

THE HOUSEHOLD FOOD SITUATION DURING COVID-19 AND THE NATIONWIDE LOCKDOWN: Observations from the supermarket floor, the waiting lines, the street, the spaza shop, the taxi, the home, the kitchen, the plate and the stomach.

Pietermaritzburg
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The following paper is based on observations and conversations with women in Pietermaritzburg from 19th March to 7th April 2020. Any research from the ground during the Covid-19 pandemic and lockdown is not going to be as rigorous as it should be. Our observations are limited. We have however tried to get a sense of what is happening and ask women what they are thinking about what is happening and how they are responding, and what the next several weeks looks like. We offer these observations to the public as we think they are valuable.

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1. Overview of food prices in the PMBEJD Household Food Basket

Month-on-month [March to April] the price of PMBEJDs Household Food Basket increased by **5,8%** (by R187,08, from R3221 to R3408).

Year-on-year [April 2019 to April 2020] the price of PMBEJDs Household Food Basket increased by **10,8%** (by R331,32, from R3077 to R3408). *[see page 9 and 10 for full pricing on the April 2020 Household Affordability Index and www.pmbejd.org.za]*

The PMBEJD Household Food Basket includes 38 foods and the volumes of each food which women living in a household of 7-members tell us they typically try and secure each month. The prices are tracked across 5 supermarkets and 4 butcheries which target the low-income market, and women identified as those they shop in. Foods selected mirrors how women themselves make decisions at the

supermarket shelf and at the check-out counter. The foods in the basket we track are not enough and neither do they provide a proper nutritious diet. They are however what women tell us they try and buy each month given massive affordability constraints.

The PMBEJD Household Food Basket is limited by its scope in Pietermaritzburg but it is able to provide a general sense of food price trends and affordability challenges faced by households living on low incomes in South Africa. *Covid-19 and the lockdown, however, might disrupt and sharpen disparities in food supply, small-scale farmers and informal traders, value-chains and retailers across regions and geography much more and in different ways: for this reason, the PMBEJD price data during the lockdown should be privileged more on what it suggests than the actual absolute numbers (in Pietermaritzburg).*

The drivers of higher food prices on the Household Food Basket in April 2020 are:
(Month-on-month increases, prices in March 2020 vs. prices in April 2020)

Vegetables

Potatoes: 38%
Onions: 43%
Carrots: 50%
Butternut: 34%
Spinach: 25%
Cabbage: 11%

Core staples

Rice: 8%
Sugar beans: 9% (not included in DTI consumer protection regulations)
Cooking oil: 4%
Salt: 13%
White bread: 17% (not included in DTI consumer protection regulations)
Brown bread: 14% (not included in DTI consumer protection regulations)

Other

Maas: 11%
Cremora: 5%
Pilchards: 4%
Margarine: 8%
Apricot jam: 12%

2. The increase in the bread price.

All supermarkets increased the price of bread.

4/5 increased the price by the 19th March.

The supermarket that didn't increase the price by the 19th of March had increased the price by the 2nd of April.

All 5/5 supermarkets increased the price of bread.

One supermarket increased it by the 19th March and again by the 2nd of April.

The month-on-month price of white bread increased by 17% (from R9,93 to R11,65) [+R1,72]

The month-on-month price of brown bread increased by 14%. (from R8,97 to R10,25) [R1,28]

Women in the supermarkets were buying about 6 loaves of bread. Women (with freezers) were saying they will freeze these at home and then when these are finished, they will make their own ujeqe, amagwinya etc. with cake flour.

Government still has not amended its regulations to include bread. History has shown that revolutions are started over bread price hikes.

3. What are people buying more of?

If women can find money then women are buying extra core staple food. Much of this extra buying happened after the lockdown when social grants and wages were paid (from the last week of March to the first week of April). Women are buying:

Extra 25kg maize meal or 10kg maize meal

Extra 10kg rice

Extra 10kg flour

Extra 5L oil

More eggs – so 30 to 60 extra.

Tinned beans – so 6-12 cans.

