



**Johannesburg | Durban | Cape Town | Springbok |
Pietermaritzburg**

December 2022

Release date: 28 December 2022

Supported by the Heinrich Böll Foundation Southern Africa and the Constitutionalism Fund.

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SOUTHERN AFRICA

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A joint fund of the
Atlantic Philanthropies, Open Society Foundations & The Ford Foundation

Pietermaritzburg Economic Justice & Dignity Group [PMBEJD]

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About the Household Affordability Index

The Household Food Basket in the Household Affordability Index has been designed together with women living on low incomes in Johannesburg (Soweto, Alexandra, Tembisa and Hillbrow), Cape Town (Gugulethu, Philippi, Khayelitsha, Langa, Delft, Dunoon), Durban (KwaMashu, Umlazi, Isipingo, Durban CBD, and Mtubatuba), and Springbok (in the Northern Cape), and Pietermaritzburg. It includes the foods and the volumes of these foods which women living in a family of seven members (an average low-income household size) tell us they typically try and secure each month. The basket was designed through a pilot project which ran from April 2020 to August 2020. ***It cannot however be considered the basket for every family living on a low income in each area and for all areas covered. It is however considered a reasonable proxy for a food basket which women identified as including the most important typical foods which most households try and buy each month, given affordability constraints.*** The Household Food Basket is not nutritionally complete.

Food prices are tracked directly by women data collectors off the shelves of **44 supermarkets and 30 butcheries** that target the low-income market and which women identified as those they shop at in the areas where they live. Food selection at the supermarket shelves mirrors how women themselves make decisions at the supermarket shelves given affordability constraints viz. that the foods are chosen on relative affordability and reasonable quality, and food brands are switched to seek out the cheapest prices and special deals. The selection of food brands is dynamic and subjective. Women are smart and savvy, and shop around for bargains: this specific methodology used provides an accurate cost of a monthly household food basket, as purchased by women living on low incomes.

There are 44 foods in the Household Food Basket. The date for data collection is between the 1st and 4th day of each month. Data is collected and released in the same month. Data is presented for each area, and it is also weighted and averaged for all 5 areas. *For more on methodology, see page 15-16.*

About the Pietermaritzburg Economic Justice & Dignity Group

The Pietermaritzburg Economic Justice & Dignity Group is a Civil Society initiative founded in July 2018. This initiative focusses on issues of economic justice, the low-wage regime and on the increasing household affordability and food price crisis, with its attendant nutritional deficiencies, health and developmental consequences, and the lack of imaginative policy and systemic responses to deal with this crisis.

The Pietermaritzburg Economic Justice & Dignity Group envisions and work towards a society of solidarity, based on a politics of love and universality, and an economy which provides justice, equity, and dignity for all.

1. DECEMBER 2022 Summary Data Reference Sheet

Summary of Household Affordability Data

National Minimum Wage Dec 2022 (19 working days)	
General workers at R23,19/hr	R3 524,88
General workers at 10% exemption at R20,87/hr	R3 172,39
Minimum underspend on food in Dec 2022	-58,6%

Cost of Household Food Basket in December 2022	
Cost of Joburg Household Food Basket	R4 877,01
Cost of Durban Household Food Basket	R4 916,00
Cost of Cape Town Household Food Basket	R4 777,33
Cost of Springbok Household Food Basket	R5 132,86
Cost of Maritzburg Household Food Basket	R4 673,31
Average cost of Household Food Basket (all areas).	R4 853,18
Month-on-month change	R17,21 0,4%
Year-on-year change	R577,24 13,5%

Cost of foods prioritised & bought first in Household Food Basket: year-on-year		
Core foods	Dec_2021	Dec_2022
	cost	cost
Maize meal (30kg)	R 244,71	R 301,59
Rice (10kg)	R 135,56	R 136,80
Cake Flour (10kg)	R 95,87	R 128,20
White sugar (10kg)	R 167,06	R 172,80
Sugar beans (5kg)	R 172,88	R 172,53
Samp (5kg)	R 48,52	R 62,10
Cooking oil (5L)	R 138,25	R 179,79
Salt (1kg)	R 12,95	R 13,76
Potatoes (10kg)	R 73,32	R 70,00
Onions (10kg)	R 66,43	R 132,33
Frozen chicken pieces (10kg)	R 357,78	R 394,97
Curry powder (200g)	R 30,76	R 30,59
Stock cubes (24 cubes x2)	R 35,63	R 41,14
Soup (400g x2)	R 38,01	R 40,19
Tea (250g)	R 23,55	R 26,17
White bread (25 loaves)	R 346,34	R 408,28
Brown bread (25 loaves)	R 314,91	R 365,51
Subtotal of core foods	R2 302,53	R 2 676,74

Cost of Household Domestic and Personal Hygiene Products Basket in Dec 2022	R909,35
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Cost of a basic nutritious diet for a family per month	
Household size with 4 members	R3 307,21
Household size with 5 members	R4 180,55
Household size with 7 members	R5 779,07

Average cost of a basic nutritious diet for a child per month in December 2022	
Small child aged 3-9 years	R740,04
Small child aged 10-13 years	R806,69
Girl child aged 14-18 years	R858,48
Boy child aged 14-18 years	R968,65
Average for all children	R843,47
In Dec 2022, the Child Support Grant (R480) is 28% below the food poverty line (R663) & 43% below the average cost to secure a basic nutritious diet for a child (R843,47).	

Summary of Statistics South Africa's Economic and Social Data

All South Africans	
Population size	60,6 million
Unemployment rate	32,9%
Expanded unemployment rate	43,1%
Numbers of people unemployed	11,9 million
Numbers of people employed	15,8 million
Number of people one wage supports	3,8
Maximum NMW December 2022	R3 524,88
NMW shared in a family, per person	R927,60

Black South Africans	
Population size	49,1 million
Unemployment rate	36,8%
Expanded unemployment rate	47,6%
Numbers of people unemployed	10,8 million
Numbers of people employed	11,9 million
Number of people one wage supports	4,1
Maximum NMW December 2022	R3 524,88
NMW shared in a family, per person	R859,73

White South Africans	
Population size	4,6 million
Unemployment rate	7,8%
Expanded unemployment rate	9,5%
Numbers of people unemployed	183 000
Numbers of people employed	1,7 million
Number of people one wage supports	2,7
Maximum NMW December 2022	R3 524,88
NMW shared in a family, per person	R1 305,51

The maximum value of the National Minimum Wage [NMW]: general workers	R23,19/hour
Level of NMW at 10% exemption	R20,87/hour
The value of the Child Support Grant [CSG]	R480,00
The value of the Old-age Grant [OAG]	R1 990,00
The number of children receiving a CSG	12,78 million
The number of pensioners receiving an OAG	3,67 million
The upper-bound poverty line [UBPL]	R1 417,00
The lower-bound poverty line [LBPL]	R945,00
The food poverty line [FPL]	R663,00

% of people living below the UBPL (30,4m)	55,5%
% of people living below the FPL (13,8m)	25,2%
% of Black South Africans living below the UBPL (±29,9m)	64,2%
Stunting levels in boy children under 5 years	30%
Stunting levels in girl children under 5 years	25%
Estimated overall HIV prevalence rate among population in 2022 (8,45 million)	13,9%

Any errors in data entry or calculations are our own. See reference page 17 for Statistics South Africa data references. All efforts are made to source the latest available data.

