



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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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 (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 7 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. JUNE 2026 Summary Data Reference Sheet

Summary of Household Affordability Data

National Minimum Wage June 2026 (21 working days)	
General workers at R30,23/hr	R5 078,64
General workers at 10% exemption at R27,21/hr	R4 570,78
Minimum underspend on food in June 2026	-51,0%

Cost of Household Food Basket in June 2026	
Cost of Joburg Household Food Basket	R5 713,63
Cost of Durban Household Food Basket	R5 349,33
Cost of Cape Town Household Food Basket	R5 298,04
Cost of Springbok Household Food Basket	R5 945,05
Cost of Maritzburg Household Food Basket	R5 176,12
Cost of Mtubatuba Household Food Basket	R5 519,75
Cost of Mthatha Household Food Basket	R5 744,03
Average cost of Household Food Basket (all areas).	R5 502,42
Month-on-month change	R23,15 0,4%
Year-on-year change	R59,29 1,1%

Cost of foods prioritised & bought first in Household Food Basket: year-on-year June 2025 to June 2026		
Core foods	Jun_2025	Jun_2026
	cost	cost
Maize meal (30kg)	R 351,60	R 295,86
Rice (10kg)	R 153,53	R 132,55
Cake Flour (10kg)	R 123,78	R 121,60
White sugar (10kg)	R 223,33	R 230,87
Sugar beans (5kg)	R 221,10	R 190,45
Samp (5kg)	R 73,14	R 74,26
Cooking oil (5L)	R 158,65	R 162,16
Salt (1kg)	R 16,23	R 17,00
Potatoes (10kg)	R 101,69	R 87,24
Onions (10kg)	R 134,98	R 151,75
Frozen chicken pieces (10kg)	R 406,51	R 431,68
Curry powder (200g)	R 38,71	R 39,52
Stock cubes (24 cubes x2)	R 48,53	R 49,86
Soup (400g x2)	R 51,32	R 56,55
Tea (250g)	R 32,37	R 34,64
White bread (25 loaves)	R 411,61	R 429,34
Brown bread (25 loaves)	R 381,01	R 395,80
Subtotal of core foods	R2 928,09	R 2 901,13

VAT on Household Food Basket in June 2026	R349,17
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Cost of a basic nutritious diet for a family per month, June'26	
Household size with 4 members	R3 836,78
Household size with 5 members	R4 848,80
Household size with 7 members	R6 705,31

Cost of a basic nutritious diet for a child per month in June 2026	
Small child aged 3-9 years	R865,46
Small child aged 10-13 years	R938,74
Girl child aged 14-18 years	R991,05
Boy child aged 14-18 years	R1 114,81
Average for all children	R977,52
In June 2026, the Child Support Grant (R580) is 32% below the food poverty line (R855) & 41% below the average cost to secure a basic nutritious diet for a child (R977,52).	

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	43,7%
Numbers of people employed	16,754 million
Number of people one wage supports	3,8
Maximum NMW June 2026	R5 078,64
NMW shared in a family, per person	R1 336,48

Black South Africans	
Population size 2025	51,604 million
Unemployment rate	36,4%
Unemployed + potential labour force	47,8%
Numbers of people employed	12,823 million
Number of people one wage supports	4
Maximum NMW June 2026	R5 078,64
NMW shared in a family, per person	R1 269,66

White South Africans	
Population size 2025	4,497 million
Unemployment rate	9,2%
Unemployed + potential labour force	12,0%
Numbers of people employed	1,710 million
Number of people one wage supports	2,6
Maximum NMW June 2026	R5 078,64
NMW shared in a family, per person	R1 953,32

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 boy children under 5 years	30%
Stunting levels in girl children under 5 years	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. JUNE 2026 Household Food Index: All areas