NOT more sugar. Sugar is too expensive.

Not more sugar beans. Sugar beans are too expensive.

The flour and oil are to make amagwinya and ujeqe. Because less bread is being bought.

So, generally if you have extra money; you buy extra core staples.

More eggs are being bought. They are a good price currently. Eggs don't need to be stored in the fridge. You can make a meal quickly. Eggs make children happy. Eggs can be hidden from children (see later storage). Eggs are also being bought because women are concerned that transport in future will be even more restricted and eggs can be used as a substitute for meat.

More baked beans are being bought even though much more expensive than sugar beans (but cheaper by the can than buying extra 5kg sugar beans). There are good deals on currently at the supermarkets. Baked beans can offer variety to the dull plate when children start getting antsy: fry up some onions, add the baked beans, make a stew. And baked beans are very quick to prepare which pleases children very much, saves time (which pleases women very much) and saves on the electricity bill.

Pilchards are fantastic but 1 tin doesn't go anywhere in a family of 4 ... a family of 7? And pilchards are expensive.

Domestic and hygiene products

More Jik is being bought: if you bought 1 bottle; now you buy 3. Jik is being used in place of a sanitiser to soak and wash hands, and to wipe down surfaces because sanitisers are not affordable (most supermarkets are giving good deals for 3 bottles)

More green bar soap (*ingodo*): if you bought 8, now you buy 4 or 8 more.

More bath soap: women are buying about 3-6 more bars (shops are having some good deals on 3 for R18 of the new brand Daily and 3 for R25 of Protex [advertised as a good antibacterial soap]).

4. What is falling out of the trolley?

Nothing... yet. The PMBEJD household food basket is very basic. At the end of March, beginning of April people still had money in their pockets and did their normal shop and bought the foods that are in the normal basket.

There is some nuance though: bread after it is finished will be replaced by homemade amagwinya and ujeqe. If tomatoes, butternut and spinach were too expensive or of horrible quality – women didn't buy

them. The same with fruit but the prices of fruit in the supermarkets have been good. Women might buy them from a local street trader, if they come back onto the streets.

There was more jostling in the butcheries. Women were checking out all the meats and how they were being weighted and packaged. If weighed chicken was cheaper per kilogram than a 5kg bag, then women got their chicken weighed. If the pre-packaged chicken feet were cheaper than the weighed feet, then women bought the packaged feet. If the woks in the massive bucket was cheaper for 2kgs than the pre-packaged kilo for kilo, then women bought the bucket woks (yes, this wok is yuk).

The vegetables of onions, potatoes, carrots and cabbage are bought despite quality or price.

Although sugar beans are expensive, women must buy them. They just are unlikely to buy more than the usual 5kg sugar beans (unlike the extras above) because they are so expensive. When people were complaining in the supermarket about the price of sugar beans an older woman said, *"You are not a woman if you don't have beans in the home. You know that complaining doesn't help. What are you? You are women. You have to buy these beans. Just put them in the trolley and close your eyes."*

Regulations to protect consumers have still not been amended to include sugar beans. They should be.

Similarly, with the household domestic and personal hygiene basket that we track, nothing is yet falling out of the trolley. The only product that might be an issue is sanitary pads – see later.

So, women have managed thus far, with their savviness to keep the foods in the trolley; next month might be a whole lot harder.

5. What does the plate look like?

Firstly, let's not pretend that the plate looked good before Covid-19. For most households it is only the first two weeks that offers some sort of difference. When the nicer foods (read: meat, vegetables, dairy) are finished, they are finished – they don't get replaced until the next month. For two weeks out of four, we eat horribly. There is very little diversity and very poor nutrition. The meals all look the same. There is no colour. Just pale insipid boring starchy food and very little of anything else. Our bodies are built to function on a variety of foods, as are our immune systems. *The South African plate, for much of the latter part of a month, offers very little resistance to disease.*

6. Waiting lines and problems with time restrictions on transport and transport in general

Instead of being able to shop in 4/5 supermarkets and 2/3 butcheries, women must now with the lockdown mostly just shop in 1 supermarket and 1 butchery. The waiting lines are so long that really when you are in that one store you are a price taker. If there is a problem of a stock out in a supermarket (we see it on sugar, maize meal, sugar beans, green bar soap etc.) then you are in trouble. You are not going to go out and wait in another queue. You are going to go home and try and come back on another day but will weigh up all the costs.

