



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

Sep-20

A. IDEAL FOOD ITEMS	TA KHONGONI		TA TAMBALA		TA MLUMBE(closed)		TA MMBELWA		TA MASEYA		
	Ideal	Unit Price	Total	Unit Price	Total			Unit Price	Total	Unit Price	Total
Maize	50	250	12500	250	12500			200	10000	220	11000
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
Totals			82970		79785				87245		97856
Kcal			1350		1625				2260		1950
IDEAL	TA KHONGONI		TA TAMBALA		TA MLUMBE(closed)		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
TOTALS			24180		27950				27420		30350

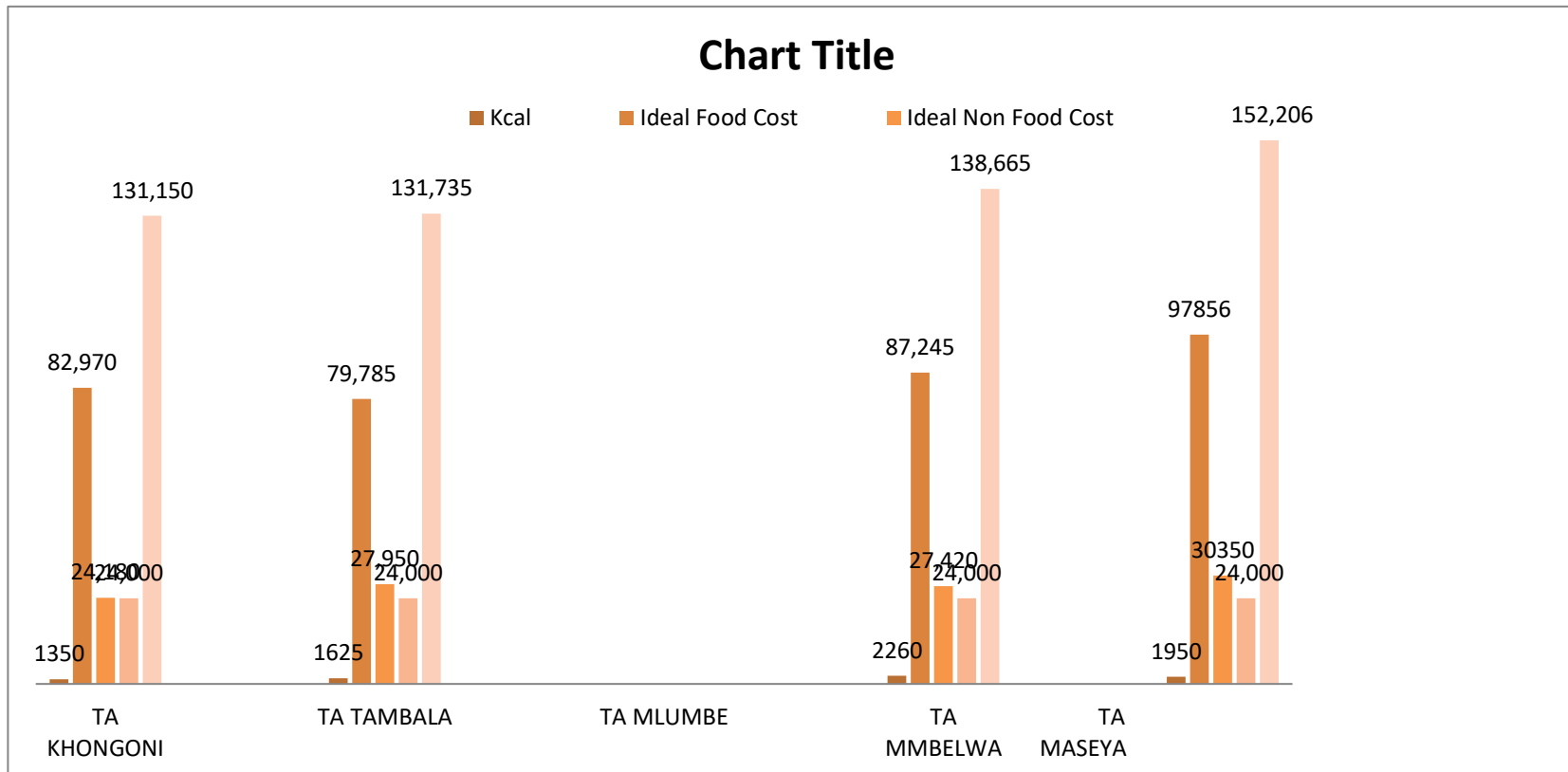
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MONTHLY INCOME			TA KHONGONI		TA TAMBALA				TA MMBELWA		TA MASEYA
Ganyu			3500		5500				0		3590
Small business			3234		1545				7800		1900
Loans from VSL			0		950				0		0
Loans from others			0		5200				0		0
Usury/Katapila			0		0				0		0
Crop sales			2000		6200				10500		4256
Livestock sales			1340		0				8200		62500
Remittances			1002		1880				0		3350
Wage Labour			0		0				2990		0
Forest products			0		0				0		0
Selling planks			0		0				0		0
Firewood for selling			0		0				0		0
TOTALS			11076		21275				29490		75596

Actual Non-Food Items											
Expenditure			TA KHONGONI		TA TAMBALA				TA MMBELWA		TA MASEYA
Matches			100		50				250		132
Torch			250		100				150		0
Batteries			350		65				454		0
Firewood			0		32				4550		0
Ufresh			200		422				600		3500
Nirma			0		43				150		400
Lifebouy			0		172				400		0
Boom			342		145				822		150
Clere			118		55				920		0

Geisha		232	50				40		0
Protex		190	289				150		622
Milling		162	990				280		250
Glycerine		0	200				0		0
Azam		0	120				1050		880
Body care Jelly		500	50				900		900
Church offerings		172	40				920		250
Community contri							0		0
Medication							0		1200
Transport							0		5600
TOTALS		2616	2823				11636		13884

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SCHOOL EXPENSES **20,534**

		TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA	TA MASEYA
Kcal		1350	1625		2260	1950
Ideal Food Cost						
Cost		82,970	79,785		87,245	97856
Ideal Non Food Cost						
Cost		24,180	27,950		27,420	30350
School Expenses						
Cost of Living		24,000	24,000		24,000	24,000
		131,150	131,735		138,665	152,206



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 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 September 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 MK82,970 to buy enough food to give them an average of 2400 calories but the income was only K11,076.

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 September 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 September 2020, the cost of living in Chikwawa was highest at MK152,206 while TA Khongoni was lowest at MK131,150. This means that households of TA Maseya were supposed to have an income of K152,206 to buy food worthy, K97,856 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 MK75,596, against the cost of living of MK152,206.

This MK75,596 represents approximately 50% of MK152,206 with a gap of 50%. 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 September 2020 in these TAS: Khongoni in Lilongwe, Tambala in Dedza, M'mbelwa in Mzimba and Mlumbe in Zomba.

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