



**PIETERMARITZBURG**  
**ECONOMIC JUSTICE & DIGNITY**

Economic justice through the lens of human dignity

# COVID-19: FOOD AND DOMESTIC & PERSONAL HYGIENE PRICES DURING MARCH 2020

---

Release date: 31 March 2020

In cooperation with the Heinrich Böll Foundation Southern Africa.

 **HEINRICH BÖLL STIFTUNG**  
**SOUTHERN AFRICA**

---

For information and media enquiries contact:

Mervyn Abrahams on 079 398 9384 and [mervyn@pmbejd.org.za](mailto:mervyn@pmbejd.org.za)

Julie Smith on 072 324 5043 and [julie@pmbejd.org.za](mailto:julie@pmbejd.org.za)

Website: [www.pmbejd.org.za](http://www.pmbejd.org.za)

Facebook: [www.facebook.com/pmbejd](https://www.facebook.com/pmbejd)

## MARCH 2020 Household Food Prices: Covid-19 pandemic

Foods tracked	Quantity tracked	Index 2019/20			change in Rands		change in %	
		2nd March 2020	19th March 2020	26th March 2020	19 Mar 2020 vs. 26 Mar 2020	2 Mar 2020 vs. 26 Mar 2020	19 Mar 2020 vs. 26 Mar 2020	2 Mar 2020 vs. 26 Mar 2020
Maize meal	25kg + 10kg	R 246,47	R 253,31	R 253,31	R 0,00	R 6,84	0%	3%
Rice	10kg	R 87,19	R 87,79	R 88,39	R 0,60	R 1,20	1%	1%
Cake Flour	10kg	R 73,79	R 74,99	R 74,79	-R 0,20	R 1,00	0%	1%
White sugar	10kg	R 145,19	R 148,99	R 148,99	R 0,00	R 3,80	0%	3%
Sugar beans	5kg	R 84,39	R 86,59	R 86,59	R 0,00	R 2,20	0%	3%
Samp	5kg	R 35,79	R 38,19	R 38,19	R 0,00	R 2,40	0%	7%
Cooking oil	5L	R 91,19	R 96,59	R 94,19	-R 2,40	R 3,00	-2%	3%
Salt	1kg	R 15,39	R 15,39	R 15,39	R 0,00	R 0,00	0%	0%
Potatoes	10kg	R 48,45	R 53,10	R 47,14	-R 5,96	-R 1,31	-11%	-3%
Onions	10kg	R 55,24	R 55,16	R 52,56	-R 2,60	-R 2,68	-5%	-5%
Frozen chicken portions	10kg	R 339,44	R 330,44	R 330,44	R 0,00	-R 9,00	0%	-3%
Curry powder	200g	R 27,59	R 29,59	R 28,59	-R 1,00	R 1,00	-3%	4%
Stock cubes	24 cubes x2	R 35,58	R 36,78	R 36,78	R 0,00	R 1,20	0%	3%
Soup	400g x2	R 26,38	R 26,78	R 27,58	R 0,80	R 1,20	3%	5%
Tea	250g	R 20,79	R 20,19	R 20,19	R 0,00	-R 0,60	0%	-3%
Maas	4L	R 39,79	R 43,19	R 43,19	R 0,00	R 3,40	0%	9%
Eggs	60 eggs	R 86,99	R 81,59	R 79,59	-R 2,00	-R 7,40	-2%	-9%
Chicken feet	5kg	R 173,59	R 158,59	R 162,46	R 3,88	-R 11,13	2%	-6%
Gizzards	2kg	R 59,44	R 67,44	R 67,44	R 0,00	R 8,00	0%	13%
Beef	2kg	R 151,44	R 145,44	R 144,94	-R 0,50	-R 6,50	0%	-4%
Wors	2kg	R 111,94	R 122,44	R 122,94	R 0,50	R 11,00	0%	10%
Inyama yangaphakathi	2kg	R 64,94	R 67,39	R 69,89	R 2,50	R 4,96	4%	8%
Tomatoes	6kg	R 59,15	R 63,48	R 68,40	R 4,92	R 9,25	8%	16%
Carrots	5kg	R 23,79	R 32,19	R 32,99	R 0,80	R 9,20	2%	39%
Butternut	10kg	R 49,13	R 49,13	R 47,99	-R 1,13	-R 1,13	-2%	-2%
Spinach	8 bunches	R 63,92	R 63,92	R 63,92	R 0,00	R 0,00	0%	0%
Cabbage	2 heads	R 26,98	R 26,78	R 30,39	R 3,61	R 3,41	13%	13%
Cremora	800g	R 32,19	R 33,99	R 33,99	R 0,00	R 1,80	0%	6%
Tinned pilchards	400g x6	R 101,56	R 107,94	R 106,74	-R 1,20	R 5,18	-1%	5%
Canned beans	410g x6	R 65,16	R 64,15	R 64,15	R 0,00	-R 1,01	0%	-2%
Bananas	4kg	R 47,16	R 53,56	R 59,96	R 6,40	R 12,80	12%	27%
Apples	1.5kg	R 24,65	R 16,99	R 19,49	R 2,50	-R 5,16	15%	-21%
Margarine	1kg x2	R 63,98	R 73,18	R 71,98	-R 1,20	R 8,00	-2%	13%
Peanut butter	400g x2	R 57,18	R 57,18	R 56,38	-R 0,80	-R 0,80	-1%	-1%
Polony	2.5kg	R 60,49	R 60,49	R 61,29	R 0,80	R 0,80	1%	1%
Apricot jam	900g x2	R 51,98	R 57,18	R 56,78	-R 0,40	R 4,80	-1%	9%
White bread	25 loaves	R 248,35	R 273,90	R 273,90	R 0,00	R 25,55	0%	10%
Brown bread	25 loaves	R 224,35	R 246,35	R 246,35	R 0,00	R 22,00	0%	10%
<b>Total household food basket</b>		<b>R 3 221,00</b>	<b>R3 320,35</b>	<b>R3 328,26</b>	<b>R 7,91</b>	<b>R 107,26</b>	<b>0,2%</b>	<b>3,3%</b>