If you restrict transport times then you force a lot of people to use limited resources or facilities at the same time. *This restriction opens people up to contracting Covid-19.*

So, in taxis in the morning in townships: taxis are full. Workers don't want to be late because they don't want to lose their jobs. Women who need to go to town and do their shopping want to go early to 'avoid the queues' and get home early before food spoils. *"People are saying, it is fine, we will take our chances. Let's go!"*

This week (6th to 10th April) people are expecting a major clampdown in transport and supermarket access, and more police and SANDF on the streets.

7. People are complaining in supermarkets

Women are complaining in supermarkets about prices. They complain to the assistant and ask to speak to the manager. The manager comes and he says, *"look there is nothing I can do, this is what the supplier has given us, this is what the owner says the price must be."* 'Okay, so call the owner.' (narrating) 'The manager goes to the freezers and never comes back. The owner is invisible and the attendant and manager say "No it is not me." He gets his orders from someone else. That someone else you can't see. You never see him.' I don't know how many times I witnessed or heard some variation of this story from women in the supermarkets. But we are still complaining. We complain in the waiting queue for the taxi, in the taxi, in the waiting line for the supermarket, in the supermarket, at the check-out counter, in the waiting line for the butchery, in the butchery, to the trolley driver... we complain when we are in the taxi coming home, we ... we complain when we put the food in the cupboard and when we dish up for our children.

"Supermarkets are taking chances; they know that you are waiting so long in that queue so you just have to buy their things and pay their prices."

8. Women eat last

Women care for their families. Women eat last and whatever is left in the pot. The bodies of women have been used for several years as a buffer and to absorb the economic crisis. Women eat last so that their children and families eat better. Women forgo all the good nutritious food in the home. It means that women's health is very poor. It is the reason why so many women suffer from non-communicable diseases. With Covid-19, it is women who will care for their sick: women whose bodies are weak.

9. Vegetable prices and traders

Vegetable prices have shot up. Women felt powerless and regardless of price had to buy vegetables from supermarkets when the traders were chased off the streets. Under normal circumstances women tended to buy vegetables from traders, here you get to go to 10 traders and negotiate the best price. In the supermarket you are a price taker. Even now with the relaxation, there are far fewer traders on the streets. Women have no choice. Onions are the most important vegetable for preparing meals, onions increased by 43% - women still buy onions regardless of the price. Potatoes and carrots and cabbage are bought regardless of price (potatoes went up 38%, carrots went up 50%, cabbage went up 11%). The quality of vegetables in the supermarkets, particularly cabbage, spinach and tomatoes are horrible.

"There are no street traders so you can't leave those overpriced terrible vegetables in the supermarket. Now you are forced to buy them because there is nothing on the road. But sometimes the prices are so high and that bunch of spinach so miserable, so wilted, so few leaves, that you just say no, and then like what they did to the street traders, you just remove those vegetables off your plate"

It seems the vegetable price increases are driven by distribution challenges from farm gate to supermarket. This might improve, but it also might worsen. Supermarkets might also have noticed that the street traders were chased off the street.

Even with the relaxation for street traders, the restricted transport system still limits movement, distribution and sales. Many of the trader's travel from Impendle or Bulwer (rural areas outside Pietermaritzburg) and getting to town is difficult. There is confusion in the police and on the municipal side around what the regulations mean and for whom, and for informal traders this still is very risky. Also, the trading times limit the number of people coming into town and this is also a risk for losing stock.