2. DECEMBER 2022 Household Food Index: All areas

Foods tracked	Quantity tracked	Index 2021/22			change in Rands		change in %	
		Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Maize meal	30kg	R244,71	R298,50	R301,59	R 3,09	R 56,88	1%	23%
Rice	10kg	R135,56	R135,76	R136,80	R 1,05	R 1,25	1%	1%
Cake Flour	10kg	R95,87	R124,85	R128,20	R 3,35	R 32,33	3%	34%
White sugar	10kg	R167,06	R172,90	R172,80	-R 0,09	R 5,75	0%	3%
Sugar beans	5kg	R172,88	R169,82	R172,53	R 2,70	-R 0,35	2%	0%
Samp	5kg	R48,52	R60,54	R62,10	R 1,56	R 13,57	3%	28%
Cooking oil	5L	R138,25	R188,53	R179,79	-R 8,74	R 41,54	-5%	30%
Salt	1kg	R12,95	R13,68	R13,76	R 0,08	R 0,81	1%	6%
Potatoes	10kg	R73,32	R67,83	R70,00	R 2,17	-R 3,32	3%	-5%
Onions	10kg	R66,43	R125,08	R132,33	R 7,25	R 65,90	6%	99%
Frozen chicken portions	10kg	R357,78	R378,94	R394,97	R 16,02	R 37,19	4%	10%
Curry powder	200g	R30,76	R30,39	R30,59	R 0,19	-R 0,18	1%	-1%
Stock cubes	24 cubes x2	R35,63	R42,21	R41,14	-R 1,07	R 5,51	-3%	15%
Soup	400g x2	R38,01	R42,23	R40,19	-R 2,04	R 2,18	-5%	6%
Tea	250g	R23,55	R24,70	R26,17	R 1,47	R 2,62	6%	11%
Full cream milk	6L	R78,81	R87,73	R89,63	R 1,90	R 10,81	2%	14%
Maas	4L	R49,37	R53,38	R52,35	-R 1,04	R 2,98	-2%	6%
Eggs	60 eggs	R110,29	R114,16	R115,33	R 1,17	R 5,04	1%	5%
Chicken feet	2kg	R68,18	R79,30	R78,46	-R 0,84	R 10,28	-1%	15%
Gizzards	2kg	R82,71	R87,65	R88,08	R 0,43	R 5,37	0%	6%
Chicken livers	2kg	R61,96	R69,20	R70,92	R 1,72	R 8,97	2%	14%
Beef liver	2kg	R95,13	R100,42	R102,04	R 1,62	R 6,91	2%	7%
Beef	2kg	R175,16	R181,96	R187,82	R 5,86	R 12,66	3%	7%
Wors	2kg	R121,36	R140,41	R129,68	-R 10,73	R 8,32	-8%	7%
Inyama yangaphakathi	2kg	R82,19	R93,88	R92,13	-R 1,75	R 9,95	-2%	12%
Fish	2kg	R107,20	R114,10	R110,48	-R 3,62	R 3,28	-3%	3%
Tomatoes	6kg	R94,66	R108,83	R116,23	R 7,40	R 21,57	7%	23%
Carrots	5kg	R30,33	R37,67	R37,31	-R 0,35	R 6,98	-1%	23%
Butternut	10kg	R85,07	R102,46	R85,03	-R 17,43	-R 0,04	-17%	0%
Spinach	8 bunches	R76,75	R93,19	R97,03	R 3,84	R 20,29	4%	26%
Cabbage	2 heads	R29,73	R35,79	R32,74	-R 3,04	R 3,01	-9%	10%
Green pepper	2kg	R42,67	R57,65	R52,55	-R 5,11	R 9,88	-9%	23%
Cremora	800g	R38,04	R42,87	R43,64	R 0,76	R 5,60	2%	15%
Tinned pilchards	400g x6	R121,73	R132,76	R137,52	R 4,76	R 15,80	4%	13%
Canned beans	410g x6	R71,18	R78,22	R79,34	R 1,12	R 8,16	1%	11%
Bananas	4kg	R61,34	R60,16	R61,81	R 1,65	R 0,47	3%	1%
Apples	3kg	R42,05	R41,96	R43,59	R 1,63	R 1,54	4%	4%
Oranges	7kg	R59,02	R57,70	R65,02	R 7,32	R 6,00	13%	10%
Margarine	1kg	R37,96	R41,36	R39,92	-R 1,45	R 1,95	-3%	5%
Peanut butter	400g x2	R63,93	R69,12	R67,20	-R 1,92	R 3,27	-3%	5%
Polony	2.5kg	R56,64	R64,30	R66,24	R 1,94	R 9,60	3%	17%
Apricot jam	900g	R29,96	R34,42	R34,34	-R 0,08	R 4,37	0%	15%
White bread	25 loaves	R346,34	R404,03	R408,28	R 4,25	R 61,95	1%	18%
Brown bread	25 loaves	R314,91	R375,29	R365,51	-R 9,78	R 50,59	-3%	16%
Total household food basket		R 4 275,94	R 4 835,96	R 4 853,18	R 17,21	R 577,24	0,4%	13,5%

Month-on-month: The cost of the **average household food basket increased** by **R17,21 (0,4%)** from R4 835,96 in November 2022 to R4 853,18 in December 2022.

Year-on-year: The cost of the **average household food basket increased** by **R577,24 (13,5%)** from R4 275,94 in December 2021 to R4 853,18 in December 2022.

3. DECEMBER 2022 Household Food Index: All areas, by foods prioritised & bought first

Foods tracked	Quantity tracked	Index 2021/22			change in Rands		change in %	
		Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Maize meal	30kg	R244,71	R298,50	R301,59	R 3,09	R 56,88	1%	23%
Rice	10kg	R135,56	R135,76	R136,80	R 1,05	R 1,25	1%	1%
Cake Flour	10kg	R95,87	R124,85	R128,20	R 3,35	R 32,33	3%	34%
White sugar	10kg	R167,06	R172,90	R172,80	-R 0,09	R 5,75	0%	3%
Sugar beans	5kg	R172,88	R169,82	R172,53	R 2,70	-R 0,35	2%	0%
Samp	5kg	R48,52	R60,54	R62,10	R 1,56	R 13,57	3%	28%
Cooking oil	5L	R138,25	R188,53	R179,79	-R 8,74	R 41,54	-5%	30%
Salt	1kg	R12,95	R13,68	R13,76	R 0,08	R 0,81	1%	6%
Potatoes	10kg	R73,32	R67,83	R70,00	R 2,17	-R 3,32	3%	-5%
Onions	10kg	R66,43	R125,08	R132,33	R 7,25	R 65,90	6%	99%
Frozen chicken portions	10kg	R357,78	R378,94	R394,97	R 16,02	R 37,19	4%	10%
Curry powder	200g	R30,76	R30,39	R30,59	R 0,19	-R 0,18	1%	-1%
Stock cubes	24 cubes x2	R35,63	R42,21	R41,14	-R 1,07	R 5,51	-3%	15%
Soup	400g x2	R38,01	R42,23	R40,19	-R 2,04	R 2,18	-5%	6%
Tea	250g	R23,55	R24,70	R26,17	R 1,47	R 2,62	6%	11%
White bread	25 loaves	R346,34	R404,03	R408,28	R 4,25	R 61,95	1%	18%
Brown bread	25 loaves	R314,91	R375,29	R365,51	-R 9,78	R 50,59	-3%	16%
Total household food basket		R 2 302,53	R2 655,28	R2 676,74	R 21,46	R 374,21	0,8%	16,3%

Month-on-month: The **average cost of the foods prioritised and bought first** in the household food basket **increased** by **R21,46 (0,8%)** from R2 655,28 in November 2022 to R2 676,74 in December 2022.

Year-on-year: The **average cost of the foods prioritised and bought first** in the household food basket **increased** by **R374,21 (16,3%)** from R2 302,53 in December 2021 to R2 676,74 in December 2022.

The cost of the foods prioritised and bought first in the Household Food Basket is important. The core foods are bought first and these foods ensure that families do not go hungry whilst ensuring that meals can be cooked. When the prices of core foods increase, there is less money to secure other important mostly nutritionally-rich foods, which are essential for health and well-being and strong immune systems (*viz.* meat, eggs and dairy which are critical for protein, iron and calcium; vegetables and fruit which are critical for vitamins, minerals and fibre; and Maas, peanut butter and pilchards, good fats, protein and calcium essential for children). The data shows that the core foods contribute **55%** of the total cost of the Household Food Basket. At an average cost of **R2 676,74 in December 2022**, these foods are relatively very expensive in relation to the total money available in the household purse to secure food. These foods must be bought regardless of price escalations. The high cost of core staple foods result in a lot of proper nutritious food being removed off the family plates. The consequences of high costs on the core foods has a negative impact on overall household health and well-being, and child development.

