



# HOUSEHOLD AFFORDABILITY INDEX

---

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

**May 2026**

---

Release date: 27 May 2026

Supported by The DG Murray Trust and The Heinrich Böll Foundation Southern Africa.



 **HEINRICH BÖLL STIFTUNG**  
**SOUTHERN AFRICA**

---

**Pietermaritzburg Economic Justice & Dignity Group [PMBEJD]**

For information and media enquiries contact:

Mervyn Abrahams on 079 398 9384 and [mervyn@pmbejd.org.za](mailto:mervyn@pmbejd.org.za)

Sibusiso Mboto on 072 483 2344

Julie Smith on 072 324 5043 and [julie@pmbejd.org.za](mailto:julie@pmbejd.org.za)

Website: [www.pmbejd.org.za](http://www.pmbejd.org.za)

Facebook: [www.Facebook.com/pmbejd](http://www.Facebook.com/pmbejd)



**PIETERMARITZBURG**  
**ECONOMIC JUSTICE & DIGNITY**

---

Economic justice through the lens of human dignity

## Contents

1. Summary Data Reference Sheet	1
2. Household Food Index: All areas	2
3. Household Food Index: All areas, by foods prioritised & bought first	3
4. Household Food Index: All areas, zero-rated vs. VAT	4
5. Basic Nutritional Food Index: families	5
6. Basic Nutritional Food Index: children	5
7. National Minimum Wage Scenarios	6-7
8. Household Food Basket: Per area, compared	8
9. Household Food Index: Johannesburg	9
10. Household Food Index: Durban	10
11. Household Food Index: Cape Town	11
12. Household Food Index: Springbok (Northern Cape)	12
13. Household Food Index: Pietermaritzburg	13
14. Household Food Index: Mtubatuba (Northern KwaZulu-Natal)	14
15. Household Food Index: Mthatha	15
16. Food price methodology	16-17
17. References	18

### 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 (Northern KwaZulu-Natal), Springbok (Northern Cape), and Mthatha (Eastern 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 **52 supermarkets and 36 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. MAY 2026 Summary Data Reference Sheet

## Summary of Household Affordability Data

National Minimum Wage May 2026 (20 working days)	
General workers at R30,23/hr	<b>R4 836,80</b>
General workers at 10% exemption at R27,21/hr	R4 353,12
Minimum underspend on food in May 2026	<b>-45,9%</b>

Cost of Household Food Basket in May 2026	
Cost of <i>Joburg</i> Household Food Basket	R5 723,62
Cost of <i>Durban</i> Household Food Basket	R5 284,48
Cost of <i>Cape Town</i> Household Food Basket	R5 222,75
Cost of <i>Springbok</i> Household Food Basket	R5 811,08
Cost of <i>Maritzburg</i> Household Food Basket	R5 298,64
Cost of <i>Mtubatuba</i> Household Food Basket	R5 494,57
Cost of <i>Mthatha</i> Household Food Basket	R5 829,11
<b>Average cost of Household Food Basket (all areas).</b>	<b>R5 479,26</b>
<b>Month-on-month change</b>	<b>R27,17</b> <b>0,5%</b>
<b>Year-on-year change</b>	<b>R12,67</b> <b>0,2%</b>

Cost of foods prioritised & bought first in Household Food Basket: year-on-year May 2025 to May 2026		
Core foods	May_2025	May_2026
	cost	cost
Maize meal (30kg)	R 356,14	R 302,68
Rice (10kg)	R 157,88	R 134,20
Cake Flour (10kg)	R 123,10	R 120,12
White sugar (10kg)	R 218,35	R 228,19
Sugar beans (5kg)	R 226,29	R 183,84
Samp (5kg)	R 74,24	R 72,25
Cooking oil (5L)	R 158,50	R 160,61
Salt (1kg)	R 16,02	R 17,17
Potatoes (10kg)	R 113,91	R 88,80
Onions (10kg)	R 124,18	R 130,09
Frozen chicken pieces (10kg)	R 408,68	R 444,56
Curry powder (200g)	R 39,89	R 39,52
Stock cubes (24 cubes x2)	R 47,54	R 50,87
Soup (400g x2)	R 51,63	R 55,34
Tea (250g)	R 32,28	R 34,28
White bread (25 loaves)	R 412,40	R 429,41
Brown bread (25 loaves)	R 394,31	R 395,40
<b>Subtotal of core foods</b>	<b>R2 955,34</b>	<b>R 2 887,33</b>

<b>VAT on Household Food Basket in May 2026</b>	<b>R350,21</b>
---	----------------

Cost of a basic nutritious diet for a family per month, May'26	
Household size with 4 members	R3 795,23
Household size with 5 members	R4 797,12
Household size with 7 members	<b>R6 634,22</b>

Cost of a basic nutritious diet for a child per month in May 2026	
Small child aged 3-9 years	R855,70
Small child aged 10-13 years	R928,80
Girl child aged 14-18 years	R981,40
Boy child aged 14-18 years	R1 102,42
<b>Average for all children</b>	<b>R967,08</b>

In May 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 (R967,08).

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

All South Africans	
Population size 2025	63,101 million
Unemployment rate	32,7%
Unemployed + potential labour force	<b>43,7%</b>
Numbers of people employed	16,754 million
Number of people one wage supports	<b>3,8</b>
Maximum NMW May 2026	<b>R4 836,80</b>
NMW shared in a family, per person	<b>R1 272,84</b>

Black South Africans	
Population size 2025	51,604 million
Unemployment rate	36,4%
Unemployed + potential labour force	<b>47,8%</b>
Numbers of people employed	12,823 million
Number of people one wage supports	<b>4</b>
Maximum NMW May 2026	<b>R4 836,80</b>
NMW shared in a family, per person	<b>R1 209,20</b>

White South Africans	
Population size 2025	4,497 million
Unemployment rate	9,2%
Unemployed + potential labour force	<b>12,0%</b>
Numbers of people employed	1,710 million
Number of people one wage supports	<b>2,6</b>
Maximum NMW May 2026	<b>R4 836,80</b>
NMW shared in a family, per person	<b>R1 860,31</b>

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%
--	-------

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. MAY 2026 Household Food Index: All areas

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Maize meal	30kg	R356,14	R298,08	R302,68	R 4,60	-R 53,46	2%	-15%
Rice	10kg	R157,88	R135,10	R134,20	-R 0,90	-R 23,68	-1%	-15%
Cake Flour	10kg	R123,10	R117,84	R120,12	R 2,29	-R 2,97	2%	-2%
White sugar	10kg	R218,35	R223,71	R228,19	R 4,48	R 9,83	2%	5%
Sugar beans	5kg	R226,29	R191,17	R183,84	-R 7,33	-R 42,44	-4%	-19%
Samp	5kg	R74,24	R71,68	R72,25	R 0,57	-R 2,00	1%	-3%
Cooking oil	5L	R158,50	R161,35	R160,61	-R 0,74	R 2,11	0%	1%
Salt	1kg	R16,02	R16,48	R17,17	R 0,69	R 1,15	4%	7%
Potatoes	10kg	R113,91	R91,55	R88,80	-R 2,75	-R 25,11	-3%	-22%
Onions	10kg	R124,18	R121,38	R130,09	R 8,70	R 5,90	7%	5%
Frozen chicken portions	10kg	R408,68	R446,88	R444,56	-R 2,32	R 35,88	-1%	9%
Curry powder	200g	R39,89	R39,21	R39,52	R 0,31	-R 0,37	1%	-1%
Stock cubes	24 cubes x2	R47,54	R50,94	R50,87	-R 0,07	R 3,33	0%	7%
Soup	400g x2	R51,63	R56,89	R55,34	-R 1,54	R 3,71	-3%	7%
Tea	250g	R32,28	R32,97	R34,28	R 1,31	R 1,99	4%	6%
Full cream milk	6L	R94,43	R98,41	R94,56	-R 3,84	R 0,13	-4%	0%
Maas	4L	R61,44	R62,54	R62,53	-R 0,01	R 1,09	0%	2%
Eggs	60 eggs	R152,64	R140,44	R140,73	R 0,29	-R 11,92	0%	-8%
Chicken feet	2kg	R80,32	R80,58	R77,69	-R 2,89	-R 2,63	-4%	-3%
Gizzards	2kg	R88,49	R103,82	R102,72	-R 1,10	R 14,24	-1%	16%
Chicken livers	2kg	R72,80	R72,22	R74,08	R 1,86	R 1,28	3%	2%
Beef liver	2kg	R110,77	R132,50	R134,02	R 1,53	R 23,25	1%	21%
Beef	2kg	R194,16	R208,48	R204,59	-R 3,89	R 10,43	-2%	5%
Wors	2kg	R149,07	R157,83	R159,96	R 2,13	R 10,89	1%	7%
Beef tripe	2kg	R98,20	R108,92	R104,26	-R 4,66	R 6,07	-4%	6%
Fish	2kg	R128,49	R135,56	R141,20	R 5,64	R 12,72	4%	10%
Tomatoes	6kg	R144,20	R142,00	R157,97	R 15,97	R 13,77	11%	10%
Carrots	5kg	R56,59	R48,13	R55,91	R 7,79	-R 0,68	16%	-1%
Butternut	10kg	R93,98	R90,20	R98,53	R 8,33	R 4,56	9%	5%
Spinach	8 bunches	R134,22	R126,63	R130,50	R 3,87	-R 3,73	3%	-3%
Cabbage	2 heads	R45,57	R40,59	R45,23	R 4,65	-R 0,34	11%	-1%
Green pepper	2kg	R65,54	R63,93	R63,58	-R 0,34	-R 1,96	-1%	-3%
Cremora	800g	R60,95	R54,29	R55,54	R 1,24	-R 5,41	2%	-9%
Tinned pilchards	400g x6	R150,64	R160,93	R160,33	-R 0,60	R 9,69	0%	6%
Canned beans	410g x6	R90,59	R90,80	R92,70	R 1,90	R 2,12	2%	2%
Bananas	4kg	R79,96	R81,48	R78,33	-R 3,15	-R 1,63	-4%	-2%
Apples	3kg	R48,99	R48,05	R44,86	-R 3,19	-R 4,12	-7%	-8%
Oranges	7kg	R76,94	R93,00	R73,22	-R 19,78	-R 3,72	-21%	-5%
Margarine	1kg	R42,29	R42,50	R43,12	R 0,62	R 0,84	1%	2%
Peanut butter	400g x2	R83,43	R84,91	R83,82	-R 1,09	R 0,39	-1%	0%
Polony	2.5kg	R66,82	R69,74	R70,65	R 0,91	R 3,82	1%	6%
Apricot jam	900g	R39,76	R40,45	R41,28	R 0,84	R 1,53	2%	4%
White bread	25 loaves	R412,40	R424,73	R429,41	R 4,68	R 17,01	1%	4%
Brown bread	25 loaves	R394,31	R393,22	R395,40	R 2,18	R 1,09	1%	0%
<b>Total household food basket</b>		<b>R 5 466,59</b>	<b>R5 452,09</b>	<b>R5 479,26</b>	<b>R 27,17</b>	<b>R 12,67</b>	<b>0,5%</b>	<b>0,2%</b>