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Maize meal	30kg	R351,60	R302,68	R295,86	-R 6,81	-R 55,74	-2%	-16%
Rice	10kg	R153,53	R134,20	R132,55	-R 1,65	-R 20,99	-1%	-14%
Cake Flour	10kg	R123,78	R120,12	R121,60	R 1,48	-R 2,17	1%	-2%
White sugar	10kg	R223,33	R228,19	R230,87	R 2,69	R 7,54	1%	3%
Sugar beans	5kg	R221,10	R183,84	R190,45	R 6,61	-R 30,64	4%	-14%
Samp	5kg	R73,14	R72,25	R74,26	R 2,01	R 1,12	3%	2%
Cooking oil	5L	R158,65	R160,61	R162,16	R 1,55	R 3,51	1%	2%
Salt	1kg	R16,23	R17,17	R17,00	-R 0,17	R 0,77	-1%	5%
Potatoes	10kg	R101,69	R88,80	R87,24	-R 1,56	-R 14,45	-2%	-14%
Onions	10kg	R134,98	R130,09	R151,75	R 21,66	R 16,77	17%	12%
Frozen chicken portions	10kg	R406,51	R444,56	R431,68	-R 12,88	R 25,17	-3%	6%
Curry powder	200g	R38,71	R39,52	R39,52	R 0,01	R 0,81	0%	2%
Stock cubes	24 cubes x2	R48,53	R50,87	R49,86	-R 1,00	R 1,33	-2%	3%
Soup	400g x2	R51,32	R55,34	R56,55	R 1,21	R 5,23	2%	10%
Tea	250g	R32,37	R34,28	R34,64	R 0,36	R 2,27	1%	7%
Full cream milk	6L	R92,50	R94,56	R95,60	R 1,04	R 3,10	1%	3%
Maas	4L	R60,95	R62,53	R64,01	R 1,48	R 3,06	2%	5%
Eggs	60 eggs	R152,79	R140,73	R139,28	-R 1,45	-R 13,51	-1%	-9%
Chicken feet	2kg	R79,97	R77,69	R82,15	R 4,45	R 2,17	6%	3%
Gizzards	2kg	R91,70	R102,72	R101,19	-R 1,53	R 9,49	-1%	10%
Chicken livers	2kg	R74,41	R74,08	R77,78	R 3,70	R 3,37	5%	5%
Beef liver	2kg	R114,03	R134,02	R133,19	-R 0,83	R 19,15	-1%	17%
Beef	2kg	R204,40	R204,59	R206,79	R 2,21	R 2,39	1%	1%
Wors	2kg	R155,09	R159,96	R153,97	-R 5,99	-R 1,12	-4%	-1%
Beef tripe	2kg	R98,41	R104,26	R104,45	R 0,18	R 6,03	0%	6%
Fish	2kg	R125,67	R141,20	R141,57	R 0,37	R 15,90	0%	13%
Tomatoes	6kg	R143,72	R157,97	R171,58	R 13,61	R 27,85	9%	19%
Carrots	5kg	R57,95	R55,91	R64,21	R 8,29	R 6,25	15%	11%
Butternut	10kg	R89,00	R98,53	R95,01	-R 3,53	R 6,00	-4%	7%
Spinach	8 bunches	R133,33	R130,50	R129,01	-R 1,49	-R 4,32	-1%	-3%
Cabbage	2 heads	R44,91	R45,23	R45,18	-R 0,05	R 0,27	0%	1%
Green pepper	2kg	R61,28	R63,58	R68,77	R 5,18	R 7,48	8%	12%
Cremora	800g	R59,46	R55,54	R54,66	-R 0,87	-R 4,79	-2%	-8%
Tinned pilchards	400g x6	R154,28	R160,33	R162,29	R 1,96	R 8,01	1%	5%
Canned beans	410g x6	R91,39	R92,70	R95,35	R 2,65	R 3,96	3%	4%
Bananas	4kg	R73,61	R78,33	R72,85	-R 5,48	-R 0,76	-7%	-1%
Apples	3kg	R48,94	R44,86	R45,95	R 1,08	-R 2,99	2%	-6%
Oranges	7kg	R76,36	R73,22	R60,07	-R 13,15	-R 16,29	-18%	-21%
Margarine	1kg	R42,21	R43,12	R43,49	R 0,37	R 1,28	1%	3%
Peanut butter	400g x2	R83,98	R83,82	R82,76	-R 1,06	-R 1,22	-1%	-1%
Polony	2.5kg	R64,34	R70,65	R69,49	-R 1,16	R 5,15	-2%	8%
Apricot jam	900g	R40,33	R41,28	R40,66	-R 0,62	R 0,34	-2%	1%
White bread	25 loaves	R411,61	R429,41	R429,34	-R 0,08	R 17,72	0%	4%
Brown bread	25 loaves	R381,01	R395,40	R395,80	R 0,39	R 14,79	0%	4%
Total household food basket		R 5 443,12	R 5 479,26	R 5 502,42	R 23,15	R 59,29	0,4%	1,1%

