



HOUSEHOLD AFFORDABILITY INDEX

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

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 **HEINRICH BÖLL STIFTUNG**
SOUTHERN AFRICA

Pietermaritzburg Economic Justice & Dignity Group [PMBEJD]

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PIETERMARITZBURG
ECONOMIC JUSTICE & DIGNITY

Economic justice through the lens of human dignity

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About the Household Affordability Index

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, Hammarsdale, Pinetown), Pietermaritzburg, Mtubatuba (in Northern KwaZulu-Natal), and Springbok (in the Northern Cape). 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 **47 supermarkets and 32 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 supermarkets and food brands are switched to seek out the cheapest prices and special deals. The selection of supermarkets and food brands is dynamic and subjective. Women are smart and savvy shoppers, 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 the first week 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 6 areas. *For more on methodology, see page 16-17.*

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. APRIL 2026 Summary Data Reference Sheet

Summary of Household Affordability Data

National Minimum Wage April 2026 (19 working days)

General workers at R30,23/hr	R4 594,96
General workers at 10% exemption at R27,21/hr	R4 135,46
Minimum underspend on food in April 2026	-50,0%

Cost of Household Food Basket in April 2026

Cost of <i>Joburg</i> Household Food Basket	R5 664,94
Cost of <i>Durban</i> Household Food Basket	R5 427,24
Cost of <i>Cape Town</i> Household Food Basket	R5 167,96
Cost of <i>Springbok</i> Household Food Basket	R5 863,27
Cost of <i>Maritzburg</i> Household Food Basket	R5 251,02
Cost of <i>Mtubatuba</i> Household Food Basket	R5 420,90

Average cost of Household Food Basket (all areas).

	R5 452,09
Month-on-month change	R123,56 2,3%
Year-on-year change	R31,79 0,6%

Cost of foods prioritised & bought first in Household Food Basket: year-on-year April 2025 to April 2026

Core foods	Apr_2025	Apr_2026
	cost	cost
Maize meal (30kg)	R 355,18	R 298,08
Rice (10kg)	R 165,73	R 135,10
Cake Flour (10kg)	R 124,33	R 117,84
White sugar (10kg)	R 223,82	R 223,71
Sugar beans (5kg)	R 227,69	R 191,17
Samp (5kg)	R 73,05	R 71,68
Cooking oil (5L)	R 159,61	R 161,35
Salt (1kg)	R 15,77	R 16,48
Potatoes (10kg)	R 106,84	R 91,55
Onions (10kg)	R 101,30	R 121,38
Frozen chicken pieces (10kg)	R 399,25	R 446,88
Curry powder (200g)	R 39,77	R 39,21
Stock cubes (24 cubes x2)	R 47,38	R 50,94
Soup (400g x2)	R 50,56	R 56,89
Tea (250g)	R 30,78	R 32,97
White bread (25 loaves)	R 410,88	R 424,73
Brown bread (25 loaves)	R 391,64	R 393,22
Subtotal of core foods	R2 923,58	R 2 873,16

VAT on Household Food Basket in April 2026 **R348,83**

Cost of a basic nutritious diet for a family per month, Apr'26

Household size with 4 members	R3 787,34
Household size with 5 members	R4 786,33
Household size with 7 members	R6 618,99

Cost of a basic nutritious diet for a child per month in April 2026

Small child aged 3-9 years	R854,11
Small child aged 10-13 years	R926,55
Girl child aged 14-18 years	R978,55
Boy child aged 14-18 years	R1 100,56
Average for all children	R964,94

In April 2026, the Child Support Grant (R580) is 32% below the food poverty line (R855) & 40% below the average cost to secure a basic nutritious diet for a child (R964,94).

Summary of Statistics South Africa's (and other) Economic and Social Data

All South Africans

Population size 2025	63,101 million
Unemployment rate	31,4%
Unemployed + potential labour force	42,1%
Numbers of people employed	17,099 million
Number of people one wage supports	3,7
Maximum NMW April 2026	R4 594,96
NMW shared in a family, per person	R1 241,88

Black South Africans

Population size 2025	51,604 million
Unemployment rate	35,3%
Unemployed + potential labour force	46,3%
Numbers of people employed	13,058 million
Number of people one wage supports	4
Maximum NMW April 2026	R4 594,96
NMW shared in a family, per person	R1 148,74

White South Africans

Population size 2025	4,497 million
Unemployment rate	8,1%
Unemployed + potential labour force	10,0%
Numbers of people employed	1,765 million
Number of people one wage supports	2,5
Maximum NMW April 2026	R4 594,96
NMW shared in a family, per person	R1 837,98

The maximum value of the National Minimum Wage [NMW] per hour	R30,23
Level of NMW at 10% exemption	R27,21
The value of the Social Relief of Distress Grant (SRD)	R370,00
The value of the Child Support Grant [CSG]	R580,00
The value of the Old-age Grant [OAG]	R2 400,00

The number of children receiving a CSG	12,58 million
The number of pensioners receiving an OAG	4,21 million

The food poverty line [FPL]	R855,00
The lower-bound poverty line [LBPL]	R1 415,00
The upper-bound poverty line [UBPL]	R2 846,00

% of Black South Africans living below the FPL	20,8%
% of Black South Africans living below the LBPL	43,8%
% of Black South Africans living below the UBPL	74,8%

Stunting levels in <i>boy children under 5 years</i>	30%
Stunting levels in <i>girl children under 5 years</i>	25%

Estimated overall HIV prevalence rate among population in 2025 (±8,15 million)	12,9%
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Any errors in data entry or calculations are our own. See reference page 18 for data references.

All efforts are made to source the latest available data.

2. APRIL 2026 Household Food Index: All areas

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Maize meal	30kg	R355,18	R305,07	R298,08	-R 6,99	-R 57,10	-2%	-16%
Rice	10kg	R165,73	R129,92	R135,10	R 5,17	-R 30,64	4%	-18%
Cake Flour	10kg	R124,33	R117,86	R117,84	-R 0,02	-R 6,49	0%	-5%
White sugar	10kg	R223,82	R224,78	R223,71	-R 1,07	-R 0,11	0%	0%
Sugar beans	5kg	R227,69	R183,54	R191,17	R 7,63	-R 36,52	4%	-16%
Samp	5kg	R73,05	R72,38	R71,68	-R 0,70	-R 1,38	-1%	-2%
Cooking oil	5L	R159,61	R158,43	R161,35	R 2,92	R 1,74	2%	1%
Salt	1kg	R15,77	R16,02	R16,48	R 0,46	R 0,70	3%	4%
Potatoes	10kg	R106,84	R87,63	R91,55	R 3,92	-R 15,29	4%	-14%
Onions	10kg	R101,30	R98,96	R121,38	R 22,43	R 20,08	23%	20%
Frozen chicken portions	10kg	R399,25	R436,75	R446,88	R 10,12	R 47,62	2%	12%
Curry powder	200g	R39,77	R40,03	R39,21	-R 0,82	-R 0,56	-2%	-1%
Stock cubes	24 cubes x2	R47,38	R50,32	R50,94	R 0,62	R 3,56	1%	8%
Soup	400g x2	R50,56	R54,63	R56,89	R 2,25	R 6,33	4%	13%
Tea	250g	R30,78	R33,61	R32,97	-R 0,64	R 2,19	-2%	7%
Full cream milk	6L	R96,82	R95,64	R98,41	R 2,76	R 1,59	3%	2%
Maas	4L	R58,99	R60,01	R62,54	R 2,53	R 3,56	4%	6%
Eggs	60 eggs	R152,21	R138,38	R140,44	R 2,06	-R 11,77	1%	-8%
Chicken feet	2kg	R75,97	R75,01	R80,58	R 5,57	R 4,61	7%	6%
Gizzards	2kg	R89,19	R101,51	R103,82	R 2,32	R 14,63	2%	16%
Chicken livers	2kg	R72,49	R70,76	R72,22	R 1,46	-R 0,27	2%	0%
Beef liver	2kg	R107,12	R128,67	R132,50	R 3,82	R 25,37	3%	24%
Beef	2kg	R186,59	R202,36	R208,48	R 6,12	R 21,89	3%	12%
Wors	2kg	R144,71	R157,46	R157,83	R 0,37	R 13,12	0%	9%
Beef tripe	2kg	R97,11	R104,97	R108,92	R 3,95	R 11,81	4%	12%
Fish	2kg	R125,53	R125,84	R135,56	R 9,73	R 10,04	8%	8%
Tomatoes	6kg	R158,53	R128,92	R142,00	R 13,07	-R 16,54	10%	-10%
Carrots	5kg	R52,51	R45,87	R48,13	R 2,25	-R 4,38	5%	-8%
Butternut	10kg	R86,45	R88,25	R90,20	R 1,95	R 3,75	2%	4%
Spinach	8 bunches	R128,21	R125,42	R126,63	R 1,21	-R 1,57	1%	-1%
Cabbage	2 heads	R44,78	R40,93	R40,59	-R 0,34	-R 4,19	-1%	-9%
Green pepper	2kg	R66,66	R57,17	R63,93	R 6,76	-R 2,73	12%	-4%
Cremora	800g	R59,12	R54,68	R54,29	-R 0,39	-R 4,82	-1%	-8%
Tinned pilchards	400g x6	R153,01	R154,96	R160,93	R 5,97	R 7,93	4%	5%
Canned beans	410g x6	R90,36	R90,91	R90,80	-R 0,11	R 0,43	0%	0%
Bananas	4kg	R78,23	R72,05	R81,48	R 9,43	R 3,25	13%	4%
Apples	3kg	R48,01	R49,59	R48,05	-R 1,54	R 0,05	-3%	0%
Oranges	7kg	R99,54	R101,21	R93,00	-R 8,21	-R 6,55	-8%	-7%
Margarine	1kg	R41,06	R42,97	R42,50	-R 0,47	R 1,44	-1%	3%
Peanut butter	400g x2	R79,34	R87,39	R84,91	-R 2,48	R 5,57	-3%	7%
Polony	2.5kg	R65,02	R70,51	R69,74	-R 0,77	R 4,72	-1%	7%
Apricot jam	900g	R39,16	R40,33	R40,45	R 0,12	R 1,29	0%	3%
White bread	25 loaves	R410,88	R418,15	R424,73	R 6,58	R 13,86	2%	3%
Brown bread	25 loaves	R391,64	R388,66	R393,22	R 4,56	R 1,59	1%	0%
Total household food basket		R 5 420,30	R5 328,53	R5 452,09	R 123,56	R 31,79	2,3%	0,6%