**Month-on-month:** The cost of the **average household food basket increased** by **R27,17 (0,5%)** from R5 452,09 in April 2026 to R5 479,26 in May 2026.

**Year-on-year:** The cost of the **average household food basket increased** by **R12,67 (0,2%)** from R5 466,59 in May 2025 to R5 479,26 in May 2026.

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

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Maize meal	30kg	R356,14	R298,08	R302,68	R 4,60	-R 53,46	2%	-15%
Rice	10kg	R157,88	R135,10	R134,20	-R 0,90	-R 23,68	-1%	-15%
Cake Flour	10kg	R123,10	R117,84	R120,12	R 2,29	-R 2,97	2%	-2%
White sugar	10kg	R218,35	R223,71	R228,19	R 4,48	R 9,83	2%	5%
Sugar beans	5kg	R226,29	R191,17	R183,84	-R 7,33	-R 42,44	-4%	-19%
Samp	5kg	R74,24	R71,68	R72,25	R 0,57	-R 2,00	1%	-3%
Cooking oil	5L	R158,50	R161,35	R160,61	-R 0,74	R 2,11	0%	1%
Salt	1kg	R16,02	R16,48	R17,17	R 0,69	R 1,15	4%	7%
Potatoes	10kg	R113,91	R91,55	R88,80	-R 2,75	-R 25,11	-3%	-22%
Onions	10kg	R124,18	R121,38	R130,09	R 8,70	R 5,90	7%	5%
Frozen chicken portions	10kg	R408,68	R446,88	R444,56	-R 2,32	R 35,88	-1%	9%
Curry powder	200g	R39,89	R39,21	R39,52	R 0,31	-R 0,37	1%	-1%
Stock cubes	24 cubes x2	R47,54	R50,94	R50,87	-R 0,07	R 3,33	0%	7%
Soup	400g x2	R51,63	R56,89	R55,34	-R 1,54	R 3,71	-3%	7%
Tea	250g	R32,28	R32,97	R34,28	R 1,31	R 1,99	4%	6%
White bread	25 loaves	R412,40	R424,73	R429,41	R 4,68	R 17,01	1%	4%
Brown bread	25 loaves	R394,31	R393,22	R395,40	R 2,18	R 1,09	1%	0%
<b>Total household food basket</b>		<b>R 2 955,34</b>	<b>R2 873,16</b>	<b>R2 887,33</b>	<b>R 14,16</b>	<b>-R 68,02</b>	<b>0,5%</b>	<b>-2,3%</b>

**Month-on-month:** The average cost of the foods prioritised and bought first in the household food basket **increased** by **R14,16 (0,5%)** from R2 873,16 in April 2026 to R2 887,33 in May 2026.

**Year-on-year:** The average cost of the foods prioritised and bought first in the household food basket **decreased** by **R68,02(-2,3%)** from R2 955,34 in May 2025 to R2 887,33 in May 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 887,33 in May 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. MAY 2026 Household Food Index: Zero-rated vs. VAT

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
<b>Zero-rated foods</b>								
Maize meal	30kg	R356,14	R298,08	R302,68	R 4,60	-R 53,46	2%	-15%
Rice	10kg	R157,88	R135,10	R134,20	-R 0,90	-R 23,68	-1%	-15%
Samp	5kg	R74,24	R71,68	R72,25	R 0,57	-R 2,00	1%	-3%
Sugar beans	5kg	R226,29	R191,17	R183,84	-R 7,33	-R 42,44	-4%	-19%
Cooking oil	5L	R158,50	R161,35	R160,61	-R 0,74	R 2,11	0%	1%
Full cream milk	6L	R94,43	R98,41	R94,56	-R 3,84	R 0,13	-4%	0%
Maas	4L	R61,44	R62,54	R62,53	-R 0,01	R 1,09	0%	2%
Eggs	60 eggs	R152,64	R140,44	R140,73	R 0,29	-R 11,92	0%	-8%
Potatoes	10kg	R113,91	R91,55	R88,80	-R 2,75	-R 25,11	-3%	-22%
Onions	10kg	R124,18	R121,38	R130,09	R 8,70	R 5,90	7%	5%
Tomatoes	6kg	R144,20	R142,00	R157,97	R 15,97	R 13,77	11%	10%
Carrots	5kg	R56,59	R48,13	R55,91	R 7,79	-R 0,68	16%	-1%
Butternut	10kg	R93,98	R90,20	R98,53	R 8,33	R 4,56	9%	5%
Spinach	8 bunches	R134,22	R126,63	R130,50	R 3,87	-R 3,73	3%	-3%
Cabbage	2 heads	R45,57	R40,59	R45,23	R 4,65	-R 0,34	11%	-1%
Green Pepper	2kg	R65,54	R63,93	R63,58	-R 0,34	-R 1,96	-1%	-3%
Tinned pilchards	6 tins	R150,64	R160,93	R160,33	-R 0,60	R 9,69	0%	6%
Bananas	4kg	R79,96	R81,48	R78,33	-R 3,15	-R 1,63	-4%	-2%
Apples	3kg	R48,99	R48,05	R44,86	-R 3,19	-R 4,12	-7%	-8%
Oranges	7kg	R76,94	R93,00	R73,22	-R 19,78	-R 3,72	-21%	-5%
Brown bread	25 loaves	R394,31	R393,22	R395,40	R 2,18	R 1,09	1%	0%
Cake flour	10kg	R123,10	R117,84	R120,12	R 2,29	-R 2,97	2%	-2%
<b>Subtotal of zero-rated foods</b>		<b>R 2 933,69</b>	<b>R 2 777,69</b>	<b>R 2 794,29</b>	<b>R 16,60</b>	<b>-R 139,40</b>	<b>0,6%</b>	<b>-4,8%</b>
<b>Foods subject to VAT</b>								
White sugar	10kg	R218,35	R223,71	R228,19	R 4,48	R 9,83	2%	5%
Frozen chicken portions	10kg	R408,68	R446,88	R444,56	-R 2,32	R 35,88	-1%	9%
Chicken feet	2kg	R80,32	R80,58	R77,69	-R 2,89	-R 2,63	-4%	-3%
Gizzards	2kg	R88,49	R103,82	R102,72	-R 1,10	R 14,24	-1%	16%
Chicken livers	2kg	R72,80	R72,22	R74,08	R 1,86	R 1,28	3%	2%
Beef liver	2kg	R110,77	R132,50	R134,02	R 1,53	R 23,25	1%	21%
Beef	2kg	R194,16	R208,48	R204,59	-R 3,89	R 10,43	-2%	5%
Wors	2kg	R149,07	R157,83	R159,96	R 2,13	R 10,89	1%	7%
Inyama yangapakhathi	2kg	R98,20	R108,92	R104,26	-R 4,66	R 6,07	-4%	6%
Fish	2kg	R128,49	R135,56	R141,20	R 5,64	R 12,72	4%	10%
Salt	1kg	R16,02	R16,48	R17,17	R 0,69	R 1,15	4%	7%
Stock	48 cubes	R47,54	R50,94	R50,87	-R 0,07	R 3,33	0%	7%
Soup	800g	R51,63	R56,89	R55,34	-R 1,54	R 3,71	-3%	7%
Curry powder	400g	R39,89	R39,21	R39,52	R 0,31	-R 0,37	1%	-1%
Tea	200g	R32,28	R32,97	R34,28	R 1,31	R 1,99	4%	6%
Cremora	1kg	R60,95	R54,29	R55,54	R 1,24	-R 5,41	2%	-9%
Canned beans	6 cans	R90,59	R90,80	R92,70	R 1,90	R 2,12	2%	2%
Margarine	1kg	R42,29	R42,50	R43,12	R 0,62	R 0,84	1%	2%
Peanut butter	400g x2	R83,43	R84,91	R83,82	-R 1,09	R 0,39	-1%	0%
Polony	2.5kg	R66,82	R69,74	R70,65	R 0,91	R 3,82	1%	6%
Apricot jam	900g	R39,76	R40,45	R41,28	R 0,84	R 1,53	2%	4%
White bread	25 loaves	R412,40	R424,73	R429,41	R 4,68	R 17,01	1%	4%
<b>Subtotal of Vatable foods</b>		<b>R2 532,90</b>	<b>R 2 674,40</b>	<b>R 2 684,98</b>	<b>R 10,57</b>	<b>R 152,08</b>	<b>0,4%</b>	<b>6,0%</b>
Vatable foods (excl. VAT)		R2 202,52	R2 325,57	R2 334,76	R 9,20	R132,24	0,4%	6,0%
<b>VAT total</b>		<b>R330,38</b>	<b>R348,83</b>	<b>R350,21</b>	<b>R1,38</b>	<b>R19,84</b>	<b>0,4%</b>	<b>6,0%</b>
<b>Total household food basket</b>		<b>R5 466,59</b>	<b>R5 452,09</b>	<b>R5 479,26</b>	<b>R27,17</b>	<b>R12,67</b>	<b>0,5%</b>	<b>0,2%</b>

