



Key data from the September 2025 Household Affordability Index

The September 2025 Household Affordability Index, which tracks the prices of 44 basic foods from 47 supermarkets and 32 butcheries, in Johannesburg (Soweto, Alexandra, Tembisa and Hillbrow), Durban (KwaMashu, Umlazi, Isipingo, Durban CBD, Hammarsdale and Pinetown), Cape Town (Khayelitsha, Gugulethu, Philippi, Langa, Delft and Dunoon), Pietermaritzburg, Mtubatuba (in Northern KwaZulu-Natal), and Springbok (in the Northern Cape), shows that:

- **In September 2025:** The average cost of the Household Food Basket is **R5 379,42**.
- **Month-on-month:** The average cost of the Household Food Basket **decreased** by **R1,20 (-0,0%)**, from R5 380,62 in August 2025 to R5 379,42 in September 2025.
- **Year-on-year:** The average cost of the Household Food Basket **increased** by **R123,74 (2,4%)**, from R5 255,68 in September 2024 to R5 379,42 in September 2025.

Food pricing trends in September 2025.

In September, of the 44 foods tracked in the basket: 21 foods increased in price, and 23 foods decreased in price. See page 2 of September 2025, Household Affordability Index.

Below are the month-on-month price movements of individual foods in the average household food basket:

Foods in the basket which increased in price in September 2025 by 5% or more, include: chicken gizzards (5%), beef liver (7%), butternut (13%), green pepper (9%), and bananas (8%).

Foods in the basket which increased in price in September 2025 by 2% or more, include: sugar beans (4%), salt (2%), curry powder (2%), chicken livers (2%), wors (4%), canned beans (4%), peanut butter (2%), white bread (2%), and brown bread (2%).

Foods in the basket which decreased in price in September 2025, by 5% or more, include: potatoes (-15%), onions (-7%), fish (-6%), tomatoes (-11%), carrots (-9%), spinach (-9%), cabbage (-5%), and oranges (-5%).

Foods in the basket which decreased in price in September 2025, by 2% or more, include: soup (-2%), tea (-2%), and beef (-2%).

Inflation on the food baskets per area tracked.

In September 2025, food baskets in Joburg and Cape Town increased in price. Food baskets in Durban, Springbok, Pietermaritzburg, Mtubatuba and Mthatha decreased in price.

The Joburg basket **increased** by R6,42 (0,1%) month-on-month, and **increased** by R71,76 (1,3%) year-on-year, to **R5 554,41** in September 2025.

The Durban basket **decreased** by R23,97 (-0,5%) month-on-month, and **increased** by R2,38 (0,0%) year-on-year, to **R5 229,11** in September 2025.

The Cape Town basket **increased** by R52,46 (1,0%) month-on-month, and **increased** by R323,86 (6,4%) year-on-year, to **R5 364,04** in September 2025.

The Springbok basket **decreased** by R61,22 (-1,1%) month-on-month, and **increased** by R221,21 (4,0%) year-on-year, to **R5 701,90** in September 2025.

The Pietermaritzburg basket **decreased** by R2,82 (-0,1%) month-on-month, and **increased** by R144,70 (2,9%) year-on-year, to **R5 159,93** in September 2025.

The Mtubatuba basket **decreased** by R68,27 (-1,3%) month-on-month, and **decreased** by R79,03 (-1,5%) year-on-year, to **R5 323,02** in September 2025.

The Mthatha basket **decreased** by R82,51 (-1,5%) month-on-month, and **increased** by R0,98 (0,0%) from February 2025 to **R5 573,54** in September 2025. *Please note that Mthatha is not yet included in the overall Average Household Food Basket data. It will be included at a future date.*

(See pages 8-15 for area specific data, in the September 2025, Household Affordability Index).

Statistics South Africa's latest Consumer Price Index.

Statistics South Africa's latest *Consumer Price Index* for August 2025¹ shows that **Headline inflation was 3,3%**, and for the **lowest expenditure quintiles 1-3 it is 3,0%, 2,9%, and 3,2%** respectively. **CPI Food inflation was 5,2%** (for CPI Food & NAB it was 5,2%, we use the figure excluding non-alcoholic beverages). *STATS SA's Producer Price Index* for July 2025² shows **Agriculture was 6,6%**, of which, *Products of crops and horticulture* was **2,4%**, and *Live animals and animal products* was **12,2%**.

Workers

The National Minimum Wage is R28,79 per hour, R230,32 for an 8-hour day, and R4 836,72 for an average 21-day working month.

In September 2025, with **21 working-days**, the maximum National Minimum Wage for a General Worker is **R4 836,72**. Workers work to support their families. The wage workers earn is not just to sustain themselves alone, it is used to support the entire family. For Black South African workers, **one wage typically must support 4 people. Dispersed in a worker's family of 4 persons, the NMW, is R1 209,18 per person – this is below the upper-bound poverty line of R1 634 per person per month.**

The September 2025 average cost of a basic nutritional food basket for a family of four persons is **R3 689,64** (See page 5 of September 2025, Household Affordability Index).

On our calculations, using Pietermaritzburg-based figures for electricity and transport, and the average figure for a minimum nutritional basket of food for a family of four, puts electricity, and transport, taking up **59,2%** of a worker's wage (R2 861,85/R4 836,72). Food is bought after monies for transport and electricity have been paid for or set aside (leaving **R1 974,87** – for food and everything else), and so in September 2025, PMBEJD calculates that workers' families will **underspend on food by a minimum of 46,5%** (having R1 974,87 left over after transport and electricity have been paid, and with food for the month costing R3 689,64). **In this scenario there is no possibility of a worker being able to afford enough nutritious food for her family.** If the entire R1 974,87 all went to buy food, then for a family of 4 persons, **it would provide R493,72 per person per month. This is below the food poverty line of R796 per person per month** (See page 7 of September 2025, Household Affordability Index).

Women and children

In September 2025, the average monthly cost to feed a child a basic nutritious diet was **R940,62**. Over the past month, the average cost to feed a child a basic nutritious diet **decreased** by **R2,51 (-0,3%)**. Year-on-year, the average cost to feed a child a basic nutritious diet **decreased** by **R0,90 (-0,1%)**. See page 5 of September 2025, Household Affordability Index.

In September 2025, the **Child Support Grant of R560** is **30%** below the **Food Poverty Line of R796**, and **40%** below the average monthly **cost to feed a child a basic nutritious diet (R940,62)**.

¹ STATSSA (2025). **Consumer Price Index August 2025**. Statistical release P0141. 17 September 2025. Statistics South Africa. Pretoria. P3, 6. See Link: <https://www.statssa.gov.za/publications/P0141/P0141August2025.pdf>

² STATSSA (2025). **Producer Price Index July 2025**. Statistical release P0142.1. 28 August 2025. Statistics South Africa. Pretoria. P12. See Link: <https://www.statssa.gov.za/publications/P01421/P01421July2025.pdf>