**Over past week (from 19th March to 26th March):** The cost of the household food basket *increased* by **R7,91 (0,2%)** from R3 320,35 on the 19th of March 2020 to R3 328,26 on the 26th of March 2020.

**Over past 4 weeks (from 2nd March to 26th March):** The cost of the household food basket *increased* by **R107,26 (3,3%)** from R3 221,00 on the 2nd of March 2020 to R3 328,26 on the 26th of March 2020.

The household food basket includes the foods and the volumes of these foods which women living in a household with seven members (the average low-income household size in Pietermaritzburg) tell us they typically try and secure each month. Food prices are sourced from supermarkets (5) and butcheries (4) that target the low-income market in Pietermaritzburg and which women identified as those they shop at. The supermarkets we track are not those which target the middle-class viz. Checkers/Shoprite, Spar, Pick n Pay or Woolworths; and therefore these supermarkets tend to fall outside of the public gaze. The usual dates for data collection fall between the 1st and 4th day of each month, however with the Covid-19 pandemic, PMBEJD will track food prices more frequently.

Along with washing hands and physical distancing, it is important that South Africans are also advised to eat proper nutritious food. The first line of defence against disease is our bodies. Eating proper nutritious food is critical to support health and build a strong immune system to resist disease.

## MARCH 2020 Household Domestic & Personal Hygiene Prices: Covid-19 pandemic

Products tracked	Quantity tracked	Index 2019/20			change in Rands		change in %	
		2nd March 2020	19th March 2020	26th March 2020	19 Mar 2020 vs. 26 Mar 2020	2nd Mar 2020 vs. 26 Mar 2020	19 Mar 2020 vs. 26 Mar 2020	2nd Mar 2020 vs. 26 Mar 2020
Green bar soap	8 bars	R 50,38	R 51,98	R 51,98	R 0,00	R 1,60	0%	3%
Washing powder	3kg	R 57,79	R 59,39	R 59,39	R 0,00	R 1,60	0%	3%
Dishwashing liquid	750ml	R 26,19	R 26,19	R 26,19	R 0,00	R 0,00	0%	0%
Handy Andy	750ml	R 23,19	R 21,99	R 21,99	R 0,00	-R 1,20	0%	-5%
Jik	750ml	R 23,39	R 23,39	R 23,39	R 0,00	R 0,00	0%	0%
Jeyes Fluid	500ml	R 36,19	R 36,19	R 36,19	R 0,00	R 0,00	0%	0%
Toilet paper	24 rolls	R 86,79	R 93,79	R 90,79	-R 3,00	R 4,00	-3%	5%
Bath soap	500g x 2	R 26,38	R 25,58	R 26,38	R 0,80	R 0,00	3%	0%
Toothpaste	100ml x3	R 43,77	R 44,97	R 45,57	R 0,60	R 1,80	1%	4%
Vaseline	500g	R 26,74	R 28,24	R 29,99	R 1,75	R 3,25	6%	12%
Cream	big bottle x2	R 34,38	R 34,38	R 33,98	-R 0,40	-R 0,40	-1%	-1%
Roll-on deodorant	x4	R 60,76	R 63,96	R 63,96	R 0,00	R 3,20	0%	5%
Spray-on deodorant	big spray x 3	R 73,77	R 71,37	R 71,37	R 0,00	-R 2,40	0%	-3%
Sanitary pads	2 big packs	R 66,78	R 66,78	R 66,78	R 0,00	R 0,00	0%	0%
Shoe Polish	100ml	R 23,59	R 25,19	R 25,19	R 0,00	R 1,60	0%	7%
<b>Total household domestic and hygiene products</b>		<b>R 660,09</b>	<b>R 673,39</b>	<b>R 673,14</b>	<b>-R 0,25</b>	<b>R 13,05</b>	<b>0,0%</b>	<b>2,0%</b>

**Over past week (from 19th March to 26th March):** The cost of the **household domestic and personal hygiene products basket decreased** by **R0,25 (-0%)** from R673,39 on the 19th of March 2020 to R673,14 on the 26th of March 2020.

**Over past 4 weeks (from 2nd March to 26th March):** The cost of the **household domestic and personal hygiene products basket increased** by **R13,05 (2,0%)** from R660,09 on the 2nd of March 2020 to R673,14 on the 25th of March 2020.

Domestic and personal hygiene products are critical expenses for safe hygiene and overall health and well being. The money needed to secure domestic and personal hygiene products are sourced from within the food budget. These products compete with the food budget.