**Month-on-month:** The **zero-rated foods** in the household food basket **increased** by **R16,60 (0,6%)** from R2 777,69 in April 2026 to R2 794,29 in May 2026.

**Year-on-year:** The **zero-rated foods** in the household food basket **decreased** by **R139,40 (-4,8%)** from R2 933,69 in May 2025 to R2 794,29 in May 2026.

**Month-on-month:** The **foods subject to VAT** in the household food basket **increased** by **R10,57 (0,4%)** from R2 674,40 in April 2026 to R2 684,98 in May 2026.

**Year-on-year:** The **foods subject to VAT** in the household food basket **increased** by **R152,08 (6,0%)** from R2 532,90 in May 2025 to R2 684,98 in May 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 **R350,21 in May 2026**. This means **6,4%** of the household food basket is made up of VAT. **A tax of R350,21 is more than** the cost of an average low-income household's requirement of 30kg maize meal per month (**in May 2026, 30kg maize meal cost R302,68**). 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. MAY 2026 Basic Nutritional Food Index: families

By number of family members	Index 2025/26			change in Rands		change in %	
	May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Four (4)	R3 843,40	R3 787,34	R3 795,23	R 7,89	-R 48,17	0,2%	-1,3%
Five (5)	R4 855,47	R4 786,33	R4 797,12	R 10,79	-R 58,35	0,2%	-1,2%
Seven (7)	<b>R6 711,16</b>	<b>R6 618,99</b>	<b>R6 634,22</b>	<b>R 15,23</b>	<b>-R 76,94</b>	<b>0,2%</b>	<b>-1,1%</b>

**Month-on-month:** The cost of a **basic nutritional food basket for a family of 7 members increased** by **R15,23 (0,2%)** from R6 618,99 in April 2026 to R6 634,22 in May 2026.

**Year-on-year:** The cost of a **basic nutritional food basket for a family of 7 members decreased** by **R76,94 (-1,1%)** from R6 711,16 in May 2025 to R6 634,22 in May 2026.

In **May 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 154,96 (R5 479,26 vs. R6 634,22)**.

It means that in **May 2026**, families living on low-incomes may underspend on basic nutritional food by a **minimum of 17% (R1 154,96)**.

## 6. MAY 2026 Basic Nutritional Food Index: children

By age of child	Index 2025/26			change in Rands		change in %	
	May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Small child aged 3-9 years	R 861,66	R854,11	R855,70	R 1,59	-R 5,96	0,2%	-0,7%
Small child aged 10-13 years	R 936,87	R926,55	R928,80	R 2,25	-R 8,07	0,2%	-0,9%
Girl child aged 14-18 years	R 994,03	R978,55	R981,40	R 2,85	-R 12,63	0,3%	-1,3%
Boy child aged 14-18 years	R 1 126,06	R1 100,56	R1 102,42	R 1,86	-R 23,64	0,2%	-2,1%
<b>Average for all children</b>	<b>R979,66</b>	<b>R964,94</b>	<b>R967,08</b>	<b>R 2,14</b>	<b>-R 12,57</b>	<b>0,2%</b>	<b>-1,3%</b>

**Month-on-month:** The **average cost to feed a child a basic nutritious diet increased** by **R2,14 (0,2%)** from R964,94 in April 2026 to R967,08 in May 2026.

**Year-on-year:** The **average cost to feed a child a basic nutritious diet decreased** by **R12,57 (-1,3%)** from R979,66 in May 2025 to R967,08 in May 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 **May 2026** the average cost to feed a child a basic nutritious diet per month cost **R967,08**.

The Child Support Grant of **R580** is set below the food poverty line of **R855**, and further below the average cost of **R967,08** to secure a basic nutritious diet for a child in **May 2026**.

In **May 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. MAY 2026 National Minimum Wage Scenarios

Number of working days in May 2026 = 20 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 May 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%). *Note: Local taxi fares will increase from R20 to R24 on 1st June 2026. In other areas tracked fares have already increased or are set to increase by 1st June by R2, R3 and R5. We will amend our fares in June 2026.*

*The data in the tables are relevant as at May 2026.*

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	20	15	15
Number of hours worked	8	8	5
Remuneration rate	R30,23	R30,23	R30,23
Wage income	<b>R4 836,80</b>	<b>R3 627,60</b>	<b>R2 267,25</b>

	Wage scenario 1	Wage scenario 2	Wage scenario 3
<b>Wage income</b>	<b>R4 836,80</b>	<b>R3 627,60</b>	<b>R2 267,25</b>
<b>Household expenses</b>			
		<b>% of wage</b>	<b>% of wage</b>
Transport to work (2 taxi, return)	R1 600,00	33,1%	33,1%
Prepaid electricity (350kWh)	R1 181,85	24,4%	32,6%
Total for transport + electricity	<b>R2 781,85</b>	<b>57,5%</b>	<b>65,7%</b>
<i>Money remaining to spend on all other expenses</i>	<b>R2 054,95</b>		<b>-R114,60</b>
Subtract: food (4 persons)	R3 795,23		R3 795,23
<b>Minimum surplus/shortfall on food costs</b>	<b>-R1 740,28</b>	<b>-45,9%</b>	<b>-R2 549,48</b>
			<b>-67,2%</b>
			<b>-R3 909,83</b>
			<b>-103,0%</b>

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 836,80 in May 2026** when disbursed in a family of **four persons is R1 209,20**. 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 (**R2 781,85**) workers are left with **R2 054,95**. **The minimum shortfall on food for a workers' family in May 2026 is 45,9%** (a shortfall of R1 740,28 on a basket of nutritional food costing R3 795,23). If all the remaining money (R2 054,95) went to buy food, then for a family of 4, **it would provide R513,74 per person per month**. **This is 40% 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. MAY 2026 Household Food Basket: Per area, compared.