4. DECEMBER 2022 Household Food Index: Zero-rated vs. VAT

Foods tracked	Quantity tracked	Index 2021/22			change in Rands		change in %	
		Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Zero-rated foods								
Maize meal	30kg	R244,71	R298,50	R301,59	R 3,09	R 56,88	1%	23%
Rice	10kg	R135,56	R135,76	R136,80	R 1,05	R 1,25	1%	1%
Samp	5kg	R48,52	R60,54	R62,10	R 1,56	R 13,57	3%	28%
Sugar beans	5kg	R172,88	R169,82	R172,53	R 2,70	-R 0,35	2%	0%
Cooking oil	5L	R138,25	R188,53	R179,79	-R 8,74	R 41,54	-5%	30%
Full cream milk	6L	R78,81	R87,73	R89,63	R 1,90	R 10,81	2%	14%
Maas	4L	R49,37	R53,38	R52,35	-R 1,04	R 2,98	-2%	6%
Eggs	60 eggs	R110,29	R114,16	R115,33	R 1,17	R 5,04	1%	5%
Potatoes	10kg	R73,32	R67,83	R70,00	R 2,17	-R 3,32	3%	-5%
Onions	10kg	R66,43	R125,08	R132,33	R 7,25	R 65,90	6%	99%
Tomatoes	6kg	R94,66	R108,83	R116,23	R 7,40	R 21,57	7%	23%
Carrots	5kg	R30,33	R37,67	R37,31	-R 0,35	R 6,98	-1%	23%
Butternut	10kg	R85,07	R102,46	R85,03	-R 17,43	-R 0,04	-17%	0%
Spinach	8 bunches	R76,75	R93,19	R97,03	R 3,84	R 20,29	4%	26%
Cabbage	2 heads	R29,73	R35,79	R32,74	-R 3,04	R 3,01	-9%	10%
Green Pepper	2kg	R42,67	R57,65	R52,55	-R 5,11	R 9,88	-9%	23%
Tinned pilchards	6 tins	R121,73	R132,76	R137,52	R 4,76	R 15,80	4%	13%
Bananas	4kg	R61,34	R60,16	R61,81	R 1,65	R 0,47	3%	1%
Apples	3kg	R42,05	R41,96	R43,59	R 1,63	R 1,54	4%	4%
Oranges	7kg	R59,02	R57,70	R65,02	R 7,32	R 6,00	13%	10%
Brown bread	25 loaves	R314,91	R375,29	R365,51	-R 9,78	R 50,59	-3%	16%
Cake flour	10kg	R95,87	R124,85	R128,20	R 3,35	R 32,33	3%	34%
Subtotal of zero-rated foods		R 2 172,26	R 2 529,64	R 2 534,98	R 5,34	R 362,72	0,2%	16,7%
Foods subject to VAT								
White sugar	10kg	167,06	172,90	172,80	-R 0,09	R 5,75	0%	3%
Frozen chicken portions	10kg	357,78	378,94	394,97	R 16,02	R 37,19	4%	10%
Chicken feet	2kg	68,18	79,30	78,46	-R 0,84	R 10,28	-1%	15%
Gizzards	2kg	82,71	87,65	88,08	R 0,43	R 5,37	0%	6%
Chicken livers	2kg	61,96	69,20	70,92	R 1,72	R 8,97	2%	14%
Beef liver	2kg	95,13	100,42	102,04	R 1,62	R 6,91	2%	7%
Beef	2kg	175,16	181,96	187,82	R 5,86	R 12,66	3%	7%
Wors	2kg	121,36	140,41	129,68	-R 10,73	R 8,32	-8%	7%
Inyama yangapakhathi	2kg	82,19	93,88	92,13	-R 1,75	R 9,95	-2%	12%
Fish	2kg	107,20	114,10	110,48	-R 3,62	R 3,28	-3%	3%
Salt	1kg	12,95	13,68	13,76	R 0,08	R 0,81	1%	6%
Stock	48 cubes	35,63	42,21	41,14	-R 1,07	R 5,51	-3%	15%
Soup	800g	38,01	42,23	40,19	-R 2,04	R 2,18	-5%	6%
Curry powder	400g	30,76	30,39	30,59	R 0,19	-R 0,18	1%	-1%
Tea	200g	23,55	24,70	26,17	R 1,47	R 2,62	6%	11%
Cremora	1kg	38,04	42,87	43,64	R 0,76	R 5,60	2%	15%
Canned beans	6 cans	71,18	78,22	79,34	R 1,12	R 8,16	1%	11%
Margarine	1kg	37,96	41,36	39,92	-R 1,45	R 1,95	-3%	5%
Peanut butter	400g x2	63,93	69,12	67,20	-R 1,92	R 3,27	-3%	5%
Polony	2.5kg	56,64	64,30	66,24	R 1,94	R 9,60	3%	17%
Apricot jam	900g	29,96	34,42	34,34	-R 0,08	R 4,37	0%	15%
White bread	25 loaves	346,34	404,03	408,28	R 4,25	R 61,95	1%	18%
Subtotal of VATable foods		R2 103,68	R 2 306,32	R 2 318,19	R 11,88	R 214,52	0,5%	10,2%
Vatable foods (excl. VAT)		R1 829,28	R2 005,49	R2 015,82	R 10,33	R186,54	0,5%	10,2%
VAT total		R274,39	R300,82	R302,37	R1,55	R27,98	0,5%	10,2%
Total household food basket		R4 275,94	R4 835,96	R4 853,18	R17,21	R577,24	0,4%	13,5%

Month-on-month: The **zero-rated foods** in the household food basket **increased** by **R5,34 (0,2%)** from R2 529,64 in November 2022 to R2 534,98 in December 2022.

Year-on-year: The **zero-rated foods** in the household food basket **increased** by **R362,72 (16,7%)** from R2 172,26 in December 2021 to R2 534,98 in December 2022.

Month-on-month: The **foods subject to VAT** in the household food basket **increased** by **R11,88 (0,5%)** from R2 306,32 in November 2022 to R2 318,19 in December 2022.

Year-on-year: The **foods subject to VAT** in the household food basket **increased** by **R214,52 (10,2%)** from R2 103,68 in December 2021 to R2 318,19 in December 2022.

22/44 foods in the total household food basket are subject to VAT. Foods subject to VAT make up **48%** of the total cost of the household food basket. VAT on the total household food basket came to **R302,37 in December 2022**. This means **6,2%** of the household food basket is made up of VAT. A tax of **R302,37** is more than the cost of a large household's requirement of **30kg maize meal** per month (in December 2022, **30kg maize meal cost R301,59**). VAT on basic foods stuffs is still very high and removes food off the plate.

5. DECEMBER 2022 Household Domestic & Personal Hygiene Index: All areas

Products tracked	Quantity tracked	Index 2021/22			change in Rands		change in %	
		Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Green bar soap	500g x8	R68,84	R108,02	R107,92	-R 0,10	R 39,07	0%	57%
Washing powder	3kg	R68,28	R85,48	R87,88	R 2,41	R 19,61	3%	29%
Dishwashing liquid	750ml	R28,01	R30,43	R31,39	R 0,95	R 3,38	3%	12%
Handy Andy	750ml	R24,68	R28,97	R29,55	R 0,58	R 4,87	2%	20%
Jik	1,5L	R38,52	R38,30	R40,48	R 2,18	R 1,96	6%	5%
Toilet paper	24 rolls	R92,40	R101,59	R103,21	R 1,62	R 10,81	2%	12%
Bath soap	500g x4	R59,05	R81,82	R81,73	-R 0,09	R 22,68	0%	38%
Toothpaste	100ml x3	R44,72	R56,17	R57,70	R 1,53	R 12,99	3%	29%
Vaseline	500g	R40,21	R46,50	R44,10	-R 2,40	R 3,89	-5%	10%
Cream	big bottle x2	R39,63	R49,00	R49,75	R 0,74	R 10,12	2%	26%
Roll-on deodorant	x4	R68,06	R77,17	R77,82	R 0,65	R 9,76	1%	14%
Spray-on deodorant	big spray x3	R81,77	R91,57	R94,76	R 3,18	R 12,98	3%	16%
Sanitary pads	2 big packs	R62,36	R70,06	R71,41	R 1,35	R 9,05	2%	15%
Shoe Polish	100ml	R26,24	R30,57	R31,66	R 1,09	R 5,42	4%	21%
Total household domestic and hygiene products		R 742,78	R 895,66	R 909,35	R 13,70	R 166,57	1,5%	22,4%

Month-on-month: The cost of the **household domestic and personal hygiene products basket increased** by **R13,70 (1,5%)** from R895,66 in November 2022 to R909,35 in December 2022.

Year-on-year: The cost of the **household domestic and personal hygiene products basket increased** by **R166,57 (22,4%)** from R742,78 in December 2021 to R909,35 in December 2022.

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 viciously in the food budget.

6. DECEMBER 2022 Basic Nutritional Food Index: families

By number of family members	Index 2021/22			change in Rands		change in %	
	Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Four (4)	R2 933,26	R3 287,44	R3 307,21	R 19,77	R 373,95	0,6%	12,7%
Five (5)	R3 706,61	R4 156,55	R4 180,55	R 24,00	R 473,94	0,6%	12,8%
Seven (7)	R5 122,07	R5 745,38	R5 779,07	R 33,69	R 657,00	0,6%	12,8%

Month-on-month: The cost of a **basic nutritional food basket for a family of 7 members increased** by **R33,69 (0,6%)** from R5 745,38 in November 2022 to R5 779,07 in December 2022.

Year-on-year: The cost of a **basic nutritional food basket for a family of 7 members increased** by **R657,00 (12,8%)** from R5 122,07 in December 2021 to R5 779,07 in December 2022.

In **December 2022** the difference in cost between the foods which families living on low incomes try and buy each month (the household food basket) and the foods which families would like to buy and should buy to meet basic nutrition (a basic nutritional food basket) was **R925,89 (R4 853,18 vs. R5 779,07)**.

It means that in **December 2022**, families with seven members underspent on basic nutritional food by a **minimum of 16% (R925,89)**.

7. DECEMBER 2022 Basic Nutritional Food Index: children

By age of child	Index 2021/22			change in Rands		change in %	
	Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Small child aged 3-9 years	R 656,28	R734,81	R740,04	R 5,23	R 83,76	0,7%	12,8%
Small child aged 10-13 years	R 714,82	R801,96	R806,69	R 4,73	R 91,87	0,6%	12,9%
Girl child aged 14-18 years	R 759,17	R854,02	R858,48	R 4,46	R 99,31	0,5%	13,1%
Boy child aged 14-18 years	R 861,52	R963,80	R968,65	R 4,85	R 107,13	0,5%	12,4%
Average for all children	R747,95	R838,65	R843,47	R 4,82	R 95,52	0,6%	12,8%

Month-on-month: The **average cost to feed a child a basic nutritious diet increased** by **R4,82 (0,6%)** from R838,65 in November 2022 to R843,47 in December 2022.

Year-on-year: The **average cost to feed a child a basic nutritious diet increased** by **R95,52 (12,8%)** from R747,95 in December 2021 to R843,47 in December 2022.

As children grow older, their nutritional requirements increase. It means that the cost of feeding a child increases in price as a child grows older and is also different for teenage girls and boys. The Child Support Grant is a fixed amount: it does not account for age.

The Child Support Grant is **R480**. (The increase for the 2022/23 term was **R20**, and came into effect in April 2022).

The food poverty line calculated by Statistics South Africa is **R663** per capita per month (latest April 2022).

In **December 2022** the average cost to feed a child a basic nutritious diet per month cost **R843,47**.

The Child Support Grant of **R480** is set below the food poverty line of **R663**, and further below the average cost of **R843,47** to secure a basic nutritious diet for a child in **December 2022**.