Month-on-month: The cost of the **average household food basket increased** by **R123,56 (2,3%)** from R5 328,53 in March 2026 to R5 452,09 in April 2026.

Year-on-year: The cost of the **average household food basket increased** by **R31,79 (0,6%)** from R5 420,30 in April 2025 to R5 452,09 in April 2026.

3. APRIL 2026 Household Food Index: All areas, by foods prioritised & bought first

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Maize meal	30kg	R355,18	R305,07	R298,08	-R 6,99	-R 57,10	-2%	-16%
Rice	10kg	R165,73	R129,92	R135,10	R 5,17	-R 30,64	4%	-18%
Cake Flour	10kg	R124,33	R117,86	R117,84	-R 0,02	-R 6,49	0%	-5%
White sugar	10kg	R223,82	R224,78	R223,71	-R 1,07	-R 0,11	0%	0%
Sugar beans	5kg	R227,69	R183,54	R191,17	R 7,63	-R 36,52	4%	-16%
Samp	5kg	R73,05	R72,38	R71,68	-R 0,70	-R 1,38	-1%	-2%
Cooking oil	5L	R159,61	R158,43	R161,35	R 2,92	R 1,74	2%	1%
Salt	1kg	R15,77	R16,02	R16,48	R 0,46	R 0,70	3%	4%
Potatoes	10kg	R106,84	R87,63	R91,55	R 3,92	-R 15,29	4%	-14%
Onions	10kg	R101,30	R98,96	R121,38	R 22,43	R 20,08	23%	20%
Frozen chicken portions	10kg	R399,25	R436,75	R446,88	R 10,12	R 47,62	2%	12%
Curry powder	200g	R39,77	R40,03	R39,21	-R 0,82	-R 0,56	-2%	-1%
Stock cubes	24 cubes x2	R47,38	R50,32	R50,94	R 0,62	R 3,56	1%	8%
Soup	400g x2	R50,56	R54,63	R56,89	R 2,25	R 6,33	4%	13%
Tea	250g	R30,78	R33,61	R32,97	-R 0,64	R 2,19	-2%	7%
White bread	25 loaves	R410,88	R418,15	R424,73	R 6,58	R 13,86	2%	3%
Brown bread	25 loaves	R391,64	R388,66	R393,22	R 4,56	R 1,59	1%	0%
Total household food basket		R 2 923,58	R2 816,75	R2 873,16	R 56,41	-R 50,41	2,0%	-1,7%

Month-on-month: The **average cost of the foods prioritised and bought first** in the household food basket **increased** by **R56,41 (2,0%)** from R2 816,75 in March 2026 to R2 873,16 in April 2026.

Year-on-year: The **average cost of the foods prioritised and bought first** in the household food basket **decreased** by **R50,41 (-1,7%)** from R2 923,58 in April 2025 to R2 873,16 in April 2026.

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 **53%** of the total cost of the Household Food Basket. At an average cost of **R2 873,16 in April 2026**, 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. APRIL 2026 Household Food Index: Zero-rated vs. VAT

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Zero-rated foods								
Maize meal	30kg	R355,18	R305,07	R298,08	-R 6,99	-R 57,10	-2%	-16%
Rice	10kg	R165,73	R129,92	R135,10	R 5,17	-R 30,64	4%	-18%
Samp	5kg	R73,05	R72,38	R71,68	-R 0,70	-R 1,38	-1%	-2%
Sugar beans	5kg	R227,69	R183,54	R191,17	R 7,63	-R 36,52	4%	-16%
Cooking oil	5L	R159,61	R158,43	R161,35	R 2,92	R 1,74	2%	1%
Full cream milk	6L	R96,82	R95,64	R98,41	R 2,76	R 1,59	3%	2%
Maas	4L	R58,99	R60,01	R62,54	R 2,53	R 3,56	4%	6%
Eggs	60 eggs	R152,21	R138,38	R140,44	R 2,06	-R 11,77	1%	-8%
Potatoes	10kg	R106,84	R87,63	R91,55	R 3,92	-R 15,29	4%	-14%
Onions	10kg	R101,30	R98,96	R121,38	R 22,43	R 20,08	23%	20%
Tomatoes	6kg	R158,53	R128,92	R142,00	R 13,07	-R 16,54	10%	-10%
Carrots	5kg	R52,51	R45,87	R48,13	R 2,25	-R 4,38	5%	-8%
Butternut	10kg	R86,45	R88,25	R90,20	R 1,95	R 3,75	2%	4%
Spinach	8 bunches	R128,21	R125,42	R126,63	R 1,21	-R 1,57	1%	-1%
Cabbage	2 heads	R44,78	R40,93	R40,59	-R 0,34	-R 4,19	-1%	-9%
Green Pepper	2kg	R66,66	R57,17	R63,93	R 6,76	-R 2,73	12%	-4%
Tinned pilchards	6 tins	R153,01	R154,96	R160,93	R 5,97	R 7,93	4%	5%
Bananas	4kg	R78,23	R72,05	R81,48	R 9,43	R 3,25	13%	4%
Apples	3kg	R48,01	R49,59	R48,05	-R 1,54	R 0,05	-3%	0%
Oranges	7kg	R99,54	R101,21	R93,00	-R 8,21	-R 6,55	-8%	-7%
Brown bread	25 loaves	R391,64	R388,66	R393,22	R 4,56	R 1,59	1%	0%
Cake flour	10kg	R124,33	R117,86	R117,84	-R 0,02	-R 6,49	0%	-5%
Subtotal of zero-rated foods		R 2 929,32	R 2 700,86	R 2 777,69	R 76,82	-R 151,63	2,8%	-5,2%
Foods subject to VAT								
White sugar	10kg	R223,82	R224,78	R223,71	-R 1,07	-R 0,11	0%	0%
Frozen chicken portions	10kg	R399,25	R436,75	R446,88	R 10,12	R 47,62	2%	12%
Chicken feet	2kg	R75,97	R75,01	R80,58	R 5,57	R 4,61	7%	6%
Gizzards	2kg	R89,19	R101,51	R103,82	R 2,32	R 14,63	2%	16%
Chicken livers	2kg	R72,49	R70,76	R72,22	R 1,46	-R 0,27	2%	0%
Beef liver	2kg	R107,12	R128,67	R132,50	R 3,82	R 25,37	3%	24%
Beef	2kg	R186,59	R202,36	R208,48	R 6,12	R 21,89	3%	12%
Wors	2kg	R144,71	R157,46	R157,83	R 0,37	R 13,12	0%	9%
Inyama yangapakhathi	2kg	R97,11	R104,97	R108,92	R 3,95	R 11,81	4%	12%
Fish	2kg	R125,53	R125,84	R135,56	R 9,73	R 10,04	8%	8%
Salt	1kg	R15,77	R16,02	R16,48	R 0,46	R 0,70	3%	4%
Stock	48 cubes	R47,38	R50,32	R50,94	R 0,62	R 3,56	1%	8%
Soup	800g	R50,56	R54,63	R56,89	R 2,25	R 6,33	4%	13%
Curry powder	400g	R39,77	R40,03	R39,21	-R 0,82	-R 0,56	-2%	-1%
Tea	200g	R30,78	R33,61	R32,97	-R 0,64	R 2,19	-2%	7%
Cremora	1kg	R59,12	R54,68	R54,29	-R 0,39	-R 4,82	-1%	-8%
Canned beans	6 cans	R90,36	R90,91	R90,80	-R 0,11	R 0,43	0%	0%
Margarine	1kg	R41,06	R42,97	R42,50	-R 0,47	R 1,44	-1%	3%
Peanut butter	400g x2	R79,34	R87,39	R84,91	-R 2,48	R 5,57	-3%	7%
Polony	2.5kg	R65,02	R70,51	R69,74	-R 0,77	R 4,72	-1%	7%
Apricot jam	900g	R39,16	R40,33	R40,45	R 0,12	R 1,29	0%	3%
White bread	25 loaves	R410,88	R418,15	R424,73	R 6,58	R 13,86	2%	3%
Subtotal of Vatable foods		R2 490,97	R 2 627,66	R 2 674,40	R 46,74	R 183,43	1,8%	7,4%
Vatable foods (excl. VAT)		R2 166,06	R2 284,92	R2 325,57	R 40,64	R159,50	1,8%	7,4%
VAT total		R324,91	R342,74	R348,83	R6,10	R23,93	1,8%	7,4%
Total household food basket		R5 420,30	R5 328,53	R5 452,09	R123,56	R31,79	2,3%	0,6%