Even though restrictions have been relaxed for small traders and farmers, unless transport is relaxed properly and communication improved, then problems of being able to trade will continue to be a major

challenge and the food system disrupted. We think policy and regulation makers should move from a position of being aware that they actually do not understand how South Africa's food system works, and especially small traders and small-scale farmers and the informal sector in general. Here, they can then call on people who do actually know how the system works, and so make less destructive decisions.

10. Stokvels

Payments into stokvels continue. Stokvels are not skipping April payments. Instead what we are seeing is that more members are taking loans from stokvels. The money is being used to buy extra core staple foods.

Women that have extra savings in stokvels, mholiswano etc. can pull these monies out – this is their money. Some women are doing this.

Because most stokvels pay out in Dec/Jan, the money available in most stokvels is low, but there is still money to loan. This is also why members are being asked to continue paying in.

Stokvels are an important instrument to buffer against Covid-19.

11. Spaza shops

Most spaza shops offer a credit facility. Women who already use this facility are (1) continuing to use it and (2) take on more credit. And, (3) women who never used this facility are starting to use it and open a credit book.

This instrument is important to buffer against Covid-19.

Typically, spaza shops sell small volumes of core foods. In some spaza's they now sell bigger quantities e.g. 25kg maize meal, 25kg rice, 10kg rice, 12,5kg sugar, 5L oil. This is useful because women, doing a cost benefit assessment are finding that buying from spaza's although still more expensive than supermarkets, is not that much more expensive when taking into account taxi fares, double-seats back, hiring a trolley driver, the time and cost and anxiety of being in the supermarket and butchery queues. So, this is becoming more of an option, coupled with being able to take on credit, women are finding this useful.

Okay – so some spaza shops are increasing the volumes of their core foods.

Spaza shops are not the same everywhere. You are lucky if you have a big organised reasonably priced spaza with a good credit line close to where you live. Some communities are not that lucky. In this case you pay a lot for small items or you have to go to town to a supermarket (restrictions on going to town in these cases are not helping. You can't just say "use your local spaza shop." South Africans live in an affordability crisis. Where we shop matters).

12. Supermarkets are not selling candles

Many supermarkets are not selling candles. People need candles. You can't buy them in the supermarket.

13. Storing foods

Generally, women must police their kitchens. You turn your back for a second and that egg, that apple, that bread, that amasi, that sugar? The sugar bowl gets emptied out; the margarine? What? Polony, where? Peanut butter – sorry I don't understand the question?, those leftovers, ... turn your back and food disappears. Lockdown means kids ... and hungry adults in the house. It is very hard to manage foods. Women must hide foods, put on their riot gear and spend their days quarantined in the kitchen shouting at everybody.

14. Sharing toiletries

Some families share some toiletries. The toiletries that are shared are: Vaseline, bath soap, body and face cream and toothpaste. It depends really on numbers of people employed in the home, affordability and on the age of children, but some toiletries are shared. If people start contracting Covid-19 then households will have to buy toiletries for separate use.

Women always complain about the cost of sanitary pads – despite zero-rating. Sanitary pads are still expensive. Sanitary pads compete viciously in the purse. While, households might be okay for now, if the situation deteriorates then something will have to be done to ensure that sanitary pads are more affordable, or free if they must be free.

15. How long do we have before we get really hungry?

[This section deals with a typical urban Pietermaritzburg household: as typical as typical is – not people who are hungry now, not people without a home, not people who don't live in some sort of family unit].

Not all women can get credit from spaza shops and not all women can draw their own money from stokvels or take loans from stokvels or still have unburnt bridges to *omashonisa*. Many families rely on the monthly social grant and whatever other money comes into the home. These families are either hungry now or will be hungry soon.

However, for most families, drawing on a range of income sources for April, including money that might have come from a worker who is now at home and the social grant disbursed in late March/early April, and being able to draw on credit from a spaza and money from a stokvel, should probably be okay for the next 3 weeks. *This is important: most families are not hungry now and they are not starving.*

This situation is what happens normally: families eat okay for two weeks, push it for as long as possible into the third week and between the third and fourth week things get bad. The last week comes to its end despite itself. Families just push through it until money comes in. This is what happens. Every month. Covid-19; no covid-19, lockdown; no lockdown. This is how we live.