In **December 2022**, the Child Support Grant is **28% below** the food poverty line and **43% below** the average cost to secure a basic nutritious diet for a child.

About the Basic Nutritional Food Index

Households living on low incomes change their purchasing patterns in response to changes in affordability conditions. On low incomes, women buy the core staple foods first so that their families do not go hungry and for basic meals to be prepared. Where the money remaining is short, women have no choice but to drop foods from their trolleys or reduce the volumes of nutritionally rich foods in their trolleys. This has negative consequences for health, well-being, and nutrition. As financial and economic circumstances worsen, so too does household health and nutrition. The gap between what women are able to buy and what they need to buy for proper nutrition widens. The Basic Nutritional Food Basket is an attempt to track the cost of foods required for balanced nutrition, viz. the foods and the cost of these foods for families to ensure their health and nutrition and for children to grow and develop properly. The basket was designed in consultation with a Registered Dietician Philippa Barnard.

The Basic Nutritional Food Basket is an index on which we can start talking realistically about the cost of nutritious food, and the inadequacies of low wages and social grants. Importantly it ensures that current food expenditure (severely limited by affordability constraints) are not conflated with the food expenditure required to secure proper nutrition.

8. DECEMBER 2022 National Minimum Wage Scenarios

Number of working days in December 2022 = 19 days

Affordability, in its simplest form, is relative to income levels and the cost of goods and services (expenses). Workers work to support their families. Workers, reasonably expect to cover the costs of goods and services needed for dignity and household functionality off their wages. In most Black South African households, only one family member works. This one wage must support, a reductive average of **4,1 persons in December 2022**.

The Minister of Employment and Labour gazetted a **6,9%** annual increase on the National Minimum Wage, which took effect on the 1st of March 2022. For a worker, the 6,9% increment works out to be an extra R1.50 an hour, R12 for an 8-hour day, and if the full working-day month is worked (average 22 days), a R264 monthly increase. **The NMW increased by R1.50 from R21,69 per hour to R23,19 per hour.**

The NMW for Domestic Workers has been equalised with General Workers and is R23,19 per hour.

The tables over the page provide income scenarios for households with workers remunerated at the National Minimum Wage level, as well as for different number of days and hours worked. Households do not prioritise paying for food first out of the wage. Instead households paid low incomes are forced to secure non-negotiable expenses like transport and electricity before food. Other important expenses like debt servicing, scholar transport, education and burial insurances, including household domestic and personal hygiene products also compete viciously in the purse.

A reasonable indicator of whether the NMW is improving the lives of workers is whether workers earning the NMW are able to secure the basic household expenses needed to live at a basic level of dignity and household functionality.

In the scenarios we pull out just 3 core worker expenses: transport to get to work and back; prepaid electricity and the cost of a basic basket of nutritional food for a family of 4 persons. We take the NMW in its various scenarios and subtract the cost of transport and electricity. We then look at the money remaining to buy food.

The last row in the tables highlights the minimum surplus/shortfall on food costs. If the NMW value is set at a reasonable level than we should see a surplus on the food costs, because households have a myriad of other expenses which also need to be secured. If however we see a shortfall on just the food costs, then we must conclude that the level at which the NMW has been set is inadequate because this scenario means that a worker cannot secure even the basic cost of food let alone the other essential goods and services families require.

A note on the data in the scenarios: The NMW and social grant data is national data. The food data is based on the average cost of the PMBEJD Basic Nutritional Food Basket for a family of 4 persons for Joburg, Durban, Cape Town, Springbok and Pietermaritzburg. We use Pietermaritzburg-based costs as a proxy for the transport and electricity figures. **In July 2022, the electricity tariffs in Msunduzi Municipality increased by 7,47%, with prepaid electricity costing R2,25/kWh (incl. VAT) for the 2022/23 period (up from R2,09/kWh from 2021/2022). The new taxi fare increases for Pietermaritzburg came into effect on the 1st of August 2022. Local fares went up by R2, from R16 to R18 (an increase of 12,5%).**

The data in the tables are relevant as at December 2022.

The tables below calculates transport to work on 2 taxi fare, return (R18x4 = R72), multiplied by number of working days. The electricity charge is based on Msunduzi Municipality's prepaid tariffs (R2,25 per kWh = R787,50 for 350kWh). The table below provides scenarios for the NMW for General Workers at R23,19 an hour. The scenario provides for the maximum NMW for the maximum number of working days and hours; and for a 15 day working month and full 8-hours; and for a 15 day working month for 5 hours.

General Workers: at NMW **R23,19 an hour**

Income	Wage scenario 1	Wage scenario 2	Wage scenario 3
Number of days worked	19	15	15
Number of hours worked	8	8	5
Remuneration rate	R23,19	R23,19	R23,19
Wage income	R3 524,88	R2 782,80	R1 739,25

	Wage scenario 1	Wage scenario 2	Wage scenario 3
Wage income	R3 524,88	R2 782,80	R1 739,25
Household expenses	% of wage	% of wage	% of wage
Transport to work (2 taxi, return)	R1 368,00 38,8%	R1 080,00 38,8%	R1 080,00 62,1%
Prepaid electricity (350kWh)	R787,50 22,3%	R787,50 28,3%	R787,50 45,3%
Total for transport + electricity	R2 155,50 61,2%	R1 867,50 67,1%	R1 867,50 107,4%
<i>Money remaining to secure all other expenses</i>	R1 369,38	R915,30	-R128,25
Subtract: food (4 persons)	R3 307,21	R3 307,21	R3 307,21
Minimum surplus/shortfall on food costs	-R1 937,83 -58,6%	-R2 391,91 -72,3%	-R3 435,46 -103,9%

All the scenarios above show that workers paid at the level of the NMW cannot meet even the 3 core household expenses on the NMW. This provides a stark indication of the deficiencies in low baseline wages. The NMW set at such a low level does not allow workers and their families the possibility to secure even their most basic expenses. Instead it appears from the data above that the NMW has worked to lock workers and their families into even deeper levels of poverty. Workers will have to cut back further on food and go into deeper levels of debt to cover wage shortfalls.

The National Minimum Wage is a poverty wage - it hurts workers, it reduces productivity in the workplace, and slows down economic growth. The maximum wage of **R3 524,88 in December 2022** when disbursed in a family of **4 persons is R881,22**. This is below the **upper-bound poverty line of R1 417** per capita per month. Set at such a low level, the NMW works to institutionalise the low-baseline wage regime and lock millions of workers into poverty. Small annual increments off such a low base, and which do not reflect inflation levels as experienced by workers (including not projecting inflation forward for workers in the entire 2022 term), means that workers on the NMW are getting poorer and poorer each year. **The minimum shortfall on food for a family is 58,6% in December 2022.** After securing transport and electricity workers are left with R1 369,38. ***If all of this money went to food, then for a family of 4, it would provide R342,34 per person per month. The Food Poverty Line is R663.***

9. DECEMBER 2022 Household Food Basket: Per area, compared.

Foods tracked	Quantity tracked	Joburg	Durban	Cape Town	Springbok	Maritzburg	Average
Maize meal	30kg	R318,02	R278,70	R310,48	R281,97	R302,97	R301,59
Rice	10kg	R139,91	R131,44	R142,74	R162,99	R111,19	R136,80
Cake Flour	10kg	R128,07	R132,35	R131,74	R111,66	R120,79	R128,20
White sugar	10kg	R170,32	R166,72	R175,32	R200,66	R169,39	R172,80
Sugar beans	5kg	R166,12	R157,90	R208,00	R199,90	R143,99	R172,53
Samp	5kg	R69,82	R60,90	R60,04	R68,97	R46,19	R62,10
Cooking oil	5L	R182,41	R175,44	R173,42	R210,40	R179,99	R179,79
Salt	1kg	R14,70	R14,17	R9,87	R18,32	R17,20	R13,76
Potatoes	10kg	R70,94	R77,66	R63,46	R73,79	R63,02	R70,00
Onions	10kg	R112,61	R133,75	R157,54	R105,52	R137,13	R132,33
Frozen chicken portions	10kg	R373,73	R403,15	R377,37	R436,64	R437,49	R394,97
Curry powder	200g	R30,37	R28,90	R30,89	R37,65	R29,99	R30,59
Stock cubes	24 cubes x2	R40,48	R40,16	R43,31	R39,31	R40,78	R41,14
Soup	400g x2	R40,15	R40,53	R47,98	R39,31	R27,58	R40,19
Tea	250g	R28,70	R25,17	R26,66	R24,32	R21,24	R26,17
Full cream milk	6L	R91,95	R93,99	R81,98	R78,32	R99,59	R89,63
Maas	4L	R51,99	R50,17	R55,35	R55,65	R49,39	R52,35
Eggs	60 eggs	R115,25	R118,53	R113,58	R119,31	R109,58	R115,33
Chicken feet	2kg	R97,48	R87,64	R44,73	R99,98	R86,44	R78,46
Gizzards	2kg	R88,90	R91,59	R79,69	R85,98	R96,39	R88,08
Chicken livers	2kg	R64,98	R75,64	R56,23	R135,94	R71,44	R70,92
Beef liver	2kg	R105,70	R102,50	R92,38	R116,98	R99,44	R102,04
Beef	2kg	R186,73	R197,65	R162,73	R222,98	R205,44	R187,82
Wors	2kg	R141,23	R140,79	R87,73	R179,98	R151,25	R129,68
Inyama yangaphakathi	2kg	R89,98	R102,62	R86,98	R119,98	R88,44	R92,13
Fish	2kg	R86,23	R123,36	R105,65	R159,98	R118,94	R110,48
Tomatoes	6kg	R106,37	R125,35	R125,95	R125,94	R96,38	R116,23
Carrots	5kg	R39,35	R42,99	R33,35	R39,42	R27,38	R37,31
Butternut	10kg	R88,90	R85,40	R85,59	R105,52	R61,41	R85,03
Spinach	8 bunches	R104,72	R110,93	R97,52	R77,25	R70,32	R97,03
Cabbage	2 heads	R31,15	R33,62	R36,34	R33,31	R26,38	R32,74
Green pepper	2kg	R47,38	R51,51	R53,48	R65,98	R55,18	R52,55
Cremora	800g	R45,41	R44,35	R42,81	R39,99	R41,99	R43,64
Tinned pilchards	400g x6	R143,44	R141,76	R135,94	R119,94	R128,34	R137,52
Canned beans	410g x6	R82,20	R79,04	R76,58	R79,94	R79,44	R79,34
Bananas	4kg	R75,63	R54,87	R57,78	R62,61	R49,96	R61,81
Apples	3kg	R50,44	R45,62	R43,71	R31,31	R31,19	R43,59
Orange	7kg	R43,99	R88,64	R62,39	R56,34	R31,00	R65,02
Margarine	1kg	R46,74	R38,99	R35,32	R33,32	R40,49	R39,92
Peanut butter	400g x2	R69,38	R68,71	R64,48	R69,31	R64,78	R67,20
Polony	2.5kg	R74,24	R64,99	R58,29	R52,49	R70,19	R66,24
Apricot jam	900g	R33,82	R34,81	R35,07	R33,32	R33,39	R34,34
White bread	25 loaves	R411,25	R397,52	R433,13	R366,42	R390,35	R408,28
Brown bread	25 loaves	R375,83	R355,48	R373,77	R353,92	R349,90	R365,51
Total household food basket		R 4 877,01	R 4 916,00	R 4 777,33	R 5 132,86	R 4 673,31	R 4 853,18

