

Key data from the November 2025 Household Affordability Index

The November 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 November 2025:** The average cost of the Household Food Basket is **R5 413,53**.
- **Month-on-month:** The average cost of the Household Food Basket **decreased** by **R27,07 (-0,5%)**, from R5 440,60 in October 2025 to R5 413,53 in November 2025.
- **Year-on-year:** The average cost of the Household Food Basket **increased** by **R52,49 (1,0%)**, from R5 361,04 in November 2024 to R5 413,53 in November 2025.

Food pricing trends in November 2025.

In November, of the 44 foods tracked in the basket: 17 foods increased in price, and 27 foods decreased in price. See page 2 of November 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 November 2025 by 5% or more, include: salt (5%), potatoes (9%), stock cubes (5%), bananas (12%), and oranges (22%)

Foods in the basket which increased in price in November 2025 by 2% or more, include: frozen chicken portions (2%), chicken feet (3%), beef (2%), tomatoes (2%), peanut butter (4%), and apricot jam (3%).

Foods in the basket which decreased in price in November 2025, by 5% or more, include: sugar beans (-7%), onions (-8%), carrots (-13%), and cabbage (-11%),

Foods in the basket which decreased in price in November 2025, by 2% or more, include: rice (-2%), cake flour (-3%), samp (-3%), soup (-3%), eggs (-2%), chicken gizzards (-2%), beef tripe (-3%), fish (-2%), butternut (-4%), polony (-3%), and brown bread (-2%).

Inflation on the food baskets per area tracked.

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

The Joburg basket **decreased** by R67,24 (-1,2%) month-on-month, and **increased** by R48,06 (0,9%) year-on-year, to **R5 604,49** in November 2025.

The Durban basket **decreased** by R36,21 (-0,7%) month-on-month, and **decreased** by R0,64 (-0,0%) year-on-year, to **R5 305,74** in November 2025.

The Cape Town basket **decreased** by R23,11 (-0,4%) month-on-month, and **increased** by R88,74 (1,7%) year-on-year, to **R5 349,17** in November 2025.

The Springbok basket **increased** by R123,82 (2,2%) month-on-month, and **increased** by R22,43 (0,4%) year-on-year, to **R5 811,82** in November 2025.

The Pietermaritzburg basket **decreased** by R37,59 (-0,7%) month-on-month, and **increased** by R70,01 (1,4%) year-on-year, to **R5 074,29** in November 2025.

The Mtubatuba basket **increased** by R22,57 (0,4%) month-on-month, and **decreased** by R29,31 (-0,5%) year-on-year, to **R5 393,33** in November 2025.

The Mthatha basket **increased** by R188,79 (3,5%) month-on-month, and **increased** by R66,32 (1,2%) from February 2025 to **R5 638,88** in November 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 November 2025, Household Affordability Index).

Statistics South Africa's latest Consumer Price Index.

Statistics South Africa's latest *Consumer Price Index* for October 2025¹ shows that **Headline inflation was 3,6%**, and for the **lowest expenditure quintiles 1-3 it is 2,3%, 2,5%, and 2,8%** respectively. **CPI Food inflation was 3,9%** (for CPI Food & NAB it was 3,9%, we use the figure excluding non-alcoholic beverages). STATS SA's *Producer Price Index* for September 2025² shows **Agriculture was -2,1%**, of which, *Products of crops and horticulture* was **-13,0%**, and *Live animals and animal products* was **14,0%**.

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 November 2025, with **20 working-days**, the maximum National Minimum Wage for a General Worker is **R4 606,40**. 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 3,9 people. Dispersed in a worker's family of 4 persons, the NMW, is R1 151,60 per person – this is below the upper-bound poverty line of R1 634 per person per month.**

The November 2025 average cost of a basic nutritional food basket for a family of four persons is **R3 699,52** (See page 5 of November 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 **60,4%** of a worker's wage (R2 781,85/R4 606,40). Food is bought after monies for transport and electricity have been paid for or set aside (leaving **R1 824,55** – for food and everything else), and so in November 2025, PMBEJD calculates that workers' families may **underspend on food by a minimum of 50,7%** (having R1 824,55 left over after transport and electricity have been paid, and with food for the month costing R3 699,52). **In this scenario there is no possibility of a worker being able to afford enough nutritious food for her family.** If the entire R1 824,55 all went to buy food, then for a family of 4 persons, **it would provide R456,14 per person per month. This is below the food poverty line of R796 per person per month** (See page 7 of November 2025, Household Affordability Index).

Women and children

In November 2025, the average monthly cost to feed a child a basic nutritious diet was **R943,05**. Over the past month, the average cost to feed a child a basic nutritious diet **decreased** by **R1,99 (-0,2%)**. Year-on-year, the average cost to feed a child a basic nutritious diet **decreased** by **R23,41 (-2,4%)**. See page 5 of November 2025, Household Affordability Index.

In November 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 (R943,05)**.

¹ STATSSA (2025). **Consumer Price Index October 2025**. Statistical release P0141. 19 November 2025. Statistics South Africa. Pretoria. P3, 6. See Link: <https://www.statssa.gov.za/publications/P0141/P0141October2025.pdf>

² STATSSA (2025). **Producer Price Index September 2025**. Statistical release P0142.1. 30 October 2025. Statistics South Africa. Pretoria. P12. See Link: <https://www.statssa.gov.za/publications/P01421/P01421September2025.pdf>