Foods tracked	Quantity tracked	Joburg	Durban	Cape Town	Springbok	Maritzburg	Mtubatuba	Mthatha	Average
Maize meal	30kg	R303,95	R268,97	R294,97	R379,97	R292,47	R329,97	R337,47	R302,68
Rice	10kg	R139,91	R119,99	R143,57	R145,99	R103,49	R129,99	R149,16	R134,20
Cake Flour	10kg	R125,07	R112,07	R118,49	R119,99	R117,49	R126,66	R128,16	R120,12
White sugar	10kg	R231,15	R208,99	R233,74	R251,66	R216,24	R219,99	R246,66	R228,19
Sugar beans	5kg	R175,30	R148,58	R236,41	R233,25	R132,49	R134,99	R192,98	R183,84
Samp	5kg	R75,74	R66,09	R74,07	R94,98	R57,24	R68,32	R72,49	R72,25
Cooking oil	5L	R163,56	R149,99	R168,00	R168,73	R164,99	R164,99	R152,49	R160,61
Salt	1kg	R19,43	R16,91	R10,74	R21,32	R21,99	R14,32	R22,16	R17,17
Potatoes	10kg	R94,64	R94,08	R86,28	R85,70	R73,91	R72,84	R91,54	R88,80
Onions	10kg	R121,86	R143,36	R116,93	R152,03	R133,91	R161,09	R115,94	R130,09
Chicken portions	10kg	R432,48	R414,22	R464,27	R447,47	R470,44	R432,98	R468,44	R444,56
Curry powder	200g	R41,34	R33,74	R39,74	R46,65	R37,49	R42,99	R43,32	R39,52
Stock cubes	24 x2	R55,90	R50,73	R49,48	R45,98	R48,48	R48,65	R48,98	R50,87
Soup	400g x2	R67,82	R38,98	R59,98	R47,98	R39,98	R66,64	R65,98	R55,34
Tea	250g	R39,15	R30,66	R32,24	R34,99	R28,99	R32,99	R39,66	R34,28
Full cream milk	6L	R101,19	R96,08	R86,64	R91,32	R86,99	R108,32	R94,16	R94,56
Maas	4L	R65,41	R58,39	R63,82	R65,65	R55,74	R66,99	R61,82	R62,53
Eggs	60 eggs	R148,48	R134,89	R136,94	R155,98	R119,98	R139,98	R146,65	R140,73
Chicken feet	2kg	R104,23	R77,07	R43,48	R63,98	R82,59	R89,98	R91,07	R77,69
Gizzards	2kg	R100,73	R108,94	R86,23	R99,98	R116,44	R119,98	R106,59	R102,72
Chicken livers	2kg	R69,21	R74,62	R60,23	R105,96	R75,89	R84,98	R88,42	R74,08
Beef liver	2kg	R151,73	R127,38	R116,48	R116,98	R139,94	R139,98	R144,94	R134,02
Beef	2kg	R220,98	R191,19	R190,98	R189,98	R194,94	R219,98	R245,25	R204,59
Wors	2kg	R188,23	R162,44	R90,48	R149,98	R167,44	R219,98	R204,94	R159,96
Beef tripe	2kg	R112,48	R108,69	R74,98	R125,98	R97,44	R129,98	R111,44	R104,26
Fish	2kg	R125,67	R141,36	R113,70	R209,98	R150,94	R159,98	R162,72	R141,20
Tomatoes	6kg	R156,03	R139,14	R155,07	R175,94	R124,62	R161,94	R203,26	R157,97
Carrots	5kg	R54,40	R50,93	R57,38	R69,40	R61,23	R36,66	R65,81	R55,91
Butternut	10kg	R120,62	R95,09	R76,43	R123,86	R76,77	R114,98	R98,51	R98,53
Spinach	8 bunches	R117,45	R149,26	R116,72	R135,92	R183,92	R143,92	R135,92	R130,50
Cabbage	2 heads	R37,15	R45,31	R50,71	R41,31	R42,98	R47,98	R53,98	R45,23
Green pepper	2kg	R63,52	R53,98	R64,38	R86,64	R51,98	R62,64	R76,65	R63,58
Cremora	800g	R63,24	R50,26	R53,32	R49,99	R53,24	R56,66	R57,99	R55,54
Tinned pilchards	400g x6	R171,75	R157,58	R148,30	R157,94	R145,44	R175,94	R167,94	R160,33
Canned beans	410g x6	R105,73	R84,95	R85,45	R101,94	R80,21	R93,94	R101,94	R92,70
Bananas	4kg	R84,96	R76,33	R78,36	R74,61	R65,96	R73,29	R81,29	R78,33
Apples	3kg	R47,73	R42,80	R44,62	R43,98	R45,99	R38,32	R46,32	R44,86
Orange	7kg	R69,59	R74,71	R59,58	R127,12	R118,93	R60,65	R65,16	R73,22
Margarine	1kg	R40,82	R43,24	R41,49	R38,99	R48,49	R42,32	R49,66	R43,12
Peanut butter	400g x2	R89,98	R89,98	R82,71	R75,98	R76,48	R73,98	R75,98	R83,82
Polony	2.5kg	R76,73	R64,57	R71,99	R61,66	R94,99	R59,99	R61,99	R70,65
Apricot jam	900g	R40,82	R42,45	R40,32	R39,99	R37,24	R49,32	R41,32	R41,28
White bread	25 loaves	R476,65	R441,50	R415,75	R383,08	R396,75	R349,75	R420,58	R429,41
Brown bread	25 loaves	R430,81	R404,00	R387,31	R370,25	R365,50	R324,75	R391,42	R395,40
<b>Total household food basket</b>		<b>R 5 723,62</b>	<b>R 5 284,48</b>	<b>R 5 222,75</b>	<b>R 5 811,08</b>	<b>R 5 298,64</b>	<b>R 5 494,57</b>	<b>R 5 829,11</b>	<b>R 5 479,26</b>

The average cost (weighted) of the total Household Food Basket in May 2026 is R5 479,26

## 9. MAY 2026 Household Food Index: Johannesburg

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Maize meal	30kg	R363,47	R302,97	R303,95	R 0,98	-R 59,52	0%	-16%
Rice	10kg	R171,45	R141,41	R139,91	-R 1,50	-R 31,54	-1%	-18%
Cake Flour	10kg	R128,74	R123,99	R125,07	R 1,08	-R 3,67	1%	-3%
White sugar	10kg	R216,32	R228,41	R231,15	R 2,75	R 14,83	1%	7%
Sugar beans	5kg	R231,19	R197,65	R175,30	-R 22,35	-R 55,90	-11%	-24%
Samp	5kg	R74,24	R79,63	R75,74	-R 3,89	R 1,50	-5%	2%
Cooking oil	5L	R154,32	R165,61	R163,56	-R 2,06	R 9,24	-1%	6%
Salt	1kg	R17,93	R19,19	R19,43	R 0,24	R 1,50	1%	8%
Potatoes	10kg	R96,66	R92,15	R94,64	R 2,49	-R 2,01	3%	-2%
Onions	10kg	R97,77	R111,18	R121,86	R 10,68	R 24,09	10%	25%
Frozen chicken portions	10kg	R397,48	R431,13	R432,48	R 1,36	R 35,00	0%	9%
Curry powder	200g	R43,27	R41,07	R41,34	R 0,27	-R 1,93	1%	-4%
Stock cubes	24 cubes x2	R47,98	R54,98	R55,90	R 0,92	R 7,92	2%	17%
Soup	400g x2	R57,89	R68,31	R67,82	-R 0,50	R 9,92	-1%	17%
Tea	250g	R37,22	R38,07	R39,15	R 1,08	R 1,93	3%	5%
Full cream milk	6L	R96,24	R100,07	R101,19	R 1,12	R 4,95	1%	5%
Maas	4L	R61,57	R67,74	R65,41	-R 2,33	R 3,83	-3%	6%
Eggs	60 eggs	R156,70	R149,32	R148,48	-R 0,84	-R 8,22	-1%	-5%
Chicken feet	2kg	R104,48	R105,10	R104,23	-R 0,87	-R 0,25	-1%	0%
Gizzards	2kg	R97,98	R100,84	R100,73	-R 0,11	R 2,75	0%	3%
Chicken livers	2kg	R71,23	R68,84	R69,21	R 0,37	-R 2,02	1%	-3%
Beef liver	2kg	R115,23	R145,41	R151,73	R 6,32	R 36,50	4%	32%
Beef	2kg	R210,73	R225,70	R220,98	-R 4,71	R 10,25	-2%	5%
Wors	2kg	R169,73	R187,41	R188,23	R 0,82	R 18,50	0%	11%
Beef tripe	2kg	R107,23	R114,55	R112,48	-R 2,07	R 5,25	-2%	5%
Fish	2kg	R111,48	R115,70	R125,67	R 9,97	R 14,19	9%	13%
Tomatoes	6kg	R135,96	R148,79	R156,03	R 7,24	R 20,07	5%	15%
Carrots	5kg	R57,05	R53,90	R54,40	R 0,50	-R 2,65	1%	-5%
Butternut	10kg	R107,75	R105,54	R120,62	R 15,08	R 12,87	14%	12%
Spinach	8 bunches	R111,12	R107,56	R117,45	R 9,88	R 6,33	9%	6%
Cabbage	2 heads	R42,97	R36,65	R37,15	R 0,50	-R 5,82	1%	-14%
Green pepper	2kg	R65,06	R58,40	R63,52	R 5,11	-R 1,54	9%	-2%
Cremora	800g	R67,57	R56,82	R63,24	R 6,42	-R 4,33	11%	-6%
Tinned pilchards	400g x6	R159,19	R169,08	R171,75	R 2,67	R 12,56	2%	8%
Canned beans	410g x6	R103,44	R100,21	R105,73	R 5,52	R 2,29	6%	2%
Bananas	4kg	R80,63	R79,40	R84,96	R 5,56	R 4,33	7%	5%
Apples	3kg	R58,74	R52,49	R47,73	-R 4,76	-R 11,01	-9%	-19%
Oranges	7kg	R80,22	R69,94	R69,59	-R 0,35	-R 10,63	-1%	-13%
Margarine	1kg	R42,66	R41,37	R40,82	-R 0,54	-R 1,83	-1%	-4%
Peanut butter	400g x2	R89,15	R90,53	R89,98	-R 0,55	R 0,83	-1%	1%
Polony	2.5kg	R74,82	R73,82	R76,73	R 2,90	R 1,90	4%	3%
Apricot jam	900g	R40,99	R40,74	R40,82	R 0,08	-R 0,17	0%	0%
White bread	25 loaves	R432,00	R470,40	R476,65	R 6,25	R 44,65	1%	10%
Brown bread	25 loaves	R422,60	R432,90	R430,81	-R 2,08	R 8,21	0%	2%
<b>Total household food basket</b>		<b>R 5 610,46</b>	<b>R 5 664,94</b>	<b>R 5 723,62</b>	<b>R 58,68</b>	<b>R 113,16</b>	<b>1,0%</b>	<b>2,0%</b>

**Month-on-month:** The cost of the **Joburg household food basket increased** by **R58,68 (1,0%)** from R5 664,94 in April 2026 to R5 723,62 in May 2026.