This is the situation for most families. Families experience quite severe deprivation every month. Nutrition for at least one and a half weeks is terrible (for others 2 weeks is terrible). Families get hungry. They push through because the month comes to an end.

In terms of a timeline, from the 20th of April families will start moving into a bad situation with the following week of the 26th of April being terrible for most families. Breathe. This will be normal. Not right, but normal.

But ...

If the lockdown is extended and/or if no top-up is made on social grants and/or if the economy is not freed up so workers (formal/informal) can bring in an income, then towards the end of April and all of May, a very large proportion of South African households will start getting very hungry.

Grants play a critical role in keeping families alive but they also subsidise household income and vice versa. We will have to see either a substantial top-up to social grants or household income. Social grants are set at a level of poverty, so too is the national minimum wage – this in an ordinary month. With most people no longer being able to get a wage or continue with some form of livelihood, and with stokvel 'savings' being eaten up and debt repayments rising for food; *we have to understand that April might just have been our best month*. May will be an altogether different story unless the situation with Covid-19 changes, lockdowns stop, or direct cash transfers are made.

We have perhaps until the end of April for the worst-off families who do not receive a social grant and where no family member has/or is able to bring in some form of income. For the majority of families who do receive a social grant and who might be able to piece together some form of income; it will still not be enough, and in mid-May these households will be in big trouble. *What we have currently in terms of the normal social grant amount, and no or very little income from economic activity, where it is available, will not be enough for May.* If Covid-19 starts spreading, then this scenario will not be the worst one.

We don't have a lot of time.

Whilst we respond to the crisis of now, we also need to urgently start figuring out how we are going to address more job losses, when currently the expanded unemployment rate for Black South Africans is 43%, and where most of our wages to people who do have a job pays at a poverty-rate. We should also start thinking about a plan if pensioners die and the old age grant is no longer available to families. Being able to create work and have a livelihood and build local economies (including local food systems) that serves society, and where wages and social grants provide a savings buffer to crisis as well as extra money for investing locally, and where we can resist disease through the nutritious foods on our plate is something we need to take seriously.

We have been made structurally fragile and now it is women again, with their bodies and their savviness, and their relationships that will battle against both Covid-19 and the savage inequalities and economic injustice of the South African experience.

16. On lockdown

We don't have the socioeconomics to implement a Western-style or South East Asian-style lockdown. We don't have all the buffers that decent wages, low levels of unemployment, decent housing, a decentralised food system (that is properly understood by policy makers) and proper nutrition would have provided. We have been caught out. Simultaneously our health is very poor. We are very vulnerable to an outbreak of Covid-19. Being in lockdown now, we will just go through with it for 21 days. But we would have to weigh very carefully an extended lockdown. If we have to extend it then we might have to do it intermittently but just extending it and with no additional financial injection into South African homes - we don't think this outcome is something that the majority of South Africans can carry.

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2. APRIL 2020 Household Food Index

