



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

Jun-19

A. IDEAL FOOD ITEMS	TA KHONGONI		TA TAMBALA		TA MLUMBE		TA MMBELWA		TA MASEYA		
	Ideal	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total	Unit Price	Total
Maize	50	180	9000	200	10000	200	10000	150	7500	220	11000
Rice	20	800	16000	600	12000	500	10000	800	16000	800	16000
Sugar	6	900	5400	950	5700	850	5100	900	5400	950	5700
Beans	7	1000	7000	400	2800	500	3500	800	5600	500	3500
Eggs	40	90	3600	90	3600	100	4000	100	4000	100	4000
Goat meat	5	2000	10000	2200	11000	2400	12000	2000	10000	1800	9000
Tomato	27	200	5400	400	10800	66	1782	320	8640	76	2052
Mustard	15	109	1635	110	1650	128	1920	200	3000	200	3000
Cooking Oil	3	1000	3000	1300	3900	1000	3000	1000	3000	1800	5400
Bananas	350	30	10500	50	17500	35	12250	50	17500	100	35000
Salt	1	300	300	300	300	360	360	300	300	400	400
Totals			71835		79250		63912		80940		95052
Kcal			1102		1090		1539		2389		1753
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	200	800	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	350	1050	350	1050	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	2500	5000	5000	10000	2500	5000	2500	5000	3000	6000

Batteries	9	170	1530	150	1350	250	2250	400	3600	250	2250
Matches	9	50	450	50	450	40	360	50	450	50	450
Kukonola	5	200	1000	300	1500	500	2500	400	2000	400	2000
Milling	5	200	1000	300	1500	500	2500	350	1750	600	3000
Bicycles	1	2900	2900	2900	2900	2900	2900	2900	2900	2900	2900
TOTALS			22780		29200		27710		28300		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		9000		500				9000		4000	
Loans from VSL		0		0		1000		0		0	
Loans from others		0		2000		1000		0		0	
Usury/Katapila		0		0				0		0	
Crop sales		4420		800		6577		13000		5000	
Livestock sales		1500		0				5000		11000	
Remittances		400		756		2000		3000		3366	
Wage Labour		0		0				3855		0	
Forest products		0		0				0		0	
Selling planks		0		0				0		0	
Firewood for selling		0		0				0		0	
TOTALS			19850		6056		14077		35855		28366

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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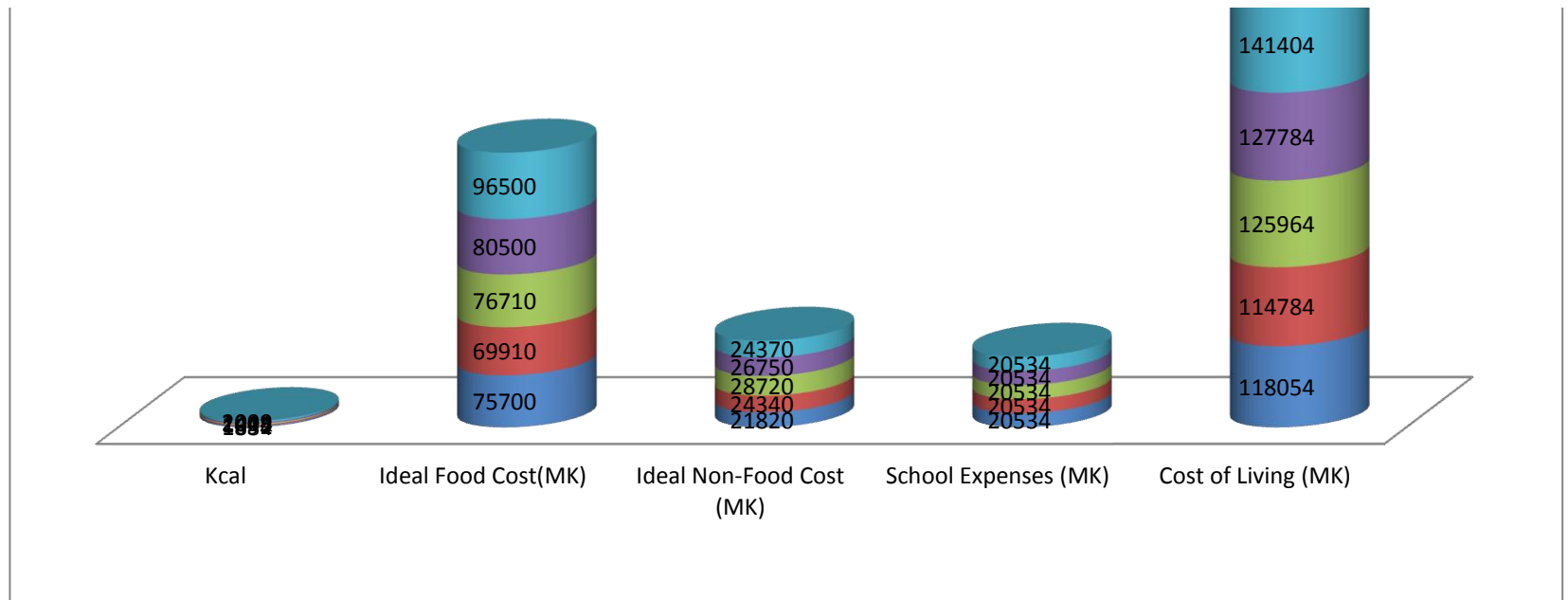
SCHOOL EXPENSES 20,534

COST OF LIVING:

	TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA	TA MASEYA
Kcal	1102	1090	1539	2389	2009
Ideal Food Cost	71,835	79,250	63,912	80,940	95052
Ideal Non Food Cost	22,780	29,200	27,710	28,300	28350
School Expens	24,000	24,000	24,000	24,000	24,000
Cost of Living	118,615	132,450	115,622	133,240	147,402

■ 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 June 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 MK71,835 to buy enough food to give them an average of 2400 calories but the income was only K19,850.

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 Tambala (had it been that they had enough money), ideally, they could have incurred more expenses (K29,200 + K24,000) than other areas to pay for ideal non-food items for a family of 6 during the month of June.

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 June 2019, the cost of living in TA Maseya in Chikwawa was highest at MK147,402 while TA Mlumbe was lowest at MK115,622. This means that households of TA Maseya were supposed to have an income of K147,402 to buy food worthy K95,052 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 MK28,366, against the cost of living of MK147,402.

This MK28,350 represents approximately 20% of MK147,402, with a gap of 80%. With this household economy, a rural household cannot lead 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 **June** 2019 in these TAS: Khongoni in Lilongwe, Tambala in Dedza, M'mbelwa in Mzimba and Mlumbe in Zomba.

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