**Year-on-year:** The cost of the **Joburg household food basket increased** by **R113,16 (2,0%)** from R5 610,46 in May 2025 to R5 723,62 in May 2026.

## 10. MAY 2026 Household Food Index: Durban

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Maize meal	30kg	R325,72	R275,97	R268,97	-R 7,00	-R 56,75	-3%	-17%
Rice	10kg	R144,66	R123,41	R119,99	-R 3,42	-R 24,67	-3%	-17%
Cake Flour	10kg	R116,74	R111,32	R112,07	R 0,75	-R 4,67	1%	-4%
White sugar	10kg	R200,41	R217,16	R208,99	-R 8,17	R 8,58	-4%	4%
Sugar beans	5kg	R189,49	R144,32	R148,58	R 4,26	-R 40,91	3%	-22%
Samp	5kg	R76,49	R66,74	R66,09	-R 0,65	-R 10,40	-1%	-14%
Cooking oil	5L	R151,91	R149,91	R149,99	R 0,08	-R 1,92	0%	-1%
Salt	1kg	R15,82	R17,74	R16,91	-R 0,83	R 1,09	-5%	7%
Potatoes	10kg	R122,40	R96,37	R94,08	-R 2,29	-R 28,32	-2%	-23%
Onions	10kg	R143,20	R140,63	R143,36	R 2,73	R 0,16	2%	0%
Frozen chicken portions	10kg	R394,90	R426,10	R414,22	-R 11,88	R 19,33	-3%	5%
Curry powder	200g	R36,74	R36,74	R33,74	-R 3,00	-R 3,00	-8%	-8%
Stock cubes	24 cubes x2	R49,98	R50,65	R50,73	R 0,09	R 0,75	0%	2%
Soup	400g x2	R42,65	R47,56	R38,98	-R 8,58	-R 3,66	-18%	-9%
Tea	250g	R29,74	R30,91	R30,66	-R 0,25	R 0,92	-1%	3%
Full cream milk	6L	R99,57	R104,07	R96,08	-R 7,99	-R 3,49	-8%	-4%
Maas	4L	R57,16	R58,82	R58,39	-R 0,43	R 1,24	-1%	2%
Eggs	60 eggs	R148,81	R135,15	R134,89	-R 0,26	-R 13,92	0%	-9%
Chicken feet	2kg	R83,67	R89,19	R77,07	-R 12,11	-R 6,60	-14%	-8%
Gizzards	2kg	R92,44	R101,10	R108,94	R 7,84	R 16,50	8%	18%
Chicken livers	2kg	R75,36	R75,36	R74,62	-R 0,74	-R 0,74	-1%	-1%
Beef liver	2kg	R115,19	R128,94	R127,38	-R 1,55	R 12,20	-1%	11%
Beef	2kg	R197,19	R199,94	R191,19	-R 8,75	-R 6,00	-4%	-3%
Wors	2kg	R149,69	R168,44	R162,44	-R 6,00	R 12,75	-4%	9%
Beef tripe	2kg	R100,53	R118,79	R108,69	-R 10,10	R 8,16	-9%	8%
Fish	2kg	R137,69	R134,69	R141,36	R 6,67	R 3,67	5%	3%
Tomatoes	6kg	R136,14	R133,95	R139,14	R 5,20	R 3,00	4%	2%
Carrots	5kg	R66,32	R46,42	R50,93	R 4,51	-R 15,39	10%	-23%
Butternut	10kg	R100,34	R89,22	R95,09	R 5,87	-R 5,25	7%	-5%
Spinach	8 bunches	R177,70	R173,63	R149,26	-R 24,37	-R 28,44	-14%	-16%
Cabbage	2 heads	R45,48	R45,62	R45,31	-R 0,30	-R 0,17	-1%	0%
Green pepper	2kg	R57,98	R57,48	R53,98	-R 3,50	-R 4,00	-6%	-7%
Cremora	800g	R55,41	R50,91	R50,26	-R 0,64	-R 5,14	-1%	-9%
Tinned pilchards	400g x6	R152,44	R164,44	R157,58	-R 6,86	R 5,14	-4%	3%
Canned beans	410g x6	R81,21	R84,95	R84,95	-R 0,01	R 3,73	0%	5%
Bananas	4kg	R82,51	R84,69	R76,33	-R 8,36	-R 6,18	-10%	-7%
Apples	3kg	R46,69	R48,90	R42,80	-R 6,09	-R 3,88	-12%	-8%
Oranges	7kg	R62,53	R112,30	R74,71	-R 37,59	R 12,18	-33%	19%
Margarine	1kg	R43,58	R44,41	R43,24	-R 1,17	-R 0,34	-3%	-1%
Peanut butter	400g x2	R84,31	R84,98	R89,98	R 5,00	R 5,67	6%	7%
Polony	2.5kg	R62,32	R67,41	R64,57	-R 2,83	R 2,25	-4%	4%
Apricot jam	900g	R38,74	R40,49	R42,45	R 1,96	R 3,71	5%	10%
White bread	25 loaves	R433,15	R440,40	R441,50	R 1,10	R 8,35	0%	2%
Brown bread	25 loaves	R402,94	R407,08	R404,00	-R 3,08	R 1,06	-1%	0%
<b>Total household food basket</b>		<b>R 5 427,87</b>	<b>R5 427,24</b>	<b>R5 284,48</b>	<b>-R 142,77</b>	<b>-R 143,40</b>	<b>-2,6%</b>	<b>-2,6%</b>

**Month-on-month:** The cost of the **Durban household food basket decreased** by **R142,77 (-2,6%)** from R5 427,24 in April 2026 to R5 284,48 in May 2026.

**Year-on-year:** The cost of the **Durban household food basket decreased** by **R143,40 (-2,6%)** from R5 427,87 in May 2025 to R5 284,48 in May 2026.

## 11. MAY 2026 Household Food Index: Cape Town

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Maize meal	30kg	R378,72	R291,22	R294,97	R 3,75	-R 83,75	1%	-22%
Rice	10kg	R166,07	R146,99	R143,57	-R 3,42	-R 22,50	-2%	-14%
Cake Flour	10kg	R126,40	R118,49	R118,49	R 0,00	-R 7,92	0%	-6%
White sugar	10kg	R236,24	R231,07	R233,74	R 2,67	-R 2,50	1%	-1%
Sugar beans	5kg	R266,63	R247,01	R236,41	-R 10,59	-R 30,21	-4%	-11%
Samp	5kg	R77,74	R72,99	R74,07	R 1,08	-R 3,67	1%	-5%
Cooking oil	5L	R159,67	R167,17	R168,00	R 0,83	R 8,33	0%	5%
Salt	1kg	R11,07	R10,57	R10,74	R 0,17	-R 0,33	2%	-3%
Potatoes	10kg	R121,48	R86,93	R86,28	-R 0,65	-R 35,19	-1%	-29%
Onions	10kg	R123,96	R104,78	R116,93	R 12,14	-R 7,03	12%	-6%
Frozen chicken portions	10kg	R428,73	R445,23	R464,27	R 19,04	R 35,54	4%	8%
Curry powder	200g	R39,57	R39,32	R39,74	R 0,42	R 0,17	1%	0%
Stock cubes	24 cubes x2	R45,78	R49,98	R49,48	-R 0,50	R 3,70	-1%	8%
Soup	400g x2	R68,48	R59,31	R59,98	R 0,67	-R 8,49	1%	-12%
Tea	250g	R31,91	R30,82	R32,24	R 1,42	R 0,33	5%	1%
Full cream milk	6L	R87,31	R89,88	R86,64	-R 3,24	-R 0,67	-4%	-1%
Maas	4L	R68,15	R63,65	R63,82	R 0,17	-R 4,34	0%	-6%
Eggs	60 eggs	R149,07	R136,52	R136,94	R 0,41	-R 12,13	0%	-8%
Chicken feet	2kg	R41,41	R40,98	R43,48	R 2,50	R 2,07	6%	5%
Gizzards	2kg	R71,73	R84,23	R86,23	R 2,00	R 14,50	2%	20%
Chicken livers	2kg	R53,98	R58,23	R60,23	R 2,00	R 6,25	3%	12%
Beef liver	2kg	R99,69	R114,55	R116,48	R 1,93	R 16,79	2%	17%
Beef	2kg	R171,48	R198,48	R190,98	-R 7,50	R 19,50	-4%	11%
Wors	2kg	R100,27	R103,23	R90,48	-R 12,75	-R 9,79	-12%	-10%
Beef tripe	2kg	R95,18	R66,98	R74,98	R 8,00	-R 20,20	12%	-21%
Fish	2kg	R115,70	R113,69	R113,70	R 0,01	-R 2,00	0%	-2%
Tomatoes	6kg	R170,35	R154,14	R155,07	R 0,93	-R 15,28	1%	-9%
Carrots	5kg	R51,68	R48,77	R57,38	R 8,61	R 5,70	18%	11%
Butternut	10kg	R73,24	R66,43	R76,43	R 9,99	R 3,19	15%	4%
Spinach	8 bunches	R123,56	R111,03	R116,72	R 5,69	-R 6,84	5%	-6%
Cabbage	2 heads	R48,18	R36,71	R50,71	R 14,00	R 2,53	38%	5%
Green pepper	2kg	R75,97	R77,43	R64,38	-R 13,05	-R 11,59	-17%	-15%
Cremora	800g	R60,57	R56,07	R53,32	-R 2,75	-R 7,25	-5%	-12%
Tinned pilchards	400g x6	R143,94	R151,94	R148,30	-R 3,64	R 4,36	-2%	3%
Canned beans	410g x6	R87,94	R85,94	R85,45	-R 0,50	-R 2,50	-1%	-3%
Bananas	4kg	R82,36	R85,56	R78,36	-R 7,20	-R 4,00	-8%	-5%
Apples	3kg	R48,40	R42,44	R44,62	R 2,18	-R 3,78	5%	-8%
Oranges	7kg	R91,36	R74,30	R59,58	-R 14,72	-R 31,77	-20%	-35%
Margarine	1kg	R39,99	R41,32	R41,49	R 0,17	R 1,50	0%	4%
Peanut butter	400g x2	R78,98	R80,98	R82,71	R 1,73	R 3,73	2%	5%
Polony	2.5kg	R59,89	R63,69	R71,99	R 8,30	R 12,10	13%	20%
Apricot jam	900g	R40,07	R40,07	R40,32	R 0,25	R 0,25	1%	1%
White bread	25 loaves	R422,73	R404,00	R415,75	R 11,75	-R 6,98	3%	-2%
Brown bread	25 loaves	R393,56	R374,81	R387,31	R 12,50	-R 6,25	3%	-2%
<b>Total household food basket</b>		<b>R 5 429,18</b>	<b>R5 167,96</b>	<b>R5 222,75</b>	<b>R 54,78</b>	<b>-R 206,43</b>	<b>1,1%</b>	<b>-3,8%</b>