Foods tracked	Quantity tracked	Index 2019/20			change in Rands		change in %	
		Apr_2019	Mar_2020	Apr_2020	Mar 2020 vs. Apr 2020	Apr 2019 vs. Apr 2020	Mar 2020 vs. Apr 2020	Apr 2019 vs. Apr 2020
Maize meal	25kg + 10kg	R 248,48	R 246,47	R 248,31	R 1,84	-R 0,17	1%	0%
Rice	10kg	R 80,49	R 87,19	R 94,59	R 7,40	R 14,10	8%	18%
Cake Flour	10kg	R 73,66	R 73,79	R 73,79	R 0,00	R 0,13	0%	0%
White sugar	10kg	R 134,66	R 145,19	R 144,49	-R 0,70	R 9,83	0%	7%
Sugar beans	5kg	R 85,66	R 84,39	R 92,21	R 7,82	R 6,55	9%	8%
Samp	5kg	R 30,32	R 35,79	R 32,96	-R 2,83	R 2,64	-8%	9%
Cooking oil	5L	R 78,66	R 91,19	R 94,57	R 3,38	R 15,92	4%	20%
Salt	1kg	R 14,44	R 15,39	R 17,39	R 2,00	R 2,95	13%	20%
Potatoes	10kg	R 49,97	R 48,45	R 66,70	R 18,25	R 16,73	38%	33%
Onions	10kg	R 52,47	R 55,24	R 78,84	R 23,60	R 26,37	43%	50%
Frozen chicken portions	10kg	R 314,99	R 339,44	R 330,39	-R 9,05	R 15,40	-3%	5%
Curry powder	200g	R 28,66	R 27,59	R 28,79	R 1,20	R 0,13	4%	0%
Stock cubes	24 cubes x2	R 36,98	R 35,58	R 35,18	-R 0,40	-R 1,80	-1%	-5%
Soup	400g x2	R 27,48	R 26,38	R 25,98	-R 0,40	-R 1,50	-2%	-5%
Tea	250g	R 30,82	R 20,79	R 20,79	R 0,00	-R 10,03	0%	-33%
Maas	4L	R 41,66	R 39,79	R 44,19	R 4,40	R 2,53	11%	6%
Eggs	60 eggs	R 88,32	R 86,99	R 82,39	-R 4,60	-R 5,93	-5%	-7%
Chicken feet	5kg	R 119,00	R 173,59	R 159,74	-R 13,85	R 40,74	-8%	34%
Gizzards	2kg	R 52,25	R 59,44	R 64,65	R 5,22	R 12,41	9%	24%
Beef	2kg	R 136,99	R 151,44	R 143,94	-R 7,50	R 6,95	-5%	5%
Wors	2kg	R 78,74	R 111,94	R 126,89	R 14,96	R 48,16	13%	61%
Inyama yangaphakathi	2kg	R 54,24	R 64,94	R 66,39	R 1,46	R 12,16	2%	22%
Tomatoes	6kg	R 72,66	R 59,15	R 60,66	R 1,51	-R 12,00	3%	-17%
Carrots	5kg	R 29,24	R 23,79	R 35,59	R 11,80	R 6,35	50%	22%
Butternut	10kg	R 43,90	R 49,13	R 65,99	R 16,86	R 22,09	34%	50%
Spinach	8 bunches	R 55,92	R 63,92	R 79,92	R 16,00	R 24,00	25%	43%
Cabbage	2 heads	R 27,49	R 26,98	R 29,98	R 3,00	R 2,49	11%	9%
Cremona	800g	R 31,82	R 32,19	R 33,79	R 1,60	R 1,97	5%	6%
Tinned pilchards	400g x6	R 89,79	R 101,56	R 105,54	R 3,98	R 15,75	4%	18%
Canned beans	410g x6	R 61,29	R 65,16	R 65,35	R 0,19	R 4,06	0%	7%
Bananas	4kg	R 47,29	R 47,16	R 47,16	R 0,00	-R 0,13	0%	0%
Apples	1.5kg	R 16,16	R 24,65	R 19,65	-R 5,00	R 3,49	-20%	22%
Margarine	1kg x2	R 67,58	R 63,98	R 69,18	R 5,20	R 1,60	8%	2%
Peanut butter	400g x2	R 54,31	R 57,18	R 52,48	-R 4,70	-R 1,83	-8%	-3%
Polony	2.5kg	R 58,99	R 60,49	R 63,79	R 3,30	R 4,80	5%	8%
Apricot jam	900g x2	R 48,31	R 51,98	R 57,98	R 6,00	R 9,67	12%	20%
White bread	25 loaves	R 266,50	R 248,35	R 291,40	R 43,05	R 24,90	17%	9%
Brown bread	25 loaves	R 246,58	R 224,35	R 256,45	R 32,10	R 9,87	14%	4%
Total household food basket		R 3 076,76	R 3 221,00	R 3 408,08	R 187,08	R 331,32	5,8%	10,8%

Month-on-month: The cost of the household food basket *increased* by R187,08 (5,8%) to R3 408,08 in April 2020.