Month-on-month: The **zero-rated foods** in the household food basket **increased** by **R76,82 (2,8%)** from R2 700,86 in March 2026 to R2 777,69 in April 2026.

Year-on-year: The **zero-rated foods** in the household food basket **decreased** by **R151,63 (-5,2%)** from R2 929,32 in April 2025 to R2 777,69 in April 2026.

Month-on-month: The **foods subject to VAT** in the household food basket **increased** by **R46,74 (1,8%)** from R2 627,66 in March 2026 to R2 674,40 in April 2026.

Year-on-year: The **foods subject to VAT** in the household food basket **increased** by **R183,43 (7,4%)** from R2 490,97 in April 2025 to R2 674,40 in April 2026.

22/44 foods in the total household food basket are subject to VAT. Foods subject to VAT make up **49%** of the total cost of the household food basket. VAT on the total household food basket came to **R348,83 in April 2026**. This means **6,4%** of the household food basket is made up of VAT. **A tax of R348,83 is more than** the cost of an average low-income household's requirement of 30kg maize meal per month (**in April 2026, 30kg maize meal cost R298,08**). The total Rand-value of VAT on basic food stuffs is very high and removes money from the purse that could be spent on more food.

5. APRIL 2026 Basic Nutritional Food Index: families

By number of family members	Index 2025/26			change in Rands		change in %	
	Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Four (4)	R3 817,78	R3 667,72	R3 787,34	R 119,62	-R 30,44	3,3%	-0,8%
Five (5)	R4 823,38	R4 636,75	R4 786,33	R 149,58	-R 37,05	3,2%	-0,8%
Seven (7)	R6 666,26	R6 410,74	R6 618,99	R 208,25	-R 47,27	3,2%	-0,7%

Month-on-month: The cost of a **basic nutritional food basket for a family of 7 members increased** by **R208,25 (3,2%)** from R6 410,74 in March 2026 to R6 618,99 in April 2026.

Year-on-year: The cost of a **basic nutritional food basket for a family of 7 members decreased** by **R47,27 (-0,7%)** from R6 666,26 in April 2025 to R6 618,99 in April 2026.

In **April 2026** 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 **R1 166,90 (R5 452,09 vs. R6 618,99)**.

It means that in **April 2026**, families living on low-incomes may underspend on basic nutritional food by a **minimum of 18% (R1 166,90)**.

6. APRIL 2026 Basic Nutritional Food Index: children

By age of child	Index 2025/26			change in Rands		change in %	
	Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Small child aged 3-9 years	R 855,19	R825,09	R854,11	R 29,02	-R 1,08	3,5%	-0,1%
Small child aged 10-13 years	R 930,39	R897,06	R926,55	R 29,49	-R 3,84	3,3%	-0,4%
Girl child aged 14-18 years	R 987,69	R948,90	R978,55	R 29,65	-R 9,14	3,1%	-0,9%
Boy child aged 14-18 years	R 1 119,71	R1 068,65	R1 100,56	R 31,91	-R 19,15	3,0%	-1,7%
Average for all children	R973,25	R934,93	R964,94	R 30,02	-R 8,30	3,2%	-0,9%

Month-on-month: The **average cost to feed a child a basic nutritious diet increased** by **R30,02 (3,2%)** from R934,93 in March 2026 to R964,94 in April 2026.

Year-on-year: The **average cost to feed a child a basic nutritious diet decreased** by **R8,30 (-0,9%)** from R973,25 in April 2025 to R964,94 in April 2026.

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 **R580**. The CSG was increased by **R20** in April 2026.

The National Food Poverty Line calculated by Statistics South Africa is **R855** per capita per month (*in May 2025 prices*).

In **April 2026** the average cost to feed a child a basic nutritious diet per month cost **R964,94**.

The Child Support Grant of **R580** is set below the food poverty line of **R855**, and further below the average cost of **R964,94** to secure a basic nutritious diet for a child in **April 2026**.

In **April 2026** the Child Support Grant is **32% below** the food poverty line and **40% 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.

7. APRIL 2026 National Minimum Wage Scenarios

Number of working days in April 2026 = 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 persons in April 2026**.

The Minister of Employment and Labour gazetted a **5%** annual increase on the National Minimum Wage, which took effect on the 1st of March 2026. For a worker, the 5% increment works out to be an extra R1,44 an hour, R11,52 for an 8-hour day, and if the full working-day month is worked (average 21 days), a R241,92 monthly increase. **The NMW hourly rate increased by R1,44 from R28,79 per hour to R30,23 per hour.**

The National Minimum Wage is R30,23 per hour, R241,84 for an 8-hour day, and R5 078,64 for an average 21-day working month.

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 2025, the electricity tariffs in Msunduzi Municipality increased by 13,32%, with prepaid electricity costing R3,3767/kWh (incl. VAT) for the 2025/26 period (up from R2,9799/kWh (incl. VAT) for the 2024/25 period). The electricity expense on 350kWh went up by R138,88 (from R1 042,97 to R1 181.85).** The new taxi fare increases for Pietermaritzburg came into effect on the 1st of November 2023. Local fares went up by R2, from R18 to R20 (an increase of 11,1%). *Please note, no fares in the areas we track have increased since 2023.*

The data in the tables are relevant as at 2026 April.

The tables below calculates transport to work on 2 taxi fare, return (R20x4 = R80), multiplied by number of working days. The electricity charge is based on Msunduzi Municipality's prepaid tariffs (R3,3767 per kWh = R1 181,85 for 350kWh). The table below provides scenarios for the NMW for General Workers at R30,23 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

R30,23 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	R30,23	R30,23	R30,23
Wage income	R4 594,96	R3 627,60	R2 267,25

	Wage scenario 1	Wage scenario 2	Wage scenario 3
Wage income	R4 594,96	R3 627,60	R2 267,25
Household expenses			
		% of wage	% of wage
Transport to work (2 taxi, return)	R1 520,00	33,1%	33,1%
Prepaid electricity (350kWh)	R1 181,85	25,7%	32,6%
Total for transport + electricity	R2 701,85	58,8%	65,7%
<i>Money remaining to spend on all other expenses</i>	R1 893,11		-R114,60
Subtract: food (4 persons)	R3 787,34		R3 787,34
Minimum surplus/shortfall on food costs	-R1 894,23	-50,0%	-R2 541,59
			-67,1%
			-R3 901,94
			-103,0%

The National Minimum Wage is a poverty wage - it harms workers' health, it reduces productivity in the workplace, and slows down economic growth. The maximum wage of **R4 594,96 in April 2026** when disbursed in a family of **four persons is R1 148,74**. This is **below the National Upper-Bound Poverty Line of R2 846 per capita per month**, and **below the National Lower-Bound Poverty Line of R1 415 per capita per month** (in May 2025 prices).

