough calories of more than 2400 as recommended by WHO.

kcal below 2400 is an 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 March 2020 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 MK80,970 to buy enough food to give them an average of 2400 calories but the income was only K13,535.

### **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 (K24,000) 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 (K30,350 + K24,000) than other areas to pay for ideal non-food items for a family of 6 during the month of March 2020.

### **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 2020, the cost of living in Chikwawa was highest at MK149,706 while TA Tambala was lowest

at MK129,150. This means that households of TA Maseya were supposed to have an income of K1 MK149,706

K84,745 that would give them 2400 Kilocalories, buy enough nonfood items worthy K30,350 and pay school expenses at K24,000

but a household got only MK30485, against the cost of living of MK149,706.

This MK30,485 represents approximately 39% of MK149,706 with a gap of 20%. With this household economy, a rural household cannot lead a decent life and live with dignity.

### **NB: 1 USA Dollar (\$) = 740 Malawian Kwacha (MK)**

The Social Conditions Research Programme of the CfSC conducted these surveys during the month of March 2020 in these

TAS: Khongoni in Lilongwe, Tambala in Dedza, M'belwa in Mzimba and Mlumbe in Zomba.

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