Month-on-month: The cost of the **average household food basket increased** by **R23,15 (0,4%)** from R5 479,26 in May 2026 to R5 502,42 in June 2026.

Year-on-year: The cost of the **average household food basket increased** by **R59,29 (1,1%)** from R5 443,12 in June 2025 to R5 502,42 in June 2026.

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

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Maize meal	30kg	R351,60	R302,68	R295,86	-R 6,81	-R 55,74	-2%	-16%
Rice	10kg	R153,53	R134,20	R132,55	-R 1,65	-R 20,99	-1%	-14%
Cake Flour	10kg	R123,78	R120,12	R121,60	R 1,48	-R 2,17	1%	-2%
White sugar	10kg	R223,33	R228,19	R230,87	R 2,69	R 7,54	1%	3%
Sugar beans	5kg	R221,10	R183,84	R190,45	R 6,61	-R 30,64	4%	-14%
Samp	5kg	R73,14	R72,25	R74,26	R 2,01	R 1,12	3%	2%
Cooking oil	5L	R158,65	R160,61	R162,16	R 1,55	R 3,51	1%	2%
Salt	1kg	R16,23	R17,17	R17,00	-R 0,17	R 0,77	-1%	5%
Potatoes	10kg	R101,69	R88,80	R87,24	-R 1,56	-R 14,45	-2%	-14%
Onions	10kg	R134,98	R130,09	R151,75	R 21,66	R 16,77	17%	12%
Frozen chicken portions	10kg	R406,51	R444,56	R431,68	-R 12,88	R 25,17	-3%	6%
Curry powder	200g	R38,71	R39,52	R39,52	R 0,01	R 0,81	0%	2%
Stock cubes	24 cubes x2	R48,53	R50,87	R49,86	-R 1,00	R 1,33	-2%	3%
Soup	400g x2	R51,32	R55,34	R56,55	R 1,21	R 5,23	2%	10%
Tea	250g	R32,37	R34,28	R34,64	R 0,36	R 2,27	1%	7%
White bread	25 loaves	R411,61	R429,41	R429,34	-R 0,08	R 17,72	0%	4%
Brown bread	25 loaves	R381,01	R395,40	R395,80	R 0,39	R 14,79	0%	4%
Total household food basket		R 2 928,09	R2 887,33	R2 901,13	R 13,81	-R 26,96	0,5%	-0,9%

Month-on-month: The average cost of the foods prioritised and bought first in the household food basket **increased** by **R13,81 (0,5%)** from R2 887,33 in May 2026 to R2 901,13 in June 2026.

Year-on-year: The average cost of the foods prioritised and bought first in the household food basket **decreased** by **R26,96 (-0,9%)** from R2 928,09 in June 2025 to R2 901,13 in June 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 901,13 in June 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. JUNE 2026 Household Food Index: Zero-rated vs. VAT