After paying for transport and electricity workers are left with **R1 893,11**. **The minimum shortfall on food for a workers' family in April 2026 is 50,0%** (a shortfall of R1 894,23 on a basket of nutritional food costing R3 787,34). If all the remaining money (R1 893,11) went to buy food, then for a family of 4, **it would provide R473,28 per person per month**. **This is 45% below the National Food Poverty Line of R855 per person per month**. *Note that: the Food Poverty Line is a monetary-based threshold below which a person cannot consume enough food to meet their minimum daily energy requirements.*

8. APRIL 2026 Household Food Basket: Per area, compared.

Foods tracked	Quantity tracked	Joburg	Durban	Cape Town	Springbok	Maritzburg	Mtubatuba	Average
Maize meal	30kg	R302,97	R275,97	R291,22	R379,97	R314,97	R289,97	R298,08
Rice	10kg	R141,41	R123,41	R146,99	R145,99	R99,99	R144,99	R135,10
Cake Flour	10kg	R123,99	R111,32	R118,49	R119,99	R107,49	R128,32	R117,84
White sugar	10kg	R228,41	R217,16	R231,07	R248,32	R206,49	R199,99	R223,71
Sugar beans	5kg	R197,65	R144,32	R247,01	R279,90	R131,86	R138,32	R191,17
Samp	5kg	R79,63	R66,74	R72,99	R94,98	R50,49	R61,99	R71,68
Cooking oil	5L	R165,61	R149,91	R167,17	R166,65	R161,24	R161,66	R161,35
Salt	1kg	R19,19	R17,74	R10,57	R20,99	R20,49	R14,32	R16,48
Potatoes	10kg	R92,15	R96,37	R86,93	R80,94	R97,48	R89,51	R91,55
Onions	10kg	R111,18	R140,63	R104,78	R149,00	R110,70	R135,70	R121,38
Chicken portions	10kg	R431,13	R426,10	R445,23	R447,47	R532,43	R419,98	R446,88
Curry powder	200g	R41,07	R36,74	R39,32	R46,65	R34,49	R39,99	R39,21
Stock cubes	24 x2	R54,98	R50,65	R49,98	R46,65	R46,98	R49,31	R50,94
Soup	400g x2	R68,31	R47,56	R59,31	R47,98	R35,98	R77,97	R56,89
Tea	250g	R38,07	R30,91	R30,82	R33,66	R27,74	R35,66	R32,97
Full cream milk	6L	R100,07	R104,07	R89,88	R91,32	R101,49	R103,32	R98,41
Maas	4L	R67,74	R58,82	R63,65	R66,98	R53,99	R57,49	R62,54
Eggs	60 eggs	R149,32	R135,15	R136,52	R155,98	R129,98	R139,98	R140,44
Chicken feet	2kg	R105,10	R89,19	R40,98	R59,98	R104,94	R79,98	R80,58
Gizzards	2kg	R100,84	R101,10	R84,23	R99,98	R145,89	R119,98	R103,82
Chicken livers	2kg	R68,84	R75,36	R58,23	R109,96	R75,39	R84,98	R72,22
Beef liver	2kg	R145,41	R128,94	R114,55	R119,98	R150,94	R139,98	R132,50
Beef	2kg	R225,70	R199,94	R198,48	R204,98	R216,44	R209,98	R208,48
Wors	2kg	R187,41	R168,44	R103,23	R143,98	R169,94	R219,98	R157,83
Beef tripe	2kg	R114,55	R118,79	R66,98	R125,98	R129,94	R129,98	R108,92
Fish	2kg	R115,70	R134,69	R113,69	R215,98	R155,44	R164,98	R135,56
Tomatoes	6kg	R148,79	R133,95	R154,14	R159,94	R86,64	R139,94	R142,00
Carrots	5kg	R53,90	R46,42	R48,77	R70,52	R28,49	R33,32	R48,13
Butternut	10kg	R105,54	R89,22	R66,43	R108,31	R76,05	R110,54	R90,20
Spinach	8 bunches	R107,56	R173,63	R111,03	R130,59	R95,92	R135,92	R126,63
Cabbage	2 heads	R36,65	R45,62	R36,71	R40,98	R45,98	R44,65	R40,59
Green pepper	2kg	R58,40	R57,48	R77,43	R86,64	R45,48	R58,65	R63,93
Cremora	800g	R56,82	R50,91	R56,07	R52,99	R53,24	R53,32	R54,29
Tinned pilchards	400g x6	R169,08	R164,44	R151,94	R155,94	R146,94	R173,94	R160,93
Canned beans	410g x6	R100,21	R84,95	R85,94	R103,94	R80,97	R95,94	R90,80
Bananas	4kg	R79,40	R84,69	R85,56	R77,28	R83,96	R65,29	R81,48
Apples	3kg	R52,49	R48,90	R42,44	R56,65	R41,99	R44,99	R48,05
Orange	7kg	R69,94	R112,30	R74,30	R127,14	R64,99	R104,97	R93,00
Margarine	1kg	R41,37	R44,41	R41,32	R39,66	R42,49	R46,99	R42,50
Peanut butter	400g x2	R90,53	R84,98	R80,98	R77,98	R80,98	R91,98	R84,91
Polony	2.5kg	R73,82	R67,41	R63,69	R63,32	R88,99	R63,66	R69,74
Apricot jam	900g	R40,74	R40,49	R40,07	R40,99	R37,49	R43,99	R40,45
White bread	25 loaves	R470,40	R440,40	R404,00	R391,42	R384,19	R349,75	R424,73
Brown bread	25 loaves	R432,90	R407,08	R374,81	R374,75	R353,06	R324,75	R393,22
Total household food basket		R 5 664,94	R 5 427,24	R 5 167,96	R 5 863,27	R 5 251,02	R 5 420,90	R 5 452,09

The average cost (weighted) of the total Household Food Basket in April 2026 is R5 452,09.

9. APRIL 2026 Household Food Index: Johannesburg

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Maize meal	30kg	R352,97	R300,72	R302,97	R 2,25	-R 50,00	1%	-14%
Rice	10kg	R181,65	R139,40	R141,41	R 2,01	-R 40,25	1%	-22%
Cake Flour	10kg	R132,49	R124,40	R123,99	-R 0,41	-R 8,50	0%	-6%
White sugar	10kg	R225,41	R224,07	R228,41	R 4,34	R 3,00	2%	1%
Sugar beans	5kg	R234,07	R188,89	R197,65	R 8,75	-R 36,42	5%	-16%
Samp	5kg	R73,33	R75,26	R79,63	R 4,36	R 6,30	6%	9%
Cooking oil	5L	R150,99	R161,02	R165,61	R 4,59	R 14,63	3%	10%
Salt	1kg	R18,64	R18,45	R19,19	R 0,74	R 0,55	4%	3%
Potatoes	10kg	R102,96	R85,93	R92,15	R 6,23	-R 10,81	7%	-10%
Onions	10kg	R94,15	R94,51	R111,18	R 16,67	R 17,03	18%	18%
Frozen chicken portions	10kg	R389,73	R430,11	R431,13	R 1,02	R 41,39	0%	11%
Curry powder	200g	R40,98	R44,16	R41,07	-R 3,08	R 0,09	-7%	0%
Stock cubes	24 cubes x2	R46,48	R53,15	R54,98	R 1,84	R 8,50	3%	18%
Soup	400g x2	R57,81	R68,81	R68,31	-R 0,50	R 10,51	-1%	18%
Tea	250g	R34,65	R38,16	R38,07	-R 0,09	R 3,41	0%	10%
Full cream milk	6L	R99,74	R99,56	R100,07	R 0,51	R 0,33	1%	0%
Maas	4L	R60,07	R66,24	R67,74	R 1,50	R 7,67	2%	13%
Eggs	60 eggs	R159,31	R143,15	R149,32	R 6,17	-R 9,99	4%	-6%
Chicken feet	2kg	R101,73	R103,23	R105,10	R 1,87	R 3,37	2%	3%
Gizzards	2kg	R97,23	R99,23	R100,84	R 1,61	R 3,61	2%	4%
Chicken livers	2kg	R70,71	R68,73	R68,84	R 0,11	-R 1,87	0%	-3%
Beef liver	2kg	R111,73	R137,48	R145,41	R 7,93	R 33,68	6%	30%
Beef	2kg	R197,23	R225,23	R225,70	R 0,46	R 28,46	0%	14%
Wors	2kg	R177,98	R189,48	R187,41	-R 2,07	R 9,43	-1%	5%
Beef tripe	2kg	R105,73	R116,74	R114,55	-R 2,18	R 8,82	-2%	8%
Fish	2kg	R107,65	R100,23	R115,70	R 15,46	R 8,05	15%	7%
Tomatoes	6kg	R151,54	R141,45	R148,79	R 7,35	-R 2,75	5%	-2%
Carrots	5kg	R50,42	R50,10	R53,90	R 3,80	R 3,48	8%	7%
Butternut	10kg	R89,72	R97,35	R105,54	R 8,19	R 15,82	8%	18%
Spinach	8 bunches	R112,82	R109,74	R107,56	-R 2,17	-R 5,25	-2%	-5%
Cabbage	2 heads	R42,15	R36,69	R36,65	-R 0,04	-R 5,50	0%	-13%
Green pepper	2kg	R68,51	R57,96	R58,40	R 0,44	-R 10,11	1%	-15%
Cremora	800g	R61,91	R57,87	R56,82	-R 1,04	-R 5,08	-2%	-8%
Tinned pilchards	400g x6	R161,39	R164,34	R169,08	R 4,75	R 7,69	3%	5%
Canned beans	410g x6	R100,44	R99,72	R100,21	R 0,49	-R 0,22	0%	0%
Bananas	4kg	R77,78	R68,69	R79,40	R 10,72	R 1,62	16%	2%
Apples	3kg	R53,24	R61,90	R52,49	-R 9,42	-R 0,75	-15%	-1%
Oranges	7kg	R92,83	R97,80	R69,94	-R 27,86	-R 22,89	-28%	-25%
Margarine	1kg	R39,03	R39,82	R41,37	R 1,54	R 2,33	4%	6%
Peanut butter	400g x2	R86,81	R93,25	R90,53	-R 2,73	R 3,72	-3%	4%
Polony	2.5kg	R69,82	R72,32	R73,82	R 1,50	R 4,00	2%	6%
Apricot jam	900g	R40,82	R40,82	R40,74	-R 0,08	-R 0,08	0%	0%
White bread	25 loaves	R422,63	R462,27	R470,40	R 8,13	R 47,77	2%	11%
Brown bread	25 loaves	R412,21	R437,25	R432,90	-R 4,35	R 20,69	-1%	5%
Total household food basket		R 5 559,46	R 5 585,67	R 5 664,94	R 79,28	R 105,48	1,4%	1,9%

