



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

Sep-19

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	200	10000	200	10000	260	13000	150	7500	240	12000
Rice	20	800	16000	700	14000	700	14000	800	16000	600	12000
Sugar	6	900	5400	950	5700	850	5100	900	5400	1000	6000
Beans	7	1000	7000	600	4200	1000	7000	900	6300	700	4900
Eggs	40	90	3600	90	3600	100	4000	100	4000	100	4000
Goat meat	5	2000	10000	2200	11000	2400	12000	2500	12500	2000	10000
Tomato	27	200	5400	160	4320	133	3591	480	12960	228	6156
Mustard	15	118	1770	59	885	76	1140	161	2415	200	3000
Cooking Oil	3	1000	3000	1300	3900	1000	3000	1000	3000	1800	5400
Bananas	350	30	10500	20	7000	35	12250	50	17500	100	35000
Salt	1	300	300	400	400	350	350	500	500	400	400
Totals			72970		65005		75431		88075		98856
Kcal			1491		1329		1295		2392		1760
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	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	3700	7400	3500	7000	2500	5000	3000	6000

Batteries	9	170	1530	200	1800	250	2250	400	3600	250	2250
Matches	9	50	450	50	450	50	450	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			23180		27050		29800		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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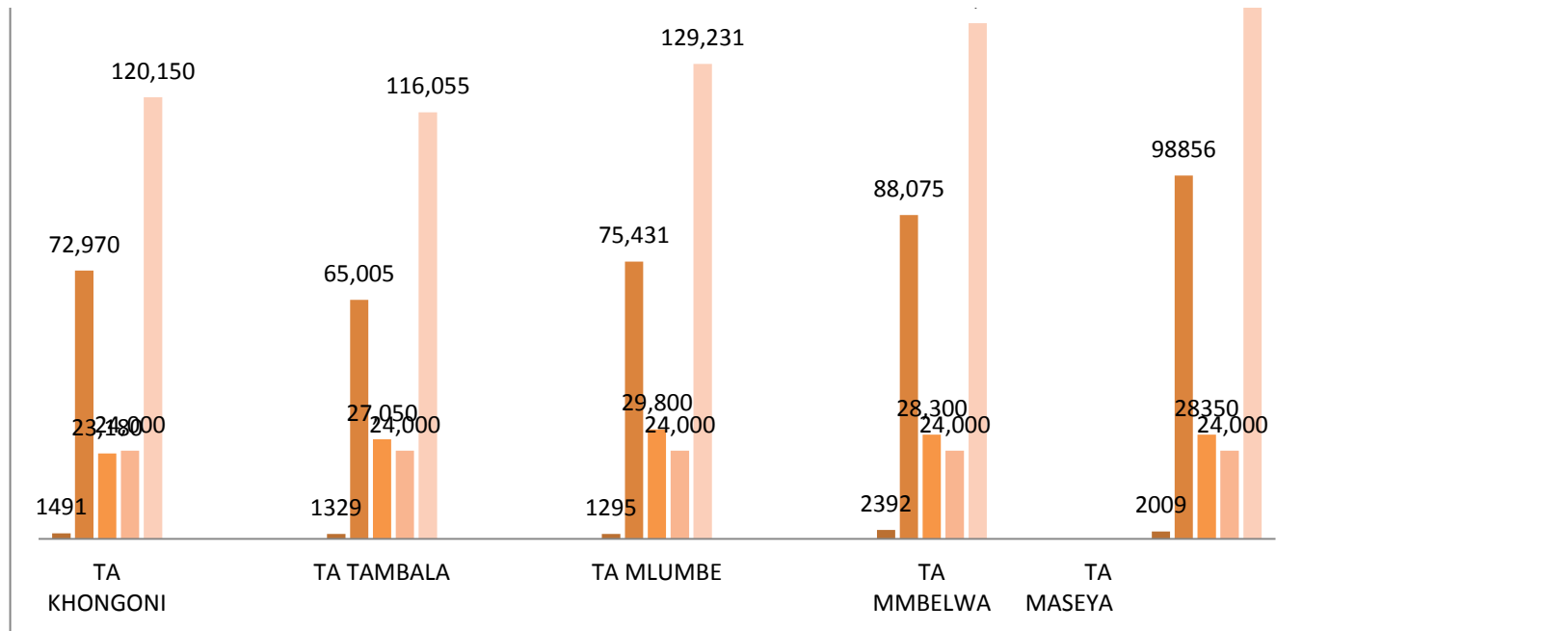
SCHOOL EXPENSES 20,534

COST OF LIVING:

	TA KHONGONI	TA TAMBALA	TA MLUMBE	TA MMBELWA	TA MASEYA
Kcal	1491	1329	1295	2392	2009
Ideal Food Cost	72,970	65,005	75,431	88,075	98856
Ideal Non Food Cost	23,180	27,050	29,800	28,300	28350
School Expense	24,000	24,000	24,000	24,000	24,000
Cost of Living	120,150	116,055	129,231	140,375	151,206

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 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 September 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 MK72,970 to buy enough food to give them an average of 2400 calories but the income was only K16,650.

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 Mlumbe (had it been that they had enough money), ideally, they could have incurred more expenses (K29,800 + K24,000) than other areas to pay for ideal non-food items for a family of 6 during the month of September 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 September 2019, the cost of living in TA Maseya in Chikwawa was highest at MK151,206 while TA Tambala was lowest at MK116,055. This means that households of TA Maseya were supposed to have an income of K151,206 to buy food worthy K98,856 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 MK43,103, against the cost of living of MK151,206.

This MK43,103 represents approximately 29% of MK151,206, with a gap of 71%. 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** 2019 in these TAS: Khongoni in Lilongwe, Tambala in Dedza, M'mbelwa in Mzimba and Mlumbe in Zomba.

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