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Zero-rated foods								
Maize meal	30kg	R351,60	R302,68	R295,86	-R 6,81	-R 55,74	-2%	-16%
Rice	10kg	R153,53	R134,20	R132,55	-R 1,65	-R 20,99	-1%	-14%
Samp	5kg	R73,14	R72,25	R74,26	R 2,01	R 1,12	3%	2%
Sugar beans	5kg	R221,10	R183,84	R190,45	R 6,61	-R 30,64	4%	-14%
Cooking oil	5L	R158,65	R160,61	R162,16	R 1,55	R 3,51	1%	2%
Full cream milk	6L	R92,50	R94,56	R95,60	R 1,04	R 3,10	1%	3%
Maas	4L	R60,95	R62,53	R64,01	R 1,48	R 3,06	2%	5%
Eggs	60 eggs	R152,79	R140,73	R139,28	-R 1,45	-R 13,51	-1%	-9%
Potatoes	10kg	R101,69	R88,80	R87,24	-R 1,56	-R 14,45	-2%	-14%
Onions	10kg	R134,98	R130,09	R151,75	R 21,66	R 16,77	17%	12%
Tomatoes	6kg	R143,72	R157,97	R171,58	R 13,61	R 27,85	9%	19%
Carrots	5kg	R57,95	R55,91	R64,21	R 8,29	R 6,25	15%	11%
Butternut	10kg	R89,00	R98,53	R95,01	-R 3,53	R 6,00	-4%	7%
Spinach	8 bunches	R133,33	R130,50	R129,01	-R 1,49	-R 4,32	-1%	-3%
Cabbage	2 heads	R44,91	R45,23	R45,18	-R 0,05	R 0,27	0%	1%
Green Pepper	2kg	R61,28	R63,58	R68,77	R 5,18	R 7,48	8%	12%
Tinned pilchards	6 tins	R154,28	R160,33	R162,29	R 1,96	R 8,01	1%	5%
Bananas	4kg	R73,61	R78,33	R72,85	-R 5,48	-R 0,76	-7%	-1%
Apples	3kg	R48,94	R44,86	R45,95	R 1,08	-R 2,99	2%	-6%
Oranges	7kg	R76,36	R73,22	R60,07	-R 13,15	-R 16,29	-18%	-21%
Brown bread	25 loaves	R381,01	R395,40	R395,80	R 0,39	R 14,79	0%	4%
Cake flour	10kg	R123,78	R120,12	R121,60	R 1,48	-R 2,17	1%	-2%
Subtotal of zero-rated foods		R 2 889,11	R 2 794,29	R 2 825,45	R 31,16	-R 63,65	1,1%	-2,2%
Foods subject to VAT								
White sugar	10kg	R223,33	R228,19	R230,87	R 2,69	R 7,54	1%	3%
Frozen chicken portions	10kg	R406,51	R444,56	R431,68	-R 12,88	R 25,17	-3%	6%
Chicken feet	2kg	R79,97	R77,69	R82,15	R 4,45	R 2,17	6%	3%
Gizzards	2kg	R91,70	R102,72	R101,19	-R 1,53	R 9,49	-1%	10%
Chicken livers	2kg	R74,41	R74,08	R77,78	R 3,70	R 3,37	5%	5%
Beef liver	2kg	R114,03	R134,02	R133,19	-R 0,83	R 19,15	-1%	17%
Beef	2kg	R204,40	R204,59	R206,79	R 2,21	R 2,39	1%	1%
Wors	2kg	R155,09	R159,96	R153,97	-R 5,99	-R 1,12	-4%	-1%
Inyama yangapakhathi	2kg	R98,41	R104,26	R104,45	R 0,18	R 6,03	0%	6%
Fish	2kg	R125,67	R141,20	R141,57	R 0,37	R 15,90	0%	13%
Salt	1kg	R16,23	R17,17	R17,00	-R 0,17	R 0,77	-1%	5%
Stock	48 cubes	R48,53	R50,87	R49,86	-R 1,00	R 1,33	-2%	3%
Soup	800g	R51,32	R55,34	R56,55	R 1,21	R 5,23	2%	10%
Curry powder	400g	R38,71	R39,52	R39,52	R 0,01	R 0,81	0%	2%
Tea	200g	R32,37	R34,28	R34,64	R 0,36	R 2,27	1%	7%
Cremora	1kg	R59,46	R55,54	R54,66	-R 0,87	-R 4,79	-2%	-8%
Canned beans	6 cans	R91,39	R92,70	R95,35	R 2,65	R 3,96	3%	4%
Margarine	1kg	R42,21	R43,12	R43,49	R 0,37	R 1,28	1%	3%
Peanut butter	400g x2	R83,98	R83,82	R82,76	-R 1,06	-R 1,22	-1%	-1%
Polony	2.5kg	R64,34	R70,65	R69,49	-R 1,16	R 5,15	-2%	8%
Apricot jam	900g	R40,33	R41,28	R40,66	-R 0,62	R 0,34	-2%	1%
White bread	25 loaves	R411,61	R429,41	R429,34	-R 0,08	R 17,72	0%	4%
Subtotal of Vatable foods		R2 554,02	R 2 684,98	R 2 676,96	-R 8,01	R 122,94	-0,3%	4,8%
Vatable foods (excl. VAT)		R2 220,89	R2 334,76	R2 327,79	-R 6,97	R106,91	-0,3%	4,8%
VAT total		R333,13	R350,21	R349,17	-R1,04	R16,04	-0,3%	4,8%
Total household food basket		R5 443,12	R5 479,26	R5 502,42	R23,15	R59,29	0,4%	1,1%