Month-on-month: The cost of the **Joburg household food basket increased** by **R79,28 (1,4%)** from R5 585,67 in March 2026 to R5 664,94 in April 2026.

Year-on-year: The cost of the **Joburg household food basket increased** by **R105,48 (1,9%)** from R5 559,46 in April 2025 to R5 664,94 in April 2026.

10. APRIL 2026 Household Food Index: Durban

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Maize meal	30kg	R336,97	R285,72	R275,97	-R 9,75	-R 61,00	-3%	-18%
Rice	10kg	R154,82	R123,07	R123,41	R 0,33	-R 31,42	0%	-20%
Cake Flour	10kg	R116,74	R113,82	R111,32	-R 2,50	-R 5,42	-2%	-5%
White sugar	10kg	R217,35	R220,82	R217,16	-R 3,67	-R 0,20	-2%	0%
Sugar beans	5kg	R192,57	R147,78	R144,32	-R 3,46	-R 48,25	-2%	-25%
Samp	5kg	R75,07	R69,24	R66,74	-R 2,50	-R 8,33	-4%	-11%
Cooking oil	5L	R160,66	R147,66	R149,91	R 2,25	-R 10,75	2%	-7%
Salt	1kg	R15,82	R17,16	R17,74	R 0,58	R 1,92	3%	12%
Potatoes	10kg	R116,59	R97,84	R96,37	-R 1,48	-R 20,23	-2%	-17%
Onions	10kg	R106,65	R105,10	R140,63	R 35,53	R 33,98	34%	32%
Frozen chicken portions	10kg	R386,30	R422,10	R426,10	R 4,00	R 39,80	1%	10%
Curry powder	200g	R38,57	R34,16	R36,74	R 2,58	-R 1,83	8%	-5%
Stock cubes	24 cubes x2	R52,15	R50,48	R50,65	R 0,16	-R 1,50	0%	-3%
Soup	400g x2	R43,57	R41,48	R47,56	R 6,08	R 4,00	15%	9%
Tea	250g	R29,24	R31,57	R30,91	-R 0,67	R 1,67	-2%	6%
Full cream milk	6L	R100,07	R94,99	R104,07	R 9,08	R 4,00	10%	4%
Maas	4L	R53,66	R54,32	R58,82	R 4,50	R 5,17	8%	10%
Eggs	60 eggs	R147,54	R132,98	R135,15	R 2,17	-R 12,39	2%	-8%
Chicken feet	2kg	R86,81	R81,65	R89,19	R 7,54	R 2,37	9%	3%
Gizzards	2kg	R92,19	R104,44	R101,10	-R 3,34	R 8,91	-3%	10%
Chicken livers	2kg	R75,36	R75,07	R75,36	R 0,29	R 0,00	0%	0%
Beef liver	2kg	R110,44	R127,44	R128,94	R 1,50	R 18,50	1%	17%
Beef	2kg	R190,69	R201,39	R199,94	-R 1,45	R 9,25	-1%	5%
Wors	2kg	R137,69	R167,69	R168,44	R 0,75	R 30,75	0%	22%
Beef tripe	2kg	R107,38	R112,53	R118,79	R 6,26	R 11,41	6%	11%
Fish	2kg	R125,19	R131,96	R134,69	R 2,72	R 9,50	2%	8%
Tomatoes	6kg	R155,35	R114,95	R133,95	R 19,00	-R 21,40	17%	-14%
Carrots	5kg	R53,99	R43,62	R46,42	R 2,79	-R 7,57	6%	-14%
Butternut	10kg	R93,06	R89,05	R89,22	R 0,17	-R 3,83	0%	-4%
Spinach	8 bunches	R165,94	R153,71	R173,63	R 19,93	R 7,69	13%	5%
Cabbage	2 heads	R45,78	R42,82	R45,62	R 2,80	-R 0,17	7%	0%
Green pepper	2kg	R64,05	R57,25	R57,48	R 0,23	-R 6,57	0%	-10%
Cremora	800g	R53,99	R50,57	R50,91	R 0,33	-R 3,08	1%	-6%
Tinned pilchards	400g x6	R156,70	R157,45	R164,44	R 7,00	R 7,75	4%	5%
Canned beans	410g x6	R84,95	R88,45	R84,95	-R 3,49	R 0,00	-4%	0%
Bananas	4kg	R77,78	R75,63	R84,69	R 9,06	R 6,91	12%	9%
Apples	3kg	R48,49	R45,90	R48,90	R 3,00	R 0,41	7%	1%
Oranges	7kg	R123,00	R94,31	R112,30	R 17,99	-R 10,70	19%	-9%
Margarine	1kg	R43,82	R44,91	R44,41	-R 0,50	R 0,58	-1%	1%
Peanut butter	400g x2	R76,81	R87,48	R84,98	-R 2,50	R 8,17	-3%	11%
Polony	2.5kg	R62,34	R67,72	R67,41	-R 0,31	R 5,07	0%	8%
Apricot jam	900g	R39,07	R40,49	R40,49	R 0,00	R 1,42	0%	4%
White bread	25 loaves	R421,69	R427,96	R440,40	R 12,44	R 18,71	3%	4%
Brown bread	25 loaves	R388,35	R392,54	R407,08	R 14,54	R 18,73	4%	5%
Total household food basket		R 5 425,23	R5 267,26	R5 427,24	R 159,98	R 2,02	3,0%	0,0%

Month-on-month: The cost of the **Durban household food basket increased** by **R159,98 (3,0%)** from R5 267,26 in March 2026 to R5 427,24 in April 2026.

Year-on-year: The cost of the **Durban household food basket increased** by **R2,02 (0,0%)** from R5 425,23 in April 2025 to R5 427,24 in April 2026.

