



Centre for Social Concern

CFSC-RURAL BASIC NEEDS BASKETS: TAs KHONGONI(LL), TAMBALA(DZ),MLUMBE(ZA), M'MBELWA(MZ) AND MASEYA(CK)

CALORIE INTAKE and COST OF FOOD ITEMS FOR A FAMILY OF SIX

Month

December 2019

A. IDEAL FOOD ITEMS		TA KHONGONI			TA TAMBALA	TA MLUMBE		TA MMBELWA		TA MASEYA	
ITEMS	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total
Maize	50	260	13000	360	18000	260	13000	180	9000	300	15000
Rice	20	1000	20000	600	12000	700	14000	1200	24000	500	10000
Sugar	6	900	5400	950	5700	850	5100	900	5400	1000	6000
Beans	7	1000	7000	500	3500	1000	7000	1000	7000	700	4900
Eggs	40	90	3600	100	4000	100	4000	100	4000	100	4000
Goat meat	5	2000	10000	2400	12000	2400	12000	2200	11000	2000	10000
Tomato	27	200	5400	400	10800	133	3591	400	10800	228	6156
Mustard	15	118	1770	59	885	76	1140	153	2295	200	3000
Cooking Oil	3	1000	3000	1300	3900	1000	3000	1000	3000	1800	5400
Bananas	350	30	10500	20	7000	35	12250	25	8750	100	35000
Salt	1	300	300	400	400	350	350	500	500	400	400
Totals			79970		78185		75431		85745		99856
Kcal			1491		1432		1295		2392		1865
IDEAL		TA KHONGONI			TA TAMBALA	TA MLUMBE		TA MMBELWA		TA MASEYA	
NON-FOOD ITEMS 1	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total
Butex	4	300	1200	290	1160	350	1400	350	1400	250	1000
Nirma	15	120	1800	120	1800	120	1800	180	2700	150	2250
Clere	3	350	1050	500	1500	500	1500	400	1200	350	1050
Glycerine	3	150	450	180	540	150	450	250	750	250	750
Body care	1	1300	1300	1000	1000	2000	2000	1200	1200	1200	1200
Airtime	1	4500	4500	4500	4500	4500	4500	4500	4500	4500	4500
Phone Charging	10	100	1000	100	1000	100	1000	100	1000	100	1000
Charcoal	2	3000	6000	3700	7400	2500	5000	1500	3000	3000	6000

Batteries	9	170	1530	200	1800	240	2160	480	4320	250	2250
Matches	9	50	450	50	450	50	450	50	450	50	450
Kukonola	5	300	1500	300	1500	500	2500	400	2000	400	2000
Milling	5	300	1500	300	1500	500	2500	400	2000	600	3000
Bicycles	1	2900	2900	2900	2900	2900	2900	2900	2900	2900	2900
TOTALS			25180		27050		28160		27420		28350

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MONTHLY INCOME		TA KHONGONI			TA TAMBALA	TA MLUMBE		TA MMBELWA		TA MASEYA	
Ganyu			4530		2000		3500		2000		5000
Small business			5000		500				9000		4000
Loans from VSL			0		1500		1270		0		0
Loans from others			0		2000		1023		0		0
Usury/Katapila			0		0				0		0
Crop sales			3420		800		6577		30000		5000
Livestock sales			1500		0				12200		11000
Remittances			460		756		7500		8030		34800
Wage Labour			0		0				3856		0
Forest products			0		0				0		0
Selling planks			0		0				0		0
Firewood for selling			0		0				0		0
TOTALS			14910		7556		19870		65086		59800

Actual Non-Food Items											
Expenditure		TA KHONGONI			TA TAMBALA	TA MLUMBE		TA MMBELWA		TA MASEYA	
Matches			50		42		250		52		150
Torch			300		126		300		250		0
Batteries			408		50		260		0		0
Firewood			700		26		400		0		0
Ufresh			100		677		150		436		4000
Nirma			0		40		650		450		450
Lifebouy			320		150		0		0		0
Boom			555		185		0		322		132

Clere		125		75	150	0	0
Geisha		250		55	200	0	0
Protex		320		230	0	187	800
Milling		155		1150	0	300	300
Glycerine		0		251	0	0	0
Azam		772.5		250	0	1190	1190
Body care Jelly		503		47	0	1007	1007
Church offerings		200		75	0	200	350
Community contri					0	0	0
Medication					5	0	1500
Transport					0	0	6500
TOTALS		4759		3429	1965	4394	16379