The average cost (weighted) of the total household food basket in December 2022 is R4 853,18.

10. DECEMBER 2022 Household Food Index: Johannesburg

Foods tracked	Quantity tracked	Index 2021/22			change in Rands		change in %	
		Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Maize meal	30kg	R237,47	R303,47	R318,02	R 14,55	R 80,55	5%	34%
Rice	10kg	R151,41	R146,07	R139,91	-R 6,17	-R 11,50	-4%	-8%
Cake Flour	10kg	R102,41	R125,82	R128,07	R 2,26	R 25,67	2%	25%
White sugar	10kg	R168,15	R168,07	R170,32	R 2,25	R 2,17	1%	1%
Sugar beans	5kg	R174,36	R168,82	R166,12	-R 2,70	-R 8,24	-2%	-5%
Samp	5kg	R53,85	R68,07	R69,82	R 1,75	R 15,97	3%	30%
Cooking oil	5L	R132,53	R191,63	R182,41	-R 9,22	R 49,88	-5%	38%
Salt	1kg	R14,82	R14,78	R14,70	-R 0,08	-R 0,12	-1%	-1%
Potatoes	10kg	R75,66	R65,61	R70,94	R 5,33	-R 4,71	8%	-6%
Onions	10kg	R67,58	R101,11	R112,61	R 11,50	R 45,03	11%	67%
Frozen chicken portions	10kg	R357,24	R359,48	R373,73	R 14,25	R 16,50	4%	5%
Curry powder	200g	R31,32	R29,78	R30,37	R 0,58	-R 0,96	2%	-3%
Stock cubes	24 cubes x2	R35,20	R42,15	R40,48	-R 1,67	R 5,28	-4%	15%
Soup	400g x2	R39,42	R43,63	R40,15	-R 3,49	R 0,73	-8%	2%
Tea	250g	R24,99	R25,20	R28,70	R 3,50	R 3,71	14%	15%
Full cream milk	6L	R82,20	R87,24	R91,95	R 4,71	R 9,74	5%	12%
Maas	4L	R49,40	R52,32	R51,99	-R 0,33	R 2,58	-1%	5%
Eggs	60 eggs	R104,38	R114,80	R115,25	R 0,45	R 10,87	0%	10%
Chicken feet	2kg	R82,90	R89,98	R97,48	R 7,50	R 14,58	8%	18%
Gizzards	2kg	R87,99	R90,40	R88,90	-R 1,50	R 0,91	-2%	1%
Chicken livers	2kg	R64,23	R60,73	R64,98	R 4,25	R 0,75	7%	1%
Beef liver	2kg	R102,73	R111,48	R105,70	-R 5,79	R 2,96	-5%	3%
Beef	2kg	R175,24	R184,73	R186,73	R 2,00	R 11,49	1%	7%
Wors	2kg	R122,74	R140,40	R141,23	R 0,83	R 18,49	1%	15%
Inyama yangaphakathi	2kg	R85,98	R94,48	R89,98	-R 4,50	R 4,00	-5%	5%
Fish	2kg	R77,48	R103,98	R86,23	-R 17,75	R 8,75	-17%	11%
Tomatoes	6kg	R74,96	R108,32	R106,37	-R 1,94	R 31,41	-2%	42%
Carrots	5kg	R35,62	R41,36	R39,35	-R 2,02	R 3,73	-5%	10%
Butternut	10kg	R79,96	R94,93	R88,90	-R 6,03	R 8,94	-6%	11%
Spinach	8 bunches	R86,89	R110,83	R104,72	-R 6,11	R 17,83	-6%	21%
Cabbage	2 heads	R30,43	R33,98	R31,15	-R 2,83	R 0,72	-8%	2%
Green pepper	2kg	R35,86	R47,97	R47,38	-R 0,58	R 11,52	-1%	32%
Cremora	800g	R38,57	R44,82	R45,41	R 0,58	R 6,83	1%	18%
Tinned pilchards	400g x6	R120,84	R137,90	R143,44	R 5,55	R 22,60	4%	19%
Canned beans	410g x6	R73,20	R80,94	R82,20	R 1,26	R 9,00	2%	12%
Bananas	4kg	R60,41	R78,51	R75,63	-R 2,88	R 15,22	-4%	25%
Apples	3kg	R47,53	R51,62	R50,44	-R 1,18	R 2,91	-2%	6%
Oranges	7kg	R57,08	R49,96	R43,99	-R 5,97	-R 13,09	-12%	-23%
Margarine	1kg	R42,64	R45,82	R46,74	R 0,92	R 4,10	2%	10%
Peanut butter	400g x2	R70,15	R74,40	R69,38	-R 5,02	-R 0,77	-7%	-1%
Polony	2.5kg	R59,58	R70,74	R74,24	R 3,50	R 14,67	5%	25%
Apricot jam	900g	R29,91	R33,54	R33,82	R 0,29	R 3,92	1%	13%
White bread	25 loaves	R345,15	R426,67	R411,25	-R 15,42	R 66,10	-4%	19%
Brown bread	25 loaves	R311,81	R393,33	R375,83	-R 17,50	R 64,02	-4%	21%
Total household food basket		R 4 302,27	R 4 909,87	R 4 877,01	-R 32,86	R 574,74	-0,7%	13,4%

Month-on-month: The cost of the **Joburg household food basket decreased** by **R32,86 (-0,7%)** from R4 909,87 in November 2022 to R4 877,01 in December 2022.

Year-on-year: The cost of the **Joburg household food basket increased** by **R574,74 (13,4%)** from R4 302,27 in December 2021 to R4 877,01 in December 2022.