**Month-on-month:** The cost of the **Cape Town household food basket increased** by **R54,78 (1,1%)** from R5 167,96 in April 2026 to R5 222,75 in May 2026.

**Year-on-year:** The cost of the **Cape Town household food basket decreased** by **R206,43 (-3,8%)** from R5 429,18 in May 2025 to R5 222,75 in May 2026.

## 12. MAY 2026 Household Food Index: Springbok

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Maize meal	30kg	R364,97	R379,97	R379,97	R 0,00	R 15,00	0%	4%
Rice	10kg	R183,32	R145,99	R145,99	R 0,00	-R 37,33	0%	-20%
Cake Flour	10kg	R129,99	R119,99	R119,99	R 0,00	-R 10,00	0%	-8%
White sugar	10kg	R243,32	R248,32	R251,66	R 3,33	R 8,33	1%	3%
Sugar beans	5kg	R279,90	R279,90	R233,25	-R 46,65	-R 46,65	-17%	-17%
Samp	5kg	R83,98	R94,98	R94,98	R 0,00	R 11,00	0%	13%
Cooking oil	5L	R184,56	R166,65	R168,73	R 2,08	-R 15,84	1%	-9%
Salt	1kg	R20,99	R20,99	R21,32	R 0,33	R 0,33	2%	2%
Potatoes	10kg	R119,03	R80,94	R85,70	R 4,76	-R 33,33	6%	-28%
Onions	10kg	R128,53	R149,00	R152,03	R 3,03	R 23,51	2%	18%
Frozen chicken portions	10kg	R472,47	R447,47	R447,47	R 0,00	-R 25,00	0%	-5%
Curry powder	200g	R43,32	R46,65	R46,65	R 0,00	R 3,33	0%	8%
Stock cubes	24 cubes x2	R44,65	R46,65	R45,98	-R 0,67	R 1,33	-1%	3%
Soup	400g x2	R43,98	R47,98	R47,98	R 0,00	R 4,00	0%	9%
Tea	250g	R29,99	R33,66	R34,99	R 1,33	R 5,00	4%	17%
Full cream milk	6L	R89,99	R91,32	R91,32	R 0,00	R 1,33	0%	1%
Maas	4L	R64,98	R66,98	R65,65	-R 1,33	R 0,67	-2%	1%
Eggs	60 eggs	R169,31	R155,98	R155,98	R 0,00	-R 13,33	0%	-8%
Chicken feet	2kg	R71,98	R59,98	R63,98	R 4,00	-R 8,00	7%	-11%
Gizzards	2kg	R99,98	R99,98	R99,98	R 0,00	R 0,00	0%	0%
Chicken livers	2kg	R131,94	R109,96	R105,96	-R 4,00	-R 25,98	-4%	-20%
Beef liver	2kg	R115,98	R119,98	R116,98	-R 3,00	R 1,00	-3%	1%
Beef	2kg	R179,98	R204,98	R189,98	-R 15,00	R 10,00	-7%	6%
Wors	2kg	R164,98	R143,98	R149,98	R 6,00	-R 15,00	4%	-9%
Beef tripe	2kg	R117,98	R125,98	R125,98	R 0,00	R 8,00	0%	7%
Fish	2kg	R199,98	R215,98	R209,98	-R 6,00	R 10,00	-3%	5%
Tomatoes	6kg	R179,94	R159,94	R175,94	R 16,00	-R 4,00	10%	-2%
Carrots	5kg	R69,13	R70,52	R69,40	-R 1,11	R 0,27	-2%	0%
Butternut	10kg	R114,98	R108,31	R123,86	R 15,55	R 8,88	14%	8%
Spinach	8 bunches	R119,92	R130,59	R135,92	R 5,33	R 16,00	4%	13%
Cabbage	2 heads	R47,98	R40,98	R41,31	R 0,33	-R 6,67	1%	-14%
Green pepper	2kg	R83,97	R86,64	R86,64	R 0,00	R 2,67	0%	3%
Cremora	800g	R57,66	R52,99	R49,99	-R 3,00	-R 7,67	-6%	-13%
Tinned pilchards	400g x6	R141,94	R155,94	R157,94	R 2,00	R 16,00	1%	11%
Canned beans	410g x6	R103,94	R103,94	R101,94	-R 2,00	-R 2,00	-2%	-2%
Bananas	4kg	R79,95	R77,28	R74,61	-R 2,67	-R 5,33	-3%	-7%
Apples	3kg	R48,32	R56,65	R43,98	-R 12,66	-R 4,33	-22%	-9%
Oranges	7kg	R97,18	R127,14	R127,12	-R 0,02	R 29,94	0%	31%
Margarine	1kg	R38,32	R39,66	R38,99	-R 0,67	R 0,67	-2%	2%
Peanut butter	400g x2	R78,65	R77,98	R75,98	-R 2,00	-R 2,67	-3%	-3%
Polony	2.5kg	R60,99	R63,32	R61,66	-R 1,67	R 0,67	-3%	1%
Apricot jam	900g	R39,99	R40,99	R39,99	-R 1,00	R 0,00	-2%	0%
White bread	25 loaves	R374,75	R391,42	R383,08	-R 8,33	R 8,33	-2%	2%
Brown bread	25 loaves	R362,25	R374,75	R370,25	-R 4,50	R 8,00	-1%	2%
<b>Total household food basket</b>		<b>R 5 879,94</b>	<b>R 5 863,27</b>	<b>R 5 811,08</b>	<b>-R 52,19</b>	<b>-R 68,87</b>	<b>-0,9%</b>	<b>-1,2%</b>

**Month-on-month:** The cost of the **Springbok household food basket decreased** by **R52,19 (-0,9%)** from R5 863,27 in April 2026 to R5 811,08 in May 2026.

**Year-on-year:** The cost of the **Springbok household food basket decreased** by **R68,87 (-1,2%)** from R5 879,94 in May 2025 to R5 811,08 in May 2026.