Year-on-year: The cost of the household food basket *increased* by R331,32 (10,8%) from R3 076,76 in April 2019 to R3 408,08 in April 2020.

The household food basket has been designed together with women living on low incomes in Pietermaritzburg. It 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 and which women identified as those they shop at. Food selection at the supermarket shelves mirrors how women themselves make decisions at the supermarket shelves viz. that the foods are chosen on relative affordability and reasonable quality. The date for data collection is between the 1st and 4th day of each month. There are 38 foods in the household food basket.

The household food index is designed with women living on low incomes to provide a sense of what the food baskets of low-income households cost in Pietermaritzburg and is specifically designed to measure food price inflation as experienced by households living on low incomes. Although located in Pietermaritzburg, the household food index may provide a picture into food price inflation as experienced by households living on low incomes in South Africa.

4. APRIL 2020 Household Domestic & Personal Hygiene Index

Products tracked	Quantity tracked	Index 2019/20			change in Rands		change in %	
		Apr. 2019	Mar_2020	Apr_2020	Mar 2020 vs. Apr 2020	Apr 2019 vs. Apr 2020	Mar 2020 vs. Apr 2020	Apr 2019 vs. Apr 2020
Green bar soap	8 bars	R 47,31	R 50,38	R 51,98	R 1,60	R 4,67	3%	10%
Washing powder	3kg	R 56,66	R 57,79	R 58,39	R 0,60	R 1,73	1%	3%
Dishwashing liquid	750ml	R 26,32	R 26,19	R 26,19	R 0,00	-R 0,13	0%	-1%
Handy Andy	750ml	R 22,16	R 23,19	R 23,59	R 0,40	R 1,43	2%	6%
Jik	750ml	R 22,32	R 23,39	R 21,99	-R 1,40	-R 0,33	-6%	-1%
Jeyes Fluid	500ml	R 36,16	R 36,19	R 36,19	R 0,00	R 0,03	0%	0%
Toilet paper	24 rolls	R 85,82	R 86,79	R 94,99	R 8,20	R 9,17	9%	11%
Bath soap	500g x 2	R 27,65	R 26,38	R 27,18	R 0,80	-R 0,47	3%	-2%
Toothpaste	100ml x3	R 34,97	R 43,77	R 45,57	R 1,80	R 10,60	4%	30%
Vaseline	500g	R 28,49	R 26,74	R 29,99	R 3,25	R 1,50	12%	5%
Cream	big bottle x2	R 35,65	R 34,38	R 35,18	R 0,80	-R 0,47	2%	-1%
Roll-on deodorant	x4	R 66,63	R 60,76	R 64,76	R 4,00	-R 1,87	7%	-3%
Spray-on deodorant	big spray x 3	R 76,97	R 73,77	R 81,57	R 7,80	R 4,60	11%	6%
Sanitary pads*	2 big packs	R 71,98	R 66,78	R 71,98	R 5,20	R 0,00	8%	0%
Shoe Polish	100ml	R 26,59	R 23,59	R 25,19	R 1,60	-R 1,40	7%	-5%
Total household domestic and hygiene products		R 665,67	R 660,09	R 694,74	R 34,65	R 29,07	5,2%	4,4%

Month-on-month: The cost of the household domestic and personal hygiene products basket **increased** by R34,65 (5,2%) to R694,74 in April 2020.

Year-on-year: The cost of the household domestic and personal hygiene products basket **increased** by R29,07 (4,4%) from R665,67 in April 2019 to R694,74 in April 2020.

Domestic and personal hygiene products are critical expenses for safe food preparation and overall household health, well being and for dignity. It means that, like food, these must be secured every month. Women living on low incomes tell us that the money needed to secure domestic and personal hygiene products are sourced from within the food budget. It means that these products compete with the food budget. Because of this, a more realistic cost of the monthly household food basket should add domestic and personal hygiene products to the food costs.

* Note that regulation on zero-rating sanitary pads was effected in April 2019.