11. DECEMBER 2022 Household Food Index: Durban

Foods tracked	Quantity tracked	Index 2021/22			change in Rands		change in %	
		Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Maize meal	30kg	R236,42	R284,15	R278,70	-R 5,45	R 42,27	-2%	18%
Rice	10kg	R130,08	R121,90	R131,44	R 9,55	R 1,36	8%	1%
Cake Flour	10kg	R93,35	R126,72	R132,35	R 5,64	R 39,00	4%	42%
White sugar	10kg	R157,08	R169,99	R166,72	-R 3,27	R 9,64	-2%	6%
Sugar beans	5kg	R162,22	R154,58	R157,90	R 3,32	-R 4,32	2%	-3%
Samp	5kg	R44,99	R56,26	R60,90	R 4,64	R 15,91	8%	35%
Cooking oil	5L	R141,26	R184,26	R175,44	-R 8,82	R 34,18	-5%	24%
Salt	1kg	R13,72	R14,81	R14,17	-R 0,64	R 0,46	-4%	3%
Potatoes	10kg	R78,52	R73,06	R77,66	R 4,60	-R 0,86	6%	-1%
Onions	10kg	R65,43	R134,40	R133,75	-R 0,65	R 68,32	0%	104%
Frozen chicken portions	10kg	R348,67	R383,68	R403,15	R 19,48	R 54,49	5%	16%
Curry powder	200g	R27,90	R28,35	R28,90	R 0,55	R 1,00	2%	4%
Stock cubes	24 cubes x2	R35,80	R47,62	R40,16	-R 7,45	R 4,37	-16%	12%
Soup	400g x2	R39,80	R43,07	R40,53	-R 2,55	R 0,73	-6%	2%
Tea	250g	R22,90	R25,39	R25,17	-R 0,22	R 2,27	-1%	10%
Full cream milk	6L	R81,81	R95,08	R93,99	-R 1,09	R 12,18	-1%	15%
Maas	4L	R46,17	R50,63	R50,17	-R 0,45	R 4,00	-1%	9%
Eggs	60 eggs	R110,16	R115,98	R118,53	R 2,55	R 8,36	2%	8%
Chicken feet	2kg	R83,07	R78,94	R87,64	R 8,71	R 4,57	11%	6%
Gizzards	2kg	R86,19	R89,19	R91,59	R 2,40	R 5,40	3%	6%
Chicken livers	2kg	R61,64	R73,94	R75,64	R 1,71	R 14,00	2%	23%
Beef liver	2kg	R92,94	R106,53	R102,50	-R 4,03	R 9,57	-4%	10%
Beef	2kg	R181,19	R190,69	R197,65	R 6,96	R 16,46	4%	9%
Wors	2kg	R137,19	R150,94	R140,79	-R 10,15	R 3,60	-7%	3%
Inyama yangaphakathi	2kg	R83,44	R98,69	R102,62	R 3,93	R 19,18	4%	23%
Fish	2kg	R112,94	R126,19	R123,36	-R 2,83	R 10,42	-2%	9%
Tomatoes	6kg	R125,53	R110,43	R125,35	R 14,92	-R 0,18	14%	0%
Carrots	5kg	R30,59	R39,89	R42,99	R 3,10	R 12,40	8%	41%
Butternut	10kg	R73,69	R103,62	R85,40	-R 18,22	R 11,72	-18%	16%
Spinach	8 bunches	R72,94	R93,09	R110,93	R 17,84	R 37,99	19%	52%
Cabbage	2 heads	R31,07	R35,26	R33,62	-R 1,64	R 2,54	-5%	8%
Green pepper	2kg	R45,98	R41,09	R51,51	R 10,42	R 5,53	25%	12%
Cremora	800g	R39,99	R42,35	R44,35	R 2,00	R 4,36	5%	11%
Tinned pilchards	400g x6	R126,49	R134,12	R141,76	R 7,64	R 15,27	6%	12%
Canned beans	410g x6	R72,50	R76,86	R79,04	R 2,18	R 6,55	3%	9%
Bananas	4kg	R64,69	R55,60	R54,87	-R 0,73	-R 9,82	-1%	-15%
Apples	3kg	R45,35	R39,80	R45,62	R 5,82	R 0,27	15%	1%
Oranges	7kg	R75,51	R80,13	R88,64	R 8,51	R 13,13	11%	17%
Margarine	1kg	R37,72	R40,72	R38,99	-R 1,73	R 1,27	-4%	3%
Peanut butter	400g x2	R63,80	R70,89	R68,71	-R 2,18	R 4,91	-3%	8%
Polony	2.5kg	R56,28	R58,16	R64,99	R 6,83	R 8,71	12%	15%
Apricot jam	900g	R30,81	R35,35	R34,81	-R 0,55	R 4,00	-2%	13%
White bread	25 loaves	R343,55	R388,41	R397,52	R 9,11	R 53,98	2%	16%
Brown bread	25 loaves	R308,43	R358,77	R355,48	-R 3,30	R 47,05	-1%	15%
Total household food basket		R 4 319,75	R 4 829,55	R 4 916,00	R 86,45	R 596,25	1,8%	13,8%

Month-on-month: The cost of the **Durban household food basket increased** by **R86,45 (1,8%)** from R4 829,55 in November 2022 to R4 916,00 in December 2022.

Year-on-year: The cost of the **Durban household food basket increased** by **R596,25 (13,8%)** from R4 319,75 in December 2021 to R4 916,00 in December 2022.

12. DECEMBER 2022 Household Food Index: Cape Town

Foods tracked	Quantity tracked	Index 2021/22			change in Rands		change in %	
		Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Maize meal	30kg	R256,21	R311,47	R310,48	-R 1,00	R 54,26	0%	21%
Rice	10kg	R133,78	R142,49	R142,74	R 0,25	R 8,96	0%	7%
Cake Flour	10kg	R93,90	R127,07	R131,74	R 4,67	R 37,84	4%	40%
White sugar	10kg	R171,49	R173,99	R175,32	R 1,33	R 3,83	1%	2%
Sugar beans	5kg	R188,43	R194,12	R208,00	R 13,88	R 19,57	7%	10%
Samp	5kg	R48,71	R60,80	R60,04	-R 0,77	R 11,32	-1%	23%
Cooking oil	5L	R135,87	R190,50	R173,42	-R 17,08	R 37,55	-9%	28%
Salt	1kg	R7,68	R8,82	R9,87	R 1,04	R 2,18	12%	28%
Potatoes	10kg	R67,66	R66,89	R63,46	-R 3,43	-R 4,20	-5%	-6%
Onions	10kg	R68,69	R129,85	R157,54	R 27,69	R 88,86	21%	129%
Frozen chicken portions	10kg	R358,97	R361,23	R377,37	R 16,14	R 18,40	4%	5%
Curry powder	200g	R31,39	R31,94	R30,89	-R 1,05	-R 0,51	-3%	-2%
Stock cubes	24 cubes x2	R35,98	R39,15	R43,31	R 4,17	R 7,33	11%	20%
Soup	400g x2	R41,22	R48,42	R47,98	-R 0,44	R 6,76	-1%	16%
Tea	250g	R23,24	R25,10	R26,66	R 1,56	R 3,42	6%	15%
Full cream milk	6L	R70,22	R78,48	R81,98	R 3,50	R 11,75	4%	17%
Maas	4L	R54,44	R57,57	R55,35	-R 2,22	R 0,91	-4%	2%
Eggs	60 eggs	R113,31	R114,81	R113,58	-R 1,23	R 0,27	-1%	0%
Chicken feet	2kg	R35,60	R57,98	R44,73	-R 13,25	R 9,13	-23%	26%
Gizzards	2kg	R72,97	R80,84	R79,69	-R 1,14	R 6,72	-1%	9%
Chicken livers	2kg	R50,47	R56,27	R56,23	-R 0,04	R 5,76	0%	11%
Beef liver	2kg	R92,47	R84,08	R92,38	R 8,30	-R 0,09	10%	0%
Beef	2kg	R165,22	R150,48	R162,73	R 12,25	-R 2,49	8%	-2%
Wors	2kg	R93,47	R110,98	R87,73	-R 23,25	-R 5,74	-21%	-6%
Inyama yangaphakathi	2kg	R83,44	R79,98	R86,98	R 7,00	R 3,54	9%	4%
Fish	2kg	R113,68	R92,98	R105,65	R 12,67	-R 8,04	14%	-7%
Tomatoes	6kg	R99,77	R115,56	R125,95	R 10,39	R 26,18	9%	26%
Carrots	5kg	R24,45	R33,26	R33,35	R 0,09	R 8,90	0%	36%
Butternut	10kg	R99,38	R112,76	R85,59	-R 27,18	-R 13,79	-24%	-14%
Spinach	8 bunches	R78,11	R87,92	R97,52	R 9,60	R 19,41	11%	25%
Cabbage	2 heads	R28,98	R38,34	R36,34	-R 2,00	R 7,37	-5%	25%
Green pepper	2kg	R43,47	R75,58	R53,48	-R 22,10	R 10,01	-29%	23%
Cremora	800g	R36,90	R41,99	R42,81	R 0,82	R 5,91	2%	16%
Tinned pilchards	400g x6	R121,44	R129,44	R135,94	R 6,50	R 14,50	5%	12%
Canned beans	410g x6	R65,69	R71,95	R76,58	R 4,63	R 10,89	6%	17%
Bananas	4kg	R61,22	R53,16	R57,78	R 4,62	-R 3,44	9%	-6%
Apples	3kg	R41,31	R40,89	R43,71	R 2,82	R 2,40	7%	6%
Oranges	7kg	R48,95	R44,89	R62,39	R 17,49	R 13,43	39%	27%
Margarine	1kg	R33,49	R36,91	R35,32	-R 1,58	R 1,84	-4%	5%
Peanut butter	400g x2	R59,97	R62,98	R64,48	R 1,50	R 4,51	2%	8%
Polony	2.5kg	R53,48	R58,29	R58,29	R 0,00	R 4,81	0%	9%
Apricot jam	900g	R28,98	R33,99	R35,07	R 1,08	R 6,09	3%	21%
White bread	25 loaves	R355,02	R403,96	R433,13	R 29,17	R 78,10	7%	22%
Brown bread	25 loaves	R330,02	R384,17	R373,77	-R 10,40	R 43,75	-3%	13%
Total household food basket		R 4 219,18	R 4 702,34	R 4 777,33	R 75,00	R 558,16	1,6%	13,2%

Month-on-month: The cost of the **Cape Town household food basket** *increased* by **R75,00 (1,6%)** from R4 702,34 in November 2022 to R4 777,33 in December 2022.

Year-on-year: The cost of the **Cape Town household food basket** *increased* by **R558,16 (13,2%)** from R4 219,18 in December 2021 to R4 777,33 in December 2022.