11. APRIL 2026 Household Food Index: Cape Town

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Maize meal	30kg	R375,47	R311,20	R291,22	-R 19,98	-R 84,25	-6%	-22%
Rice	10kg	R172,49	R132,16	R146,99	R 14,83	-R 25,50	11%	-15%
Cake Flour	10kg	R125,41	R117,91	R118,49	R 0,58	-R 6,92	0%	-6%
White sugar	10kg	R232,49	R232,57	R231,07	-R 1,50	-R 1,42	-1%	-1%
Sugar beans	5kg	R269,34	R243,25	R247,01	R 3,76	-R 22,33	2%	-8%
Samp	5kg	R74,07	R76,66	R72,99	-R 3,67	-R 1,08	-5%	-1%
Cooking oil	5L	R159,98	R167,69	R167,17	-R 0,52	R 7,19	0%	4%
Salt	1kg	R10,41	R9,74	R10,57	R 0,83	R 0,17	9%	2%
Potatoes	10kg	R102,42	R82,88	R86,93	R 4,05	-R 15,49	5%	-15%
Onions	10kg	R102,01	R89,79	R104,78	R 15,00	R 2,77	17%	3%
Frozen chicken portions	10kg	R397,48	R434,98	R445,23	R 10,25	R 47,75	2%	12%
Curry powder	200g	R39,74	R41,32	R39,32	-R 2,00	-R 0,42	-5%	-1%
Stock cubes	24 cubes x2	R43,61	R51,15	R49,98	-R 1,17	R 6,37	-2%	15%
Soup	400g x2	R61,98	R64,23	R59,31	-R 4,92	-R 2,66	-8%	-4%
Tea	250g	R30,07	R32,74	R30,82	-R 1,92	R 0,75	-6%	2%
Full cream milk	6L	R88,06	R91,81	R89,88	-R 1,93	R 1,82	-2%	2%
Maas	4L	R65,15	R60,90	R63,65	R 2,75	-R 1,50	5%	-2%
Eggs	60 eggs	R150,81	R137,80	R136,52	-R 1,28	-R 14,29	-1%	-9%
Chicken feet	2kg	R38,23	R41,23	R40,98	-R 0,25	R 2,75	-1%	7%
Gizzards	2kg	R74,98	R83,47	R84,23	R 0,76	R 9,25	1%	12%
Chicken livers	2kg	R53,48	R56,73	R58,23	R 1,50	R 4,75	3%	9%
Beef liver	2kg	R97,98	R110,27	R114,55	R 4,29	R 16,57	4%	17%
Beef	2kg	R167,73	R187,23	R198,48	R 11,25	R 30,75	6%	18%
Wors	2kg	R94,73	R86,97	R103,23	R 16,26	R 8,50	19%	9%
Beef tripe	2kg	R87,65	R76,98	R66,98	-R 10,00	-R 20,67	-13%	-24%
Fish	2kg	R106,38	R107,12	R113,69	R 6,57	R 7,31	6%	7%
Tomatoes	6kg	R167,75	R138,96	R154,14	R 15,19	-R 13,61	11%	-8%
Carrots	5kg	R50,79	R45,32	R48,77	R 3,46	-R 2,01	8%	-4%
Butternut	10kg	R72,64	R79,73	R66,43	-R 13,29	-R 6,21	-17%	-9%
Spinach	8 bunches	R112,82	R114,59	R111,03	-R 3,56	-R 1,79	-3%	-2%
Cabbage	2 heads	R48,38	R40,53	R36,71	-R 3,82	-R 11,67	-9%	-24%
Green pepper	2kg	R62,53	R58,71	R77,43	R 18,73	R 14,91	32%	24%
Cremora	800g	R59,32	R54,99	R56,07	R 1,09	-R 3,25	2%	-5%
Tinned pilchards	400g x6	R145,94	R144,94	R151,94	R 7,00	R 6,00	5%	4%
Canned beans	410g x6	R85,94	R87,95	R85,94	-R 2,01	R 0,00	-2%	0%
Bananas	4kg	R86,62	R73,05	R85,56	R 12,51	-R 1,07	17%	-1%
Apples	3kg	R50,90	R48,06	R42,44	-R 5,63	-R 8,46	-12%	-17%
Oranges	7kg	R86,64	R114,98	R74,30	-R 40,68	-R 12,34	-35%	-14%
Margarine	1kg	R39,40	R41,65	R41,32	-R 0,33	R 1,92	-1%	5%
Peanut butter	400g x2	R76,65	R85,07	R80,98	-R 4,09	R 4,33	-5%	6%
Polony	2.5kg	R56,89	R67,79	R63,69	-R 4,10	R 6,80	-6%	12%
Apricot jam	900g	R39,49	R40,16	R40,07	-R 0,08	R 0,58	0%	1%
White bread	25 loaves	R435,23	R412,31	R404,00	-R 8,31	-R 31,23	-2%	-7%
Brown bread	25 loaves	R416,48	R379,36	R374,81	-R 4,55	-R 41,67	-1%	-10%
Total household food basket		R 5 316,56	R 5 156,88	R 5 167,96	R 11,08	-R 148,60	0,2%	-2,8%

Month-on-month: The cost of the **Cape Town household food basket** *increased* by **R11,08 (0,2%)** from R5 156,88 in March 2026 to R5 167,96 in April 2026.

Year-on-year: The cost of the **Cape Town household food basket** *decreased* by **R148,60 (-2,8%)** from R5 316,56 in April 2025 to R5 167,96 in April 2026.

12. APRIL 2026 Household Food Index: Springbok

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Maize meal	30kg	R369,97	R373,97	R379,97	R 6,00	R 10,00	2%	3%
Rice	10kg	R183,32	R152,66	R145,99	-R 6,67	-R 37,33	-4%	-20%
Cake Flour	10kg	R129,99	R119,99	R119,99	R 0,00	-R 10,00	0%	-8%
White sugar	10kg	R243,32	R263,32	R248,32	-R 15,00	R 5,00	-6%	2%
Sugar beans	5kg	R284,90	R208,25	R279,90	R 71,65	-R 5,00	34%	-2%
Samp	5kg	R82,65	R96,65	R94,98	-R 1,67	R 12,33	-2%	15%
Cooking oil	5L	R182,48	R166,65	R166,65	R 0,00	-R 15,83	0%	-9%
Salt	1kg	R20,99	R21,32	R20,99	-R 0,33	R 0,00	-2%	0%
Potatoes	10kg	R111,89	R88,08	R80,94	-R 7,14	-R 30,95	-8%	-28%
Onions	10kg	R113,28	R134,40	R149,00	R 14,60	R 35,72	11%	32%
Frozen chicken portions	10kg	R477,47	R447,47	R447,47	R 0,00	-R 30,00	0%	-6%
Curry powder	200g	R43,32	R44,99	R46,65	R 1,67	R 3,33	4%	8%
Stock cubes	24 cubes x2	R44,65	R46,65	R46,65	R 0,00	R 2,00	0%	4%
Soup	400g x2	R43,98	R41,31	R47,98	R 6,67	R 4,00	16%	9%
Tea	250g	R29,99	R33,99	R33,66	-R 0,33	R 3,67	-1%	12%
Full cream milk	6L	R93,32	R89,99	R91,32	R 1,33	-R 2,00	1%	-2%
Maas	4L	R63,65	R65,65	R66,98	R 1,33	R 3,33	2%	5%
Eggs	60 eggs	R167,98	R152,65	R155,98	R 3,33	-R 12,00	2%	-7%
Chicken feet	2kg	R79,98	R79,98	R59,98	-R 20,00	-R 20,00	-25%	-25%
Gizzards	2kg	R99,98	R99,98	R99,98	R 0,00	R 0,00	0%	0%
Chicken livers	2kg	R131,94	R107,96	R109,96	R 2,00	-R 21,98	2%	-17%
Beef liver	2kg	R115,98	R118,98	R119,98	R 1,00	R 4,00	1%	3%
Beef	2kg	R179,98	R179,98	R204,98	R 25,00	R 25,00	14%	14%
Wors	2kg	R171,98	R179,98	R143,98	-R 36,00	-R 28,00	-20%	-16%
Beef tripe	2kg	R119,98	R115,98	R125,98	R 10,00	R 6,00	9%	5%
Fish	2kg	R218,98	R194,98	R215,98	R 21,00	-R 3,00	11%	-1%
Tomatoes	6kg	R169,94	R139,94	R159,94	R 20,00	-R 10,00	14%	-6%
Carrots	5kg	R71,07	R53,30	R70,52	R 17,21	-R 0,55	32%	-1%
Butternut	10kg	R99,98	R124,74	R108,31	-R 16,43	R 8,33	-13%	8%
Spinach	8 bunches	R119,92	R130,59	R130,59	R 0,00	R 10,67	0%	9%
Cabbage	2 heads	R41,31	R45,31	R40,98	-R 4,33	-R 0,33	-10%	-1%
Green pepper	2kg	R83,97	R69,98	R86,64	R 16,66	R 2,67	24%	3%
Cremora	800g	R61,99	R55,99	R52,99	-R 3,00	-R 9,00	-5%	-15%
Tinned pilchards	400g x6	R153,94	R157,94	R155,94	-R 2,00	R 2,00	-1%	1%
Canned beans	410g x6	R105,94	R101,94	R103,94	R 2,00	-R 2,00	2%	-2%
Bananas	4kg	R75,95	R79,95	R77,28	-R 2,67	R 1,33	-3%	2%
Apples	3kg	R38,32	R44,98	R56,65	R 11,66	R 18,33	26%	48%
Oranges	7kg	R121,28	R107,75	R127,14	R 19,39	R 5,86	18%	5%
Margarine	1kg	R38,32	R39,99	R39,66	-R 0,33	R 1,33	-1%	3%
Peanut butter	400g x2	R83,98	R79,31	R77,98	-R 1,33	-R 6,00	-2%	-7%
Polony	2.5kg	R60,99	R56,66	R63,32	R 6,67	R 2,33	12%	4%
Apricot jam	900g	R38,99	R39,66	R40,99	R 1,33	R 2,00	3%	5%
White bread	25 loaves	R374,75	R374,75	R391,42	R 16,67	R 16,67	4%	4%
Brown bread	25 loaves	R362,25	R362,25	R374,75	R 12,50	R 12,50	3%	3%
Total household food basket		R 5 908,84	R 5 690,83	R 5 863,27	R 172,44	-R 45,58	3,0%	-0,8%

Month-on-month: The cost of the **Springbok household food basket** *increased* by **R172,44 (3,0%)** from R5 690,83 in March 2026 to R5 863,27 in April 2026.