### 13. MAY 2026 Household Food Index: Pietermaritzburg

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Maize meal	30kg	R352,77	R314,97	R292,47	-R 22,50	-R 60,30	-7%	-17%
Rice	10kg	R121,59	R99,99	R103,49	R 3,50	-R 18,10	4%	-15%
Cake Flour	10kg	R114,59	R107,49	R117,49	R 10,00	R 2,90	9%	3%
White sugar	10kg	R215,39	R206,49	R216,24	R 9,75	R 0,85	5%	0%
Sugar beans	5kg	R193,99	R131,86	R132,49	R 0,63	-R 61,50	0%	-32%
Samp	5kg	R57,19	R50,49	R57,24	R 6,75	R 0,05	13%	0%
Cooking oil	5L	R165,99	R161,24	R164,99	R 3,75	-R 1,00	2%	-1%
Salt	1kg	R21,19	R20,49	R21,99	R 1,50	R 0,80	7%	4%
Potatoes	10kg	R113,27	R97,48	R73,91	-R 23,57	-R 39,36	-24%	-35%
Onions	10kg	R121,98	R110,70	R133,91	R 23,21	R 11,93	21%	10%
Frozen chicken portions	10kg	R405,98	R532,43	R470,44	-R 61,99	R 64,46	-12%	16%
Curry powder	200g	R36,39	R34,49	R37,49	R 3,00	R 1,10	9%	3%
Stock cubes	24 cubes x2	R46,38	R46,98	R48,48	R 1,50	R 2,10	3%	5%
Soup	400g x2	R34,78	R35,98	R39,98	R 4,00	R 5,20	11%	15%
Tea	250g	R27,59	R27,74	R28,99	R 1,25	R 1,40	5%	5%
Full cream milk	6L	R95,19	R101,49	R86,99	-R 14,50	-R 8,20	-14%	-9%
Maas	4L	R56,59	R53,99	R55,74	R 1,75	-R 0,85	3%	-2%
Eggs	60 eggs	R150,38	R129,98	R119,98	-R 10,00	-R 30,40	-8%	-20%
Chicken feet	2kg	R91,98	R104,94	R82,59	-R 22,34	-R 9,39	-21%	-10%
Gizzards	2kg	R88,98	R145,89	R116,44	-R 29,45	R 27,46	-20%	31%
Chicken livers	2kg	R74,94	R75,39	R75,89	R 0,50	R 0,95	1%	1%
Beef liver	2kg	R113,31	R150,94	R139,94	-R 11,00	R 26,63	-7%	23%
Beef	2kg	R204,98	R216,44	R194,94	-R 21,50	-R 10,04	-10%	-5%
Wors	2kg	R164,98	R169,94	R167,44	-R 2,50	R 2,46	-1%	1%
Beef tripe	2kg	R83,98	R129,94	R97,44	-R 32,50	R 13,46	-25%	16%
Fish	2kg	R125,98	R155,44	R150,94	-R 4,50	R 24,96	-3%	20%
Tomatoes	6kg	R87,49	R86,64	R124,62	R 37,98	R 37,14	44%	42%
Carrots	5kg	R43,99	R28,49	R61,23	R 32,74	R 17,24	115%	39%
Butternut	10kg	R77,41	R76,05	R76,77	R 0,71	-R 0,64	1%	-1%
Spinach	8 bunches	R110,32	R95,92	R183,92	R 88,00	R 73,60	92%	67%
Cabbage	2 heads	R43,48	R45,98	R42,98	-R 3,00	-R 0,50	-7%	-1%
Green pepper	2kg	R47,18	R45,48	R51,98	R 6,50	R 4,80	14%	10%
Cremora	800g	R57,79	R53,24	R53,24	R 0,00	-R 4,55	0%	-8%
Tinned pilchards	400g x6	R133,14	R146,94	R145,44	-R 1,50	R 12,30	-1%	9%
Canned beans	410g x6	R76,18	R80,97	R80,21	-R 0,77	R 4,03	-1%	5%
Bananas	4kg	R75,96	R83,96	R65,96	-R 18,00	-R 10,00	-21%	-13%
Apples	3kg	R35,39	R41,99	R45,99	R 4,00	R 10,60	10%	30%
Oranges	7kg	R57,07	R64,99	R118,93	R 53,94	R 61,86	83%	108%
Margarine	1kg	R47,99	R42,49	R48,49	R 6,00	R 0,50	14%	1%
Peanut butter	400g x2	R71,98	R80,98	R76,48	-R 4,50	R 4,50	-6%	6%
Polony	2.5kg	R71,19	R88,99	R94,99	R 6,00	R 23,80	7%	33%
Apricot jam	900g	R34,39	R37,49	R37,24	-R 0,25	R 2,85	-1%	8%
White bread	25 loaves	R361,00	R384,19	R396,75	R 12,56	R 35,75	3%	10%
Brown bread	25 loaves	R338,50	R353,06	R365,50	R 12,44	R 27,00	4%	8%
<b>Total household food basket</b>		<b>R 5 050,80</b>	<b>R 5 251,02</b>	<b>R 5 298,64</b>	<b>R 47,62</b>	<b>R 247,84</b>	<b>0,9%</b>	<b>4,9%</b>

**Month-on-month:** The cost of the Pietermaritzburg household food basket *increased* by **R47,62 (0,9%)** from R5 251,02 in April 2026 to R5 298,64 in May 2026.

**Year-on-year:** The cost of the Pietermaritzburg household food basket *increased* by **R247,84 (4,9%)** from R5 050,80 in May 2025 to R5 298,64 in May 2026.

## 14. MAY 2026 Household Food Index: Mtubatuba

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		May_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Maize meal	30kg	R354,97	R289,97	R329,97	R 40,00	-R 25,00	14%	-7%
Rice	10kg	R163,32	R144,99	R129,99	-R 15,00	-R 33,33	-10%	-20%
Cake Flour	10kg	R119,99	R128,32	R126,66	-R 1,67	R 6,67	-1%	6%
White sugar	10kg	R206,66	R199,99	R219,99	R 20,00	R 13,33	10%	6%
Sugar beans	5kg	R198,32	R138,32	R134,99	-R 3,33	-R 63,33	-2%	-32%
Samp	5kg	R69,99	R61,99	R68,32	R 6,33	-R 1,67	10%	-2%
Cooking oil	5L	R158,32	R161,66	R164,99	R 3,33	R 6,67	2%	4%
Salt	1kg	R15,32	R14,32	R14,32	R 0,00	-R 1,00	0%	-7%
Potatoes	10kg	R119,98	R89,51	R72,84	-R 16,67	-R 47,14	-19%	-39%
Onions	10kg	R145,22	R135,70	R161,09	R 25,39	R 15,87	19%	11%
Frozen chicken portions	10kg	R369,98	R419,98	R432,98	R 13,00	R 63,00	3%	17%
Curry powder	200g	R42,66	R39,99	R42,99	R 3,00	R 0,33	8%	1%
Stock cubes	24 cubes x2	R47,98	R49,31	R48,65	-R 0,67	R 0,67	-1%	1%
Soup	400g x2	R53,31	R77,97	R66,64	-R 11,33	R 13,33	-15%	25%
Tea	250g	R34,32	R35,66	R32,99	-R 2,67	-R 1,33	-7%	-4%
Full cream milk	6L	R98,32	R103,32	R108,32	R 5,00	R 10,00	5%	10%
Maas	4L	R55,66	R57,49	R66,99	R 9,50	R 11,33	17%	20%
Eggs	60 eggs	R153,31	R139,98	R139,98	R 0,00	-R 13,33	0%	-9%
Chicken feet	2kg	R88,98	R79,98	R89,98	R 10,00	R 1,00	13%	1%
Gizzards	2kg	R94,98	R119,98	R119,98	R 0,00	R 25,00	0%	26%
Chicken livers	2kg	R81,98	R84,98	R84,98	R 0,00	R 3,00	0%	4%
Beef liver	2kg	R104,98	R139,98	R139,98	R 0,00	R 35,00	0%	33%
Beef	2kg	R198,98	R209,98	R219,98	R 10,00	R 21,00	5%	11%
Wors	2kg	R186,98	R219,98	R219,98	R 0,00	R 33,00	0%	18%
Beef tripe	2kg	R79,98	R129,98	R129,98	R 0,00	R 50,00	0%	63%
Fish	2kg	R137,98	R164,98	R159,98	-R 5,00	R 22,00	-3%	16%
Tomatoes	6kg	R153,94	R139,94	R161,94	R 22,00	R 8,00	16%	5%
Carrots	5kg	R46,66	R33,32	R36,66	R 3,33	-R 10,00	10%	-21%
Butternut	10kg	R104,15	R110,54	R114,98	R 4,44	R 10,83	4%	10%
Spinach	8 bunches	R95,92	R135,92	R143,92	R 8,00	R 48,00	6%	50%
Cabbage	2 heads	R47,98	R44,65	R47,98	R 3,33	R 0,00	7%	0%
Green pepper	2kg	R78,63	R58,65	R62,64	R 3,99	-R 15,99	7%	-20%
Cremora	800g	R66,66	R53,32	R56,66	R 3,33	-R 10,00	6%	-15%
Tinned pilchards	400g x6	R173,94	R173,94	R175,94	R 2,00	R 2,00	1%	1%
Canned beans	410g x6	R97,94	R95,94	R93,94	-R 2,00	-R 4,00	-2%	-4%
Bananas	4kg	R66,63	R65,29	R73,29	R 8,00	R 6,67	12%	10%
Apples	3kg	R43,32	R44,99	R38,32	-R 6,67	-R 5,00	-15%	-12%
Oranges	7kg	R79,70	R104,97	R60,65	-R 44,33	-R 19,05	-42%	-24%
Margarine	1kg	R39,32	R46,99	R42,32	-R 4,67	R 3,00	-10%	8%
Peanut butter	400g x2	R98,65	R91,98	R73,98	-R 18,00	-R 24,67	-20%	-25%
Polony	2.5kg	R69,99	R63,66	R59,99	-R 3,67	-R 10,00	-6%	-14%
Apricot jam	900g	R46,32	R43,99	R49,32	R 5,33	R 3,00	12%	6%
White bread	25 loaves	R333,08	R349,75	R349,75	R 0,00	R 16,67	0%	5%
Brown bread	25 loaves	R374,75	R324,75	R324,75	R 0,00	-R 50,00	0%	-13%
<b>Total household food basket</b>		<b>R 5 400,06</b>	<b>R 5 420,90</b>	<b>R 5 494,57</b>	<b>R 73,67</b>	<b>R 94,51</b>	<b>1,4%</b>	<b>1,8%</b>

**Month-on-month:** The cost of the **Mtubatuba household food basket increased** by **R73,67 (1,4%)** from R5 420,90 in April 2026 to R5 494,57 in May 2026.

**Year-on-year:** The cost of the **Mtubatuba household food basket increased** by **R94,51 (1,8%)** from R5 400,06 in May 2025 to R5 494,57 in May 2026.