13. DECEMBER 2022 Household Food Index: Springbok

Foods tracked	Quantity tracked	Index 2021/22			change in Rands		change in %	
		Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Maize meal	30kg	R255,97	R281,97	R281,97	R 0,00	R 26,00	0%	10%
Rice	10kg	R156,32	R161,32	R162,99	R 1,67	R 6,67	1%	4%
Cake Flour	10kg	R99,32	R108,32	R111,66	R 3,33	R 12,33	3%	12%
White sugar	10kg	R189,99	R200,66	R200,66	R 0,00	R 10,67	0%	6%
Sugar beans	5kg	R194,90	R204,90	R199,90	-R 5,00	R 5,00	-2%	3%
Samp	5kg	R58,30	R68,97	R68,97	R 0,00	R 10,68	0%	18%
Cooking oil	5L	R149,98	R195,81	R210,40	R 14,59	R 60,42	7%	40%
Salt	1kg	R17,99	R18,32	R18,32	R 0,00	R 0,33	0%	2%
Potatoes	10kg	R65,70	R73,79	R73,79	R 0,00	R 8,09	0%	12%
Onions	10kg	R78,55	R143,63	R105,52	-R 38,10	R 26,98	-27%	34%
Frozen chicken portions	10kg	R387,47	R436,64	R436,64	R 0,00	R 49,17	0%	13%
Curry powder	200g	R39,32	R40,65	R37,65	-R 3,00	-R 1,67	-7%	-4%
Stock cubes	24 cubes x2	R36,65	R39,31	R39,31	R 0,00	R 2,67	0%	7%
Soup	400g x2	R35,31	R39,31	R39,31	R 0,00	R 4,00	0%	11%
Tea	250g	R24,32	R24,66	R24,32	-R 0,33	R 0,00	-1%	0%
Full cream milk	6L	R70,99	R79,99	R78,32	-R 1,67	R 7,33	-2%	10%
Maas	4L	R50,99	R58,32	R55,65	-R 2,67	R 4,66	-5%	9%
Eggs	60 eggs	R136,65	R119,31	R119,31	R 0,00	-R 17,33	0%	-13%
Chicken feet	2kg	R69,98	R99,98	R99,98	R 0,00	R 30,00	0%	43%
Gizzards	2kg	R73,98	R85,98	R85,98	R 0,00	R 12,00	0%	16%
Chicken livers	2kg	R96,98	R129,94	R135,94	R 6,00	R 38,96	5%	40%
Beef liver	2kg	R92,98	R118,98	R116,98	-R 2,00	R 24,00	-2%	26%
Beef	2kg	R164,98	R229,98	R222,98	-R 7,00	R 58,00	-3%	35%
Wors	2kg	R99,98	R169,98	R179,98	R 10,00	R 80,00	6%	80%
Inyama yangaphakathi	2kg	R99,98	R119,98	R119,98	R 0,00	R 20,00	0%	20%
Fish	2kg	R165,98	R159,98	R159,98	R 0,00	-R 6,00	0%	-4%
Tomatoes	6kg	R91,94	R133,96	R125,94	-R 8,02	R 34,00	-6%	37%
Carrots	5kg	R51,07	R49,96	R39,42	-R 10,55	-R 11,65	-21%	-23%
Butternut	10kg	R135,53	R108,31	R105,52	-R 2,78	-R 30,00	-3%	-22%
Spinach	8 bunches	R90,59	R95,92	R77,25	-R 18,67	-R 13,33	-19%	-15%
Cabbage	2 heads	R31,31	R39,98	R33,31	-R 6,67	R 2,00	-17%	6%
Green pepper	2kg	R61,98	R79,31	R65,98	-R 13,33	R 4,00	-17%	6%
Cremora	800g	R34,99	R39,99	R39,99	R 0,00	R 5,00	0%	14%
Tinned pilchards	400g x6	R117,94	R133,94	R119,94	-R 14,00	R 2,00	-10%	2%
Canned beans	410g x6	R72,94	R85,94	R79,94	-R 6,00	R 7,00	-7%	10%
Bananas	4kg	R69,28	R69,28	R62,61	-R 6,67	-R 6,67	-10%	-10%
Apples	3kg	R31,66	R31,98	R31,31	-R 0,67	-R 0,34	-2%	-1%
Oranges	7kg	R59,96	R57,98	R56,34	-R 1,64	-R 3,62	-3%	-6%
Margarine	1kg	R31,66	R36,66	R33,32	-R 3,33	R 1,67	-9%	5%
Peanut butter	400g x2	R65,98	R69,98	R69,31	-R 0,67	R 3,33	-1%	5%
Polony	2.5kg	R47,66	R57,49	R52,49	-R 5,00	R 4,83	-9%	10%
Apricot jam	900g	R31,99	R34,99	R33,32	-R 1,67	R 1,33	-5%	4%
White bread	25 loaves	R333,08	R374,75	R366,42	-R 8,33	R 33,33	-2%	10%
Brown bread	25 loaves	R320,58	R358,08	R353,92	-R 4,17	R 33,33	-1%	10%
Total household food basket		R 4 593,68	R 5 269,19	R 5 132,86	-R 136,33	R 539,18	-2,6%	11,7%

Month-on-month: The cost of the **Springbok household food basket decreased** by **R136,33 (-2,6%)** from R5 269,19 in November 2022 to R5 132,86 in December 2022.

Year-on-year: The cost of the **Springbok household food basket increased** by **R539,18 (11,7%)** from R4 593,68 in December 2021 to R5 132,86 in December 2022.

14. DECEMBER 2022 Household Food Index: Pietermaritzburg

Foods tracked	Quantity tracked	Index 2021/22			change in Rands		change in %	
		Dec_2021	Nov_2022	Dec_2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022	Nov 2022 vs. Dec 2022	Dec 2021 vs. Dec 2022
Maize meal	30kg	R245,97	R296,97	R302,97	R 6,00	R 57,00	2%	23%
Rice	10kg	R100,99	R109,99	R111,19	R 1,20	R 10,20	1%	10%
Cake Flour	10kg	R88,39	R122,99	R120,79	-R 2,20	R 32,40	-2%	37%
White sugar	10kg	R161,99	R171,59	R169,39	-R 2,20	R 7,40	-1%	5%
Sugar beans	5kg	R155,99	R147,99	R143,99	-R 4,00	-R 12,00	-3%	-8%
Samp	5kg	R35,74	R46,19	R46,19	R 0,00	R 10,45	0%	29%
Cooking oil	5L	R143,99	R181,99	R179,99	-R 2,00	R 36,00	-1%	25%
Salt	1kg	R16,39	R17,40	R17,20	-R 0,20	R 0,80	-1%	5%
Potatoes	10kg	R74,90	R59,67	R63,02	R 3,35	-R 11,88	6%	-16%
Onions	10kg	R53,41	R135,70	R137,13	R 1,43	R 83,72	1%	157%
Frozen chicken portions	10kg	R359,89	R414,98	R437,49	R 22,51	R 77,60	5%	22%
Curry powder	200g	R29,19	R26,79	R29,99	R 3,20	R 0,80	12%	3%
Stock cubes	24 cubes x2	R34,78	R39,58	R40,78	R 1,20	R 6,00	3%	17%
Soup	400g x2	R27,18	R27,58	R27,58	R 0,00	R 0,40	0%	1%
Tea	250g	R21,79	R21,19	R21,24	R 0,05	-R 0,55	0%	-3%
Full cream milk	6L	R89,39	R99,59	R99,59	R 0,00	R 10,20	0%	11%
Maas	4L	R44,19	R48,99	R49,39	R 0,40	R 5,20	1%	12%
Eggs	60 eggs	R99,48	R103,98	R109,58	R 5,60	R 10,10	5%	10%
Chicken feet	2kg	R77,39	R85,48	R86,44	R 0,95	R 9,05	1%	12%
Gizzards	2kg	R86,89	R91,44	R96,39	R 4,96	R 9,50	5%	11%
Chicken livers	2kg	R63,44	R68,94	R71,44	R 2,50	R 8,00	4%	13%
Beef liver	2kg	R89,25	R86,94	R99,44	R 12,50	R 10,18	14%	11%
Beef	2kg	R187,94	R197,94	R205,44	R 7,50	R 17,50	4%	9%
Wors	2kg	R153,39	R163,44	R151,25	-R 12,18	-R 2,14	-7%	-1%
Inyama yangaphakathi	2kg	R66,39	R93,94	R88,44	-R 5,50	R 22,05	-6%	33%
Fish	2kg	R114,44	R118,94	R118,94	R 0,00	R 4,50	0%	4%
Tomatoes	6kg	R62,48	R77,17	R96,38	R 19,20	R 33,90	25%	54%
Carrots	5kg	R18,59	R27,39	R27,38	-R 0,01	R 8,79	0%	47%
Butternut	10kg	R62,44	R89,98	R61,41	-R 28,57	-R 1,03	-32%	-2%
Spinach	8 bunches	R49,94	R75,12	R70,32	-R 4,80	R 20,38	-6%	41%
Cabbage	2 heads	R26,38	R32,78	R26,38	-R 6,40	R 0,00	-20%	0%
Green pepper	2kg	R36,78	R60,48	R55,18	-R 5,30	R 18,40	-9%	50%
Cremora	800g	R36,99	R43,19	R41,99	-R 1,20	R 5,00	-3%	14%
Tinned pilchards	400g x6	R116,34	R124,74	R128,34	R 3,60	R 12,00	3%	10%
Canned beans	410g x6	R75,54	R85,14	R79,44	-R 5,70	R 3,90	-7%	5%
Bananas	4kg	R51,16	R38,36	R49,96	R 11,60	-R 1,20	30%	-2%
Apples	3kg	R30,79	R33,79	R31,19	-R 2,60	R 0,40	-8%	1%
Oranges	7kg	R64,46	R31,00	R31,00	R 0,00	-R 33,46	0%	-52%
Margarine	1kg	R41,79	R45,59	R40,49	-R 5,10	-R 1,30	-11%	-3%
Peanut butter	400g x2	R57,58	R66,78	R64,78	-R 2,00	R 7,20	-3%	13%
Polony	2.5kg	R61,79	R70,99	R70,19	-R 0,80	R 8,40	-1%	14%
Apricot jam	900g	R29,39	R34,99	R33,39	-R 1,60	R 4,00	-5%	14%
White bread	25 loaves	R342,45	R401,85	R390,35	-R 11,50	R 47,90	-3%	14%
Brown bread	25 loaves	R296,95	R357,35	R349,90	-R 7,45	R 52,95	-2%	18%
Total household food basket		R 4 084,61	R 4 676,89	R 4 673,31	-R 3,58	R 588,70	-0,1%	14,4%