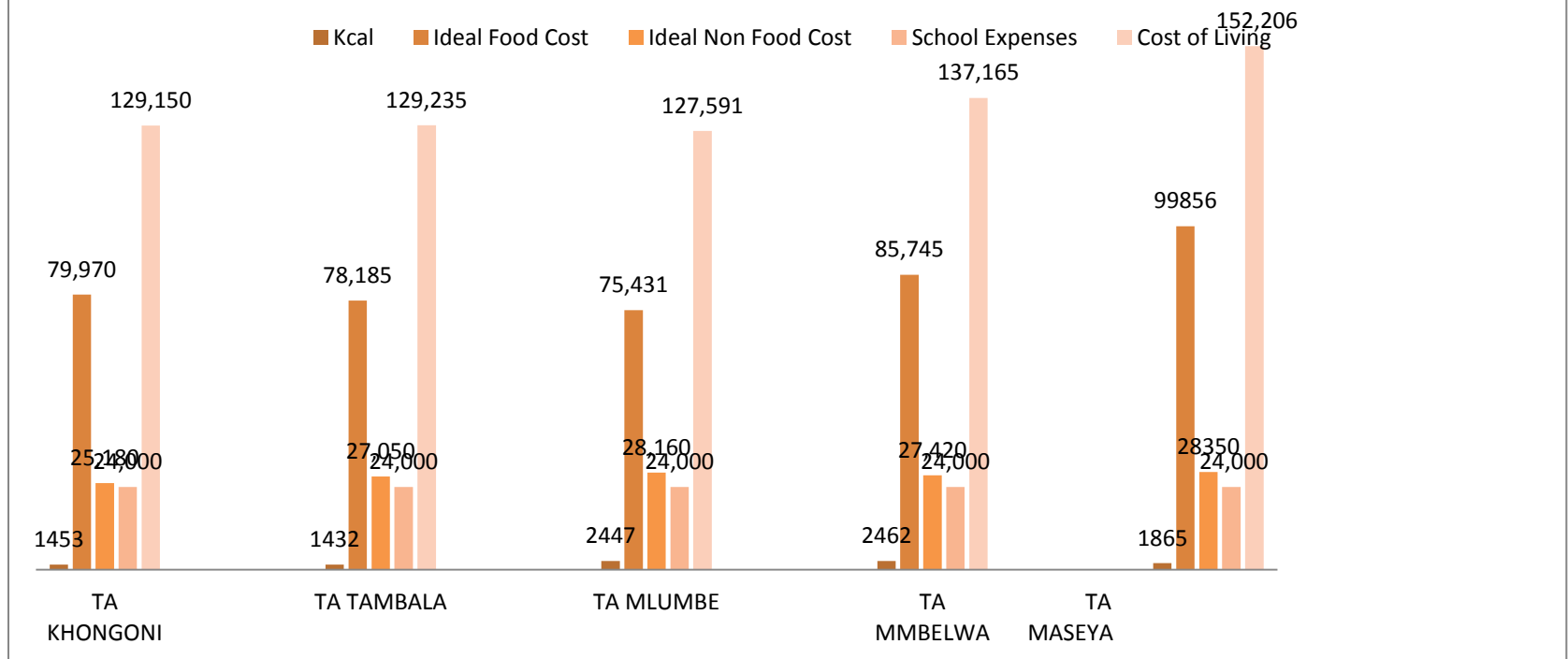
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SCHOOL EXPENSES 20,534

COST OF LIVING:

	TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA	TA MASEYA
Kcal	1453	1432	2447	2462	1865
Ideal Food Cost	79,970	78,185	75,431	85,745	99856
Ideal Non Food Cost	25,180	27,050	28,160	27,420	28350
School Expenses	24,000	24,000	24,000	24,000	24,000
Cost of Living	129,150	129,235	127,591	137,165	152,206

Chart Title



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 December 2019 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 MK79,970 to buy enough food to give them an average of 2400 calories but the income was only K14,910.

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 (K28,350 + K24,000) than other areas to pay for ideal non-food items for a family of 6 during the month of December 2019.

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 2019, the cost of living in TA Maseya in Chikwawa was highest at MK152,206 while TA Mlumbe was lowest at MK127,591. This means that households of TA Maseya were supposed to have an income of K152,206 to buy food worthy K99,856 that would give them 2400 Kilocalories, buy enough nonfood items worthy K28,350 and pay school expenses at K24,000 but a household got only MK59,800, against the cost of living of MK152,206.

This MK59,800 represents approximately 39% of MK151,206, with a gap of 61%. With this household economy, a rural household cannot lead a dissent 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 December 2019 in these TAS: Khongoni in Lilongwe, Tambala in Dedza, M'mbelwa in Mzimba and Mlumbe in Zomba.

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