## 15. MAY 2026 Household Food Index: Mthatha

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Apr_2025	Apr_2026	May_2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026	Apr 2026 vs. May 2026	May 2025 vs. May 2026
Maize meal	30kg	R379,07	R312,47	R337,47	R 25,00	-R 41,60	8%	-11%
Rice	10kg	R184,99	R140,82	R149,16	R 8,33	-R 35,83	6%	-19%
Cake Flour	10kg	R127,82	R121,32	R128,16	R 6,83	R 0,33	6%	0%
White sugar	10kg	R232,49	R235,82	R246,66	R 10,83	R 14,17	5%	6%
Sugar beans	5kg	R231,32	R177,32	R192,98	R 15,67	-R 38,33	9%	-17%
Samp	5kg	R77,32	R72,49	R72,49	R 0,00	-R 4,83	0%	-6%
Cooking oil	5L	R153,16	R149,99	R152,49	R 2,50	-R 0,67	2%	0%
Salt	1kg	R18,32	R20,49	R22,16	R 1,67	R 3,83	8%	21%
Potatoes	10kg	R123,84	R82,35	R91,54	R 9,19	-R 32,31	11%	-26%
Onions	10kg	R120,08	R107,70	R115,94	R 8,24	-R 4,14	8%	-3%
Frozen chicken portions	10kg	R399,94	R454,94	R468,44	R 13,50	R 68,50	3%	17%
Curry powder	200g	R41,16	R39,49	R43,32	R 3,83	R 2,17	10%	5%
Stock cubes	24 cubes x2	R46,98	R49,31	R48,98	-R 0,33	R 2,00	-1%	4%
Soup	400g x2	R53,31	R62,65	R65,98	R 3,33	R 12,67	5%	24%
Tea	250g	R35,32	R36,32	R39,66	R 3,33	R 4,33	9%	12%
Full cream milk	6L	R91,66	R91,99	R94,16	R 2,17	R 2,50	2%	3%
Maas	4L	R63,82	R63,66	R61,82	-R 1,83	-R 2,00	-3%	-3%
Eggs	60 eggs	R154,98	R143,31	R146,65	R 3,33	-R 8,34	2%	-5%
Chicken feet	2kg	R84,46	R87,96	R91,07	R 3,11	R 6,61	4%	8%
Gizzards	2kg	R84,43	R113,25	R106,59	-R 6,67	R 22,16	-6%	26%
Chicken livers	2kg	R68,66	R92,64	R88,42	-R 4,22	R 19,77	-5%	29%
Beef liver	2kg	R109,10	R132,44	R144,94	R 12,50	R 35,84	9%	33%
Beef	2kg	R176,65	R192,94	R245,25	R 52,32	R 68,61	27%	39%
Wors	2kg	R149,44	R194,94	R204,94	R 10,00	R 55,50	5%	37%
Beef tripe	2kg	R69,92	R114,94	R111,44	-R 3,50	R 41,52	-3%	59%
Fish	2kg	R167,18	R155,93	R162,72	R 6,79	-R 4,47	4%	-3%
Tomatoes	6kg	R162,26	R191,68	R203,26	R 11,59	R 41,00	6%	25%
Carrots	5kg	R65,93	R63,59	R65,81	R 2,22	-R 0,12	3%	0%
Butternut	10kg	R98,99	R95,48	R98,51	R 3,04	-R 0,48	3%	0%
Spinach	8 bunches	R133,28	R127,92	R135,92	R 8,00	R 2,64	6%	2%
Cabbage	2 heads	R49,32	R53,98	R53,98	R 0,00	R 4,66	0%	9%
Green pepper	2kg	R54,65	R66,65	R76,65	R 10,00	R 22,00	15%	40%
Cremora	800g	R63,49	R55,82	R57,99	R 2,17	-R 5,50	4%	-9%
Tinned pilchards	400g x6	R160,94	R171,94	R167,94	-R 4,00	R 7,00	-2%	4%
Canned beans	410g x6	R107,44	R106,94	R101,94	-R 5,00	-R 5,50	-5%	-5%
Bananas	4kg	R83,96	R85,29	R81,29	-R 4,00	-R 2,67	-5%	-3%
Apples	3kg	R44,65	R42,15	R46,32	R 4,17	R 1,67	10%	4%
Oranges	7kg	R66,91	R66,99	R65,16	-R 1,83	-R 1,75	-3%	-3%
Margarine	1kg	R46,49	R53,66	R49,66	-R 4,00	R 3,17	-7%	7%
Peanut butter	400g x2	R81,98	R87,65	R75,98	-R 11,67	-R 6,00	-13%	-7%
Polony	2.5kg	R69,99	R67,49	R61,99	-R 5,50	-R 8,00	-8%	-11%
Apricot jam	900g	R42,82	R44,16	R41,32	-R 2,83	-R 1,50	-6%	-4%
White bread	25 loaves	R422,67	R428,92	R420,58	-R 8,33	-R 2,08	-2%	0%
Brown bread	25 loaves	R391,42	R395,58	R391,42	-R 4,17	R 0,00	-1%	0%
<b>Total household food basket</b>		<b>R 5 592,60</b>	<b>R 5 653,34</b>	<b>R 5 829,11</b>	<b>R 175,76</b>	<b>R 236,51</b>	<b>3,1%</b>	<b>4,2%</b>

**Month-on-month:** The cost of the **Mthatha household food basket** *increased* by **R175,76 (3,1%)** from R5 653,34 in April 2026 to R5 829,11 in May 2026.

**Year-on-year:** The cost of the **Mthatha household food basket** *increased* by **R236,51 (4,2%)** from R5 592,60 in May 2025 to R5 829,11 in May 2026.

## 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); and Mthatha (Eastern 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 52 supermarkets and 36 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: 22,7% for Joburg, Durban & Cape Town; 11,4% Mthatha, 9,1% Pietermaritzburg, and 5,7% for Springbok, and Mtubatuba.

## 17. References

References from **Summary Data Reference Sheet**, page 1.

*For stats on population estimates and HIV prevalence:*

STATSSA (2025). **Mid-year population estimates 2025**. Statistical release P0302. 28 July 2025. Statistics South Africa. Pretoria. Pvi, & vii. See link: <https://www.statssa.gov.za/publications/P0302/P03022025.pdf>

*For stats on labour market dynamics:*

STATSSA (2026). **Quarterly Labour Force Survey, Quarter 1, 2026**. Statistical release P0211. 12 May 2026. Statistics South Africa. Pretoria. P23,25.

See Link: <https://www.statssa.gov.za/publications/P0211/P02111stQuarter2026.pdf>

*For stats on median wages:*

STATSSA (2018). **Labour market dynamics in South Africa, 2018**. Report no. 02-11-02 (2018). Statistics South Africa. Pretoria. P48. See link: <http://www.statssa.gov.za/publications/Report-02-11-02/Report-02-11-022018.pdf>

*For National Minimum Wage levels*

Department of Employment and Labour (2025). **Government Gazette, 4 February 2025. No. 52053.**

**Amendment of National Minimum Wage for 1 March 2025**. Pretoria. P4. See link:

[https://www.gov.za/sites/default/files/gcis\\_document/202502/52053rg11792gon5830.pdf](https://www.gov.za/sites/default/files/gcis_document/202502/52053rg11792gon5830.pdf)

*For value of social grants:*

National Treasury (2026). **2026 Budget Speech**. Minister of Finance. 25 February 2026. National Treasury.

Pretoria. P10. See link: <https://www.treasury.gov.za/documents/National%20Budget/2026/speech/speech.pdf>

*For stats on numbers of people accessing social grants:*

SASSA (2026). **Factsheet: Issue #2 of 2026. 28 February 2026. A Statistical Summary of Social Grants in South Africa**. South African Social Security Agency. Pretoria. P1. See link: <https://www.sassa.gov.za/statistical-reports/Documents/FACT%20SHEET%20%20February%202026.pdf>

*For stats on poverty line values and numbers of people living below poverty line:*

STATSSA (2026). **National Poverty Lines 2025**. Statistical Release P0310.1. 29 January 2026. Statistics South Africa. Pretoria. P3. See link: <https://www.statssa.gov.za/publications/P03101/P031012025.pdf>

STATSSA (2025). **Poverty Trends in South Africa: An examination of absolute poverty between 2006 and 2023**. Report No. 03-10-06. Statistics South Africa, Pretoria, South Africa. 49, 109, 132 & 138. See link:

<https://www.statssa.gov.za/publications/Report-03-10-06/Report-03-10-062023.pdf>

*For stats on stunting levels in children:*

STATSSA (2017). **South Africa Demographic and Health Survey 2016: Key Indicator Report**. Statistics South Africa. Pretoria. P27-28. See link: <http://www.statssa.gov.za/publications/Report%2003-00-09/Report%2003-00-092016.pdf>

*For electricity tariffs in Pietermaritzburg:*

Msunduzi Municipality (2025). **Approved Register of Tariffs Charges 2025/2026**. From 1 July 2025 to 30 June 2026. Document dated: 30 June 2025. Msunduzi Municipality. Pietermaritzburg. P37, for Scale 1: Domestic Life Line Tariff 20 Amp. See link:

<http://www.msunduzi.gov.za/site/search/downloadcode/Approved%20Register%20of%20Tariffs%20and%20Charges%202025-26%20.pdf>