Month-on-month: The cost of the Pietermaritzburg household food basket *decreased* by **R3,58 (-0,1%)** from R4 676,89 in November 2022 to R4 673,31 in December 2022.

Year-on-year: The cost of the Pietermaritzburg household food basket *increased* by **R588,70 (14,4%)** from R4 084,61 in December 2021 to R4 673,31 in December 2022.

15. Food Price Methodology

In 2019 we began a process of thinking through how to expand the scope of the Pietermaritzburg-based Household Affordability Index. The reason to expand the scope of the Pietermaritzburg data was to seek greater empirical evidence of the national picture of household affordability constraints and how families, living on low incomes, were responding to a deepening financial and economic crisis, given rising expenditure costs, job losses, stagnant employment, a deepening food crisis, deepening poverty and entrenched inequality.

The Pietermaritzburg Household Affordability Index is a realistic and accurate tool to measure inflation on basic expenditure items for households living on low incomes, whilst able to provide a picture of how families living on low incomes are responding to a deepening household affordability crisis. The data that we release monthly is important and provides a reflection of what is playing out in Pietermaritzburg but it is also able to provide a reasonable reflection of what might be playing out nationally. Expanding the scope of our data beyond Pietermaritzburg is an attempt to better track and analyse the national picture of household affordability.

In April 2020, PMBEJD started a process of expanding the scope of food price data collection and having conversations with women in four new areas: Johannesburg, Durban, Cape Town, and Springbok. Women living in low-income households within these areas were approached to work with us, talk with us, think with us, and track food prices and other expenditures in the areas in which they lived. The areas include Soweto, Alexandra, Tembisa and Hillbrow; Gugulethu, Philippi, Khayelitsha, Langa, Delft, Dunoon; KwaMashu, Umlazi, Isipingo, Durban CBD, and Mtubatuba; and Springbok, and includes Pietermaritzburg.

Between April and August 2020 we ran a pilot, based on the Pietermaritzburg methodology, to (1) test which foods constitute the core foods and the volumes of these foods in the trollies of low income households in the new areas; (2) identify, test and verify supermarkets and butcheries which target the low-income market and where women living on low incomes do their shopping; and (3) collect food prices from the supermarkets and butcheries every two weeks (for 5 months), whilst improving the practice of selection of foods for greater accuracy of data (this included buying and cooking selected cheaper food brands to check quality), as well as to continually track and reflect how women themselves make decisions at the supermarket shelves.

The pilot was successful.

The outcomes of which were that the core foods identified by women as constituting those in the area-based household food baskets were very closely reflective of the foods and volumes of foods in the Pietermaritzburg Household Food Basket. Women agreed that the Pietermaritzburg Household Food Basket was a good proxy for the baskets in new areas, but that a few modifications should be made to improve its accuracy of area-based food purchasing dynamics to better reflect the core foods in the basket. In this regard several new foods were added to the new Food Basket, and some foods originally in the Pietermaritzburg Household Food Basket were increased/decreased in volume or dropped from the trolley.

The new Food Basket retains the core of the Pietermaritzburg Household Food Basket with the following modifications: **new foods** added are 6L Full cream milk, 2kg chicken livers, 2kg beef livers, 2kg fish (seasonal), 2kg green pepper and 7kg oranges. **Increased volumes** are 3kg apples (up from 1,5kg), 4 bars of 500g green bar bath soap (up from 2 bars of 500g), and 1,5L of *jik* (up from 750ml). **Reduced volumes** are 30kg maize meal (down from 35kg), 2kg chicken feet (down from 5kg), 1kg margarine (down from 2 x 1kg), and 1 x 900g apricot jam (down from 2 x 900g). **Removed item** is *jeyes fluid*. **The new Food Basket includes 44 foods & the Domestic & Hygiene Products Basket includes 14 products.**

The new basket reflects the most important foods in the trollies of families living on low incomes in the new areas. Because we have universalised the new basket (the basket is the same for all 5 areas: Joburg, Durban, Cape Town, Springbok and Pietermaritzburg), it is important to note that whilst the new basket reflects the core foods in the trollies across the five areas; there will be nuances within households and areas. For example, there will be differences in the volumes of starches (viz. maize meal and rice); types of meats (viz. chicken feet, fish, offal, and red meats); and purchasing of types of fruits and vegetables (seasonality). This is expected. The new basket therefore is a proxy of the foods, the volumes of foods and the cost of foods which form a household basket in each area and averaged for all areas. ***It cannot however be considered the basket for every family living on a low income in each area and***

for all areas covered. It is however considered a reasonable proxy for a food basket which women identified as including the most important typical foods which most households try and buy each month.

The supermarkets and butcheries selected by women are those which most households, in the areas in which they live, do their shopping in, and which offer the cheapest/or most affordable prices. These are all supermarkets which target the low-income market. In total, prices are tracked in 44 supermarkets and 30 butcheries.

The methodology used to collect food prices is unique and has some significant implications: (1) food price inflation is tempered by switching to cheaper brands if monthly prices increase beyond what women consider affordable or reasonable; and (2) [linked to 1] the cost of the household food basket month-to-month is relatively stable, and therefore provides an accurate measure of inflation, whilst also better able to show spikes (because women absorb price shocks by switching to cheaper brands – if there is a spike, then there really is a spike because the shock was not absorbed by switching as most brands of that food would have increased); and (3) the household food basket is accurately able to capture the real costs of food and other basic expenditures for households living on low incomes.

Implications of expanding the scope of the Household Affordability Index

Expanding the scope of the food price work provides a better lens into the national picture of food price inflation, the cost of a food basket, household affordability, low wages, and low social grants. Conversing with women in Johannesburg, Durban, Cape Town, and Springbok further provides a deeper level of understanding on inflation on different foods, the vagaries of local contexts, the different ways women respond to food price and other expenditure fluctuations and how women cope on low incomes; and what different local situations look like and what women think about what is happening, and what should be done about it. Through dialogue and confirming stories and insights with all women data collectors we are also able to provide a joint narrative of what is happening (what the situation is like), whilst pulling out the nuances. The Household Affordability Index is better able to reflect the national picture of the deepening household affordability crisis.

Whilst we intend to continue broadening the scope of the Household Affordability Index, to include more areas in South Africa as well as including more expense and income data; and therefore improving data capacity to better reflect a wider national picture, whilst continually improving the accuracy of data collected and analysis, we are confident that the data and analysis which we now release to the public from September 2020 is sound, grounded, verifiable and accurate in capturing the real cost of foods as purchased by women living on low incomes, and the decisions taken by women at the supermarket shelves in Johannesburg, Durban, Cape Town, Springbok and Pietermaritzburg.

Summary of the new Household Food Basket

The Household Food Basket has been designed together with women living on low incomes in Johannesburg (Soweto, Alexandra, Tembisa and Hillbrow), Cape Town (Gugulethu, Philippi, Khayelitsha, Langa, Delft, Dunoon), Durban (KwaMashu, Umlazi, Isipingo, Durban CBD, and Mtubatuba), and Springbok (in the Northern Cape), and Pietermaritzburg. It includes the foods and the volumes of these foods which women living in a family of seven members (an average low-income household size) tell us they typically try and secure each month. **The Household Food Basket is not nutritionally complete. It is a basket of food which women try and secure each month for their families given affordability constraints.**

Food prices are tracked directly by women data collectors off the shelves of 44 supermarkets and 30 butcheries 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 given affordability constraints viz. that the foods are chosen on relative affordability and reasonable quality, and food brands are switched to seek out the cheapest prices and special deals. The selection of food brands is dynamic and subjective. Women are smart and savvy, and shop around for bargains: this specific methodology used provides an accurate cost of a monthly household food basket, as purchased by women living on low incomes.

There are 44 foods in the Household Food Basket. The date for data collection is between the 1st and 4th day of each month. Data is collected and released in the same month. Data is presented for each area, and it is also weighted and averaged for all 5 areas. Weighting is as follows: 27% for Joburg, Durban & Cape Town; 12% Pietermaritzburg, and 7% Springbok.

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