Year-on-year: The cost of the **Springbok household food basket** *decreased* by **R45,58 (-0,8%)** from R5 908,84 in April 2025 to R5 863,27 in April 2026.

13. APRIL 2026 Household Food Index: Pietermaritzburg

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Maize meal	30kg	R351,57	R302,97	R314,97	R 12,00	-R 36,60	4%	-10%
Rice	10kg	R127,39	R98,59	R99,99	R 1,40	-R 27,40	1%	-22%
Cake Flour	10kg	R117,59	R105,19	R107,49	R 2,30	-R 10,10	2%	-9%
White sugar	10kg	R213,99	R208,99	R206,49	-R 2,50	-R 7,50	-1%	-4%
Sugar beans	5kg	R191,49	R122,59	R131,86	R 9,27	-R 59,63	8%	-31%
Samp	5kg	R60,59	R48,99	R50,49	R 1,50	-R 10,10	3%	-17%
Cooking oil	5L	R160,99	R154,99	R161,24	R 6,25	R 0,25	4%	0%
Salt	1kg	R19,99	R21,39	R20,49	-R 0,90	R 0,50	-4%	3%
Potatoes	10kg	R97,84	R80,84	R97,48	R 16,64	-R 0,36	21%	0%
Onions	10kg	R85,98	R93,12	R110,70	R 17,57	R 24,71	19%	29%
Frozen chicken portions	10kg	R424,59	R485,94	R532,43	R 46,50	R 107,84	10%	25%
Curry powder	200g	R37,99	R39,19	R34,49	-R 4,70	-R 3,50	-12%	-9%
Stock cubes	24 cubes x2	R48,38	R43,98	R46,98	R 3,00	-R 1,40	7%	-3%
Soup	400g x2	R33,98	R37,58	R35,98	-R 1,60	R 2,00	-4%	6%
Tea	250g	R25,79	R28,19	R27,74	-R 0,45	R 1,95	-2%	8%
Full cream milk	6L	R102,59	R96,99	R101,49	R 4,50	-R 1,10	5%	-1%
Maas	4L	R53,59	R56,39	R53,99	-R 2,40	R 0,40	-4%	1%
Eggs	60 eggs	R143,98	R129,98	R129,98	R 0,00	-R 14,00	0%	-10%
Chicken feet	2kg	R73,44	R69,94	R104,94	R 35,00	R 31,50	50%	43%
Gizzards	2kg	R89,94	R128,94	R145,89	R 16,96	R 55,96	13%	62%
Chicken livers	2kg	R75,25	R65,92	R75,39	R 9,47	R 0,14	14%	0%
Beef liver	2kg	R104,44	R144,94	R150,94	R 6,00	R 46,50	4%	45%
Beef	2kg	R206,44	R200,94	R216,44	R 15,50	R 10,00	8%	5%
Wors	2kg	R159,94	R173,94	R169,94	-R 4,00	R 10,00	-2%	6%
Beef tripe	2kg	R78,94	R94,94	R129,94	R 35,00	R 51,00	37%	65%
Fish	2kg	R130,94	R144,94	R155,44	R 10,50	R 24,50	7%	19%
Tomatoes	6kg	R131,57	R91,30	R86,64	-R 4,66	-R 44,93	-5%	-34%
Carrots	5kg	R39,98	R37,98	R28,49	-R 9,49	-R 11,49	-25%	-29%
Butternut	10kg	R76,27	R75,41	R76,05	R 0,64	-R 0,22	1%	0%
Spinach	8 bunches	R110,32	R95,92	R95,92	R 0,00	-R 14,40	0%	-13%
Cabbage	2 heads	R39,32	R43,98	R45,98	R 2,00	R 6,66	5%	17%
Green pepper	2kg	R60,78	R44,38	R45,48	R 1,10	-R 15,30	2%	-25%
Cremora	800g	R57,99	R55,59	R53,24	-R 2,35	-R 4,75	-4%	-8%
Tinned pilchards	400g x6	R131,94	R136,15	R146,94	R 10,79	R 15,00	8%	11%
Canned beans	410g x6	R77,35	R73,16	R80,97	R 7,81	R 3,62	11%	5%
Bananas	4kg	R64,96	R61,96	R83,96	R 22,00	R 19,00	36%	29%
Apples	3kg	R33,39	R38,79	R41,99	R 3,20	R 8,60	8%	26%
Oranges	7kg	R61,49	R104,96	R64,99	-R 39,97	R 3,50	-38%	6%
Margarine	1kg	R45,99	R47,99	R42,49	-R 5,50	-R 3,50	-11%	-8%
Peanut butter	400g x2	R71,18	R79,18	R80,98	R 1,80	R 9,80	2%	14%
Polony	2.5kg	R78,59	R92,19	R88,99	-R 3,20	R 10,40	-3%	13%
Apricot jam	900g	R33,99	R36,19	R37,49	R 1,30	R 3,50	4%	10%
White bread	25 loaves	R368,06	R369,85	R384,19	R 14,34	R 16,13	4%	4%
Brown bread	25 loaves	R343,69	R337,40	R353,06	R 15,66	R 9,38	5%	3%
Total household food basket		R 5 044,47	R 5 002,77	R 5 251,02	R 248,25	R 206,56	5,0%	4,1%

Month-on-month: The cost of the Pietermaritzburg household food basket *increased* by R248,25 (5,0%) from R5 002,77 in March 2026 to R5 251,02 in April 2026.

Year-on-year: The cost of the Pietermaritzburg household food basket *increased* by R206,56 (4,1%) from R5 044,47 in April 2025 to R5 251,02 in April 2026.

14. APRIL 2026 Household Food Index: Mtubatuba

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Maize meal	30kg	R346,97	R309,97	R289,97	-R 20,00	-R 57,00	-6%	-16%
Rice	10kg	R164,99	R139,99	R144,99	R 5,00	-R 20,00	4%	-12%
Cake Flour	10kg	R123,32	R126,66	R128,32	R 1,67	R 5,00	1%	4%
White sugar	10kg	R203,32	R199,99	R199,99	R 0,00	-R 3,33	0%	-2%
Sugar beans	5kg	R198,32	R144,99	R138,32	-R 6,67	-R 60,00	-5%	-30%
Samp	5kg	R70,99	R71,99	R61,99	-R 10,00	-R 9,00	-14%	-13%
Cooking oil	5L	R163,32	R151,66	R161,66	R 10,00	-R 1,67	7%	-1%
Salt	1kg	R13,32	R12,66	R14,32	R 1,67	R 1,00	13%	8%
Potatoes	10kg	R110,94	R81,89	R89,51	R 7,62	-R 21,43	9%	-19%
Onions	10kg	R119,18	R98,55	R135,70	R 37,15	R 16,51	38%	14%
Frozen chicken portions	10kg	R379,98	R419,98	R419,98	R 0,00	R 40,00	0%	11%
Curry powder	200g	R39,66	R38,32	R39,99	R 1,67	R 0,33	4%	1%
Stock cubes	24 cubes x2	R47,98	R49,31	R49,31	R 0,00	R 1,33	0%	3%
Soup	400g x2	R53,31	R66,64	R77,97	R 11,33	R 24,65	17%	46%
Tea	250g	R33,32	R35,66	R35,66	R 0,00	R 2,33	0%	7%
Full cream milk	6L	R100,99	R101,32	R103,32	R 2,00	R 2,33	2%	2%
Maas	4L	R55,66	R54,66	R57,49	R 2,83	R 1,83	5%	3%
Eggs	60 eggs	R143,31	R139,98	R139,98	R 0,00	-R 3,33	0%	-2%
Chicken feet	2kg	R88,98	R84,98	R79,98	-R 5,00	-R 9,00	-6%	-10%
Gizzards	2kg	R94,98	R116,98	R119,98	R 3,00	R 25,00	3%	26%
Chicken livers	2kg	R81,98	R89,98	R84,98	-R 5,00	R 3,00	-6%	4%
Beef liver	2kg	R103,98	R139,98	R139,98	R 0,00	R 36,00	0%	35%
Beef	2kg	R169,98	R199,98	R209,98	R 10,00	R 40,00	5%	24%
Wors	2kg	R181,98	R214,98	R219,98	R 5,00	R 38,00	2%	21%
Beef tripe	2kg	R79,98	R129,98	R129,98	R 0,00	R 50,00	0%	63%
Fish	2kg	R141,98	R164,98	R164,98	R 0,00	R 23,00	0%	16%
Tomatoes	6kg	R199,94	R127,94	R139,94	R 12,00	-R 60,00	9%	-30%
Carrots	5kg	R63,31	R46,65	R33,32	-R 13,33	-R 29,99	-29%	-47%
Butternut	10kg	R105,54	R79,98	R110,54	R 30,56	R 5,00	38%	5%
Spinach	8 bunches	R95,92	R95,92	R135,92	R 40,00	R 40,00	42%	42%
Cabbage	2 heads	R47,98	R43,98	R44,65	R 0,67	-R 3,33	2%	-7%
Green pepper	2kg	R77,97	R57,31	R58,65	R 1,33	-R 19,33	2%	-25%
Cremora	800g	R66,66	R54,32	R53,32	-R 1,00	-R 13,33	-2%	-20%
Tinned pilchards	400g x6	R169,94	R175,94	R173,94	-R 2,00	R 4,00	-1%	2%
Canned beans	410g x6	R95,54	R95,94	R95,94	R 0,00	R 0,40	0%	0%
Bananas	4kg	R67,96	R71,96	R65,29	-R 6,67	-R 2,67	-9%	-4%
Apples	3kg	R47,66	R43,32	R44,99	R 1,67	-R 2,67	4%	-6%
Oranges	7kg	R106,27	R104,97	R104,97	R 0,00	-R 1,30	0%	-1%
Margarine	1kg	R39,32	R47,66	R46,99	-R 0,67	R 7,67	-1%	19%
Peanut butter	400g x2	R79,31	R99,98	R91,98	-R 8,00	R 12,67	-8%	16%
Polony	2.5kg	R63,32	R60,32	R63,66	R 3,33	R 0,33	6%	1%
Apricot jam	900g	R40,32	R45,99	R43,99	-R 2,00	R 3,67	-4%	9%
White bread	25 loaves	R316,42	R349,75	R349,75	R 0,00	R 33,33	0%	11%
Brown bread	25 loaves	R316,42	R324,75	R324,75	R 0,00	R 8,33	0%	3%
Total household food basket		R 5 312,54	R 5 312,73	R 5 420,90	R 108,17	R 108,36	2,0%	2,0%

