

Key data from the October 2025 Household Affordability Index

The October 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 October 2025:** The average cost of the Household Food Basket is **R5 440.60**.
- **Month-on-month:** The average cost of the Household Food Basket **increased** by **R61,18 (1,1%)**, from R5 379,42 in September 2025 to R5 440,60 in October 2025.
- **Year-on-year:** The average cost of the Household Food Basket **increased** by **R91,95 (1,7%)**, from R5 348,65 in October 2024 to R5 440,60 in October 2025.

Food pricing trends in October 2025.

In October, of the 44 foods tracked in the basket: 26 foods increased in price, and 18 foods decreased in price. See page 2 of October 2025, Household Affordability Index.

White sugar, frozen chicken portions, tomatoes, butternut and oranges drove the basket upwards in October, whilst onions, sugar beans, and maize meal (except in Joburg and Durban) moderated the increases on the basket.

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 October 2025 by 5% or more, include: potatoes (5%), tomatoes (8%), butternut (29%), green pepper (5%), apples (8%), oranges (28%), tea (5%) and fish (5%)

Foods in the basket which increased in price in October 2025 by 2% or more, include: white sugar (3%), samp (4%), cooking oil (2%), frozen chicken portions (3%), curry powder (2%), soup (3%), chicken gizzards (3%), carrots (4%), spinach (2%), tinned pilchards (2%), margarine (2%), and polony (2%).

Foods in the basket which decreased in price in October 2025, by 5% or more, include: sugar beans (-5%), onions (-9%), cabbage (-7%), and peanut butter (-7%).

Foods in the basket which decreased in price in October 2025, by 2% or more, include: maize meal (-2%), rice (-3%), stock cubes (-4%), eggs (-2%), chicken feet (-3%), chicken livers (-3%), and beef tripe (-2%).

Inflation on the food baskets per area tracked.

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

The Joburg basket **increased** by R117,32 (2,1%) month-on-month, and **increased** by R184,86 (3,4%) year-on-year, to **R5 671,73** in October 2025.

The Durban basket **increased** by R112,84 (2,2%) month-on-month, and **increased** by R84,54 (1,6%) year-on-year, to **R5 341,95** in October 2025.

The Cape Town basket **increased** by R8,23 (0,2%) month-on-month, and **increased** by R82,20 (1,6%) year-on-year, to **R5 372,28** in October 2025.

The Springbok basket **decreased** by R13,90 (-0,2%) month-on-month, and **decreased** by R250,01 (-4,2%) year-on-year, to **R5 688,00** in October 2025.

The Pietermaritzburg basket **decreased** by R48,06 (-0,9%) month-on-month, and **increased** by R109,22 (2,2%) year-on-year, to **R5 111,88** in October 2025.

The Mtubatuba basket **increased** by R47,74 (0,9%) month-on-month, and **decreased** by R16,80 (-0,3%) year-on-year, to **R5 370,76** in October 2025.

The Mthatha basket **decreased** by R123,44 (-2,2%) month-on-month, and **decreased** by R122,47 (-2,2%) from February 2025 to **R5 450,09** in October 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 October 2025, Household Affordability Index).

Statistics South Africa's latest Consumer Price Index.

Statistics South Africa's latest *Consumer Price Index* for September 2025¹ shows that **Headline inflation was 3,4%**, and for the **lowest expenditure quintiles 1-3 it is 2,6%, 2,8%, and 3,0%** respectively. **CPI Food inflation was 4,4%** (for CPI Food & NAB it was 4,5%, we use the figure excluding non-alcoholic beverages). STATS SA's *Producer Price Index* for August 2025² shows **Agriculture was 2,4%**, of which, *Products of crops and horticulture* was **-5,2%**, and *Live animals and animal products* was **13,2%**.

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 October 2025, with **23 working-days**, the maximum National Minimum Wage for a General Worker is **R5 297.36**. 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 324,34 per person – this is below the upper-bound poverty line of R1 634 per person per month.**

The October 2025 average cost of a basic nutritional food basket for a family of four persons is **R3 707,08** *(See page 5 of October 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 **57,0%** of a worker's wage (R3 021,85/R5 297,36). Food is bought after monies for transport and electricity have been paid for or set aside (leaving **R2 275,51** – for food and everything else), and so in October 2025, PMBEJD calculates that workers' families may **underspend on food by a minimum of 38,6%** (having R2 275,51 left over after transport and electricity have been paid, and with food for the month costing R3 707,08). **In this scenario there is no possibility of a worker being able to afford enough nutritious food for her family.** If the entire R2 275,51 all went to buy food, then for a family of 4 persons, **it would provide R568,88 per person per month. This is below the food poverty line of R796 per person per month** *(See page 7 of October 2025, Household Affordability Index).*

Women and children

In October 2025, the average monthly cost to feed a child a basic nutritious diet was **R945,04**. Over the past month, the average cost to feed a child a basic nutritious diet **increased by R4,42 (0,5%)**. Year-on-year, the average cost to feed a child a basic nutritious diet **decreased by R11,36 (-1,2%)**. *See page 5 of October 2025, Household Affordability Index.*

In October 2025, the **Child Support Grant** of **R560** is **30%** below the **Food Poverty Line** of **R796**, and **41%** below the average monthly **cost to feed a child a basic nutritious diet (R945,04)**.

¹ STATSSA (2025). **Consumer Price Index September 2025**. Statistical release P0141. 22 October 2025. Statistics South Africa. Pretoria. P3, 6. See Link: <https://www.statssa.gov.za/publications/P0141/P0141September2025.pdf>

² STATSSA (2025). **Producer Price Index August 2025**. Statistical release P0142.1. 25 September 2025. Statistics South Africa. Pretoria. P12. See Link: <https://www.statssa.gov.za/publications/P01421/P01421August2025.pdf>