Month-on-month: The cost of the **Mtubatuba household food basket** *increased* by **R108,17 (2,0%)** from R5 312,73 in March 2026 to R5 420,90 in April 2026.

Year-on-year: The cost of the **Mtubatuba household food basket** *increased* by **R108,36 (2,0%)** from R5 312,54 in April 2025 to R5 420,90 in April 2026.

15. APRIL 2026 Household Food Index: Mthatha*

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Mar_2026	Apr_2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026	Mar 2026 vs. Apr 2026	Apr 2025 vs. Apr 2026
Maize meal	30kg	R369,07	R337,97	R312,47	-R 25,50	-R 56,60	-8%	-15%
Rice	10kg	R174,16	R143,32	R140,82	-R 2,50	-R 33,33	-2%	-19%
Cake Flour	10kg	R136,16	R127,49	R121,32	-R 6,17	-R 14,84	-5%	-11%
White sugar	10kg	R228,16	R248,32	R235,82	-R 12,50	R 7,67	-5%	3%
Sugar beans	5kg	R239,15	R185,48	R177,32	-R 8,17	-R 61,83	-4%	-26%
Samp	5kg	R80,82	R73,32	R72,49	-R 0,83	-R 8,33	-1%	-10%
Cooking oil	5L	R164,49	R149,16	R149,99	R 0,83	-R 14,50	1%	-9%
Salt	1kg	R19,49	R19,49	R20,49	R 1,00	R 1,00	5%	5%
Potatoes	10kg	R113,61	R79,85	R82,35	R 2,50	-R 31,26	3%	-28%
Onions	10kg	R106,06	R95,94	R107,70	R 11,76	R 1,64	12%	2%
Frozen chicken portions	10kg	R394,94	R439,98	R454,94	R 14,96	R 60,00	3%	15%
Curry powder	200g	R39,66	R39,82	R39,49	-R 0,33	-R 0,17	-1%	0%
Stock cubes	24 cubes x2	R48,31	R48,65	R49,31	R 0,67	R 1,00	1%	2%
Soup	400g x2	R53,65	R58,65	R62,65	R 4,00	R 9,00	7%	17%
Tea	250g	R34,32	R37,32	R36,32	-R 1,00	R 2,00	-3%	6%
Full cream milk	6L	R93,32	R89,99	R91,99	R 2,00	-R 1,33	2%	-1%
Maas	4L	R63,82	R61,66	R63,66	R 2,00	-R 0,17	3%	0%
Eggs	60 eggs	R159,09	R135,81	R143,31	R 7,50	-R 15,77	6%	-10%
Chicken feet	2kg	R84,46	R72,17	R87,96	R 15,79	R 3,50	22%	4%
Gizzards	2kg	R86,89	R107,92	R113,25	R 5,33	R 26,37	5%	30%
Chicken livers	2kg	R83,65	R83,42	R92,64	R 9,22	R 8,99	11%	11%
Beef liver	2kg	R124,44	R119,94	R132,44	R 12,50	R 8,00	10%	6%
Beef	2kg	R164,94	R199,94	R192,94	-R 7,00	R 28,00	-4%	17%
Wors	2kg	R161,94	R169,98	R194,94	R 24,96	R 33,00	15%	20%
Beef tripe	2kg	R73,48	R97,44	R114,94	R 17,50	R 41,46	18%	56%
Fish	2kg	R164,97	R155,93	R155,93	R 0,00	-R 9,04	0%	-5%
Tomatoes	6kg	R171,68	R181,83	R191,68	R 9,85	R 20,00	5%	12%
Carrots	5kg	R74,98	R48,72	R63,59	R 14,87	-R 11,38	31%	-15%
Butternut	10kg	R89,38	R88,67	R95,48	R 6,80	R 6,09	8%	7%
Spinach	8 bunches	R133,25	R123,92	R127,92	R 4,00	-R 5,33	3%	-4%
Cabbage	2 heads	R48,78	R52,65	R53,98	R 1,33	R 5,20	3%	11%
Green pepper	2kg	R70,86	R68,48	R66,65	-R 1,83	-R 4,21	-3%	-6%
Cremora	800g	R65,99	R55,82	R55,82	R 0,00	-R 10,17	0%	-15%
Tinned pilchards	400g x6	R163,94	R164,94	R171,94	R 7,00	R 8,00	4%	5%
Canned beans	410g x6	R106,44	R103,94	R106,94	R 3,00	R 0,50	3%	0%
Bananas	4kg	R87,96	R78,76	R85,29	R 6,53	-R 2,67	8%	-3%
Apples	3kg	R49,39	R46,49	R42,15	-R 4,33	-R 7,24	-9%	-15%
Oranges	7kg	R84,69	R66,99	R66,99	R 0,00	-R 17,70	0%	-21%
Margarine	1kg	R51,82	R46,99	R53,66	R 6,67	R 1,83	14%	4%
Peanut butter	400g x2	R87,31	R79,98	R87,65	R 7,67	R 0,33	10%	0%
Polony	2.5kg	R76,99	R60,99	R67,49	R 6,50	-R 9,50	11%	-12%
Apricot jam	900g	R45,66	R41,16	R44,16	R 3,00	-R 1,50	7%	-3%
White bread	25 loaves	R406,00	R412,25	R428,92	R 16,67	R 22,92	4%	6%
Brown bread	25 loaves	R389,38	R381,00	R395,58	R 14,58	R 6,21	4%	2%
Total household food basket		R 5 667,51	R 5 482,52	R 5 653,34	R 170,82	-R 14,17	3,1%	-0,2%

Month-on-month: The cost of the **Mthatha household food basket** *increased* by **R170,82 (3,1%)** from R5 482,52 in March 2026 to R5 653,34 in April 2026.

Year-on-year: The cost of the **Mthatha household food basket** *decreased* by **R14,17 (-0,2%)** from R5 667,51 in April 2025 to R5 653,34 in April 2026.

* Note: Mthatha is not included in the Average Household Food Basket Data. It will be included at a future date.

16. 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 6 areas: Joburg, Durban, Cape Town, Pietermaritzburg, Springbok and Mtubatuba), it is important to note that whilst the new basket reflects the core foods in the trollies across the six 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 47 supermarkets and 32 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 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, Hammarsdale, Pinetown), Pietermaritzburg, Mtubatuba (in Northern KwaZulu-Natal), and Springbok (in the Northern Cape). 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 47 supermarkets and 32 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 the first week 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 6 areas. Weighting is as follows: 25,5% for Joburg, Durban & Cape Town; 10,6% Pietermaritzburg, and 6,4% for Springbok, and Mtubatuba.

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