Month-on-month: The **zero-rated foods** in the household food basket **increased** by **R31,16 (1,1%)** from R2 794,29 in May 2026 to R2 825,45 in June 2026.

Year-on-year: The **zero-rated foods** in the household food basket **decreased** by **R63,65 (-2,2%)** from R2 889,11 in June 2025 to R2 825,45 in June 2026.

Month-on-month: The **foods subject to VAT** in the household food basket **decreased** by **R8,01 (-0,3%)** from R2 684,98 in May 2026 to R2 676,96 in June 2026.

Year-on-year: The **foods subject to VAT** in the household food basket **increased** by **R122,94 (4,8%)** from R2 554,02 in June 2025 to R2 676,96 in June 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 **R349,17 in June 2026**. This means **6,3%** of the household food basket is made up of VAT. **A tax of R349,17 is more than** the cost of an average low-income household's requirement of 30kg maize meal per month (**in June 2026, 30kg maize meal cost R295,86**). 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. JUNE 2026 Basic Nutritional Food Index: families

By number of family members	Index 2025/26			change in Rands		change in %	
	Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Four (4)	R3 809,26	R3 795,23	R3 836,78	R 41,55	R 27,52	1,1%	0,7%
Five (5)	R4 812,49	R4 797,12	R4 848,80	R 51,68	R 36,31	1,1%	0,8%
Seven (7)	R6 652,25	R6 634,22	R6 705,31	R 71,09	R 53,06	1,1%	0,8%

Month-on-month: The cost of a **basic nutritional food basket for a family of 7 members increased** by **R71,09 (1,1%)** from R6 634,22 in May 2026 to R6 705,31 in June 2026.

Year-on-year: The cost of a **basic nutritional food basket for a family of 7 members increased** by **R53,06 (0,8%)** from R6 652,25 in June 2025 to R6 705,31 in June 2026.

In **June 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 202,89 (R5 502,42 vs. R6 705,31)**.

It means that in **June 2026**, families living on low-incomes may underspend on basic nutritional food by a **minimum of 18% (R1 202,89)**.

6. JUNE 2026 Basic Nutritional Food Index: children

By age of child	Index 2025/26			change in Rands		change in %	
	Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Small child aged 3-9 years	R 854,65	R855,70	R865,46	R 9,76	R 10,81	1,1%	1,3%
Small child aged 10-13 years	R 928,94	R928,80	R938,74	R 9,94	R 9,80	1,1%	1,1%
Girl child aged 14-18 years	R 985,10	R981,40	R991,05	R 9,65	R 5,95	1,0%	0,6%
Boy child aged 14-18 years	R 1 114,85	R1 102,42	R1 114,81	R 12,39	-R 0,04	1,1%	0,0%
Average for all children	R970,89	R967,08	R977,52	R 10,43	R 6,63	1,1%	0,7%

Month-on-month: The **average cost to feed a child a basic nutritious diet increased** by **R10,43 (1,1%)** from R967,08 in May 2026 to R977,52 in June 2026.

Year-on-year: The **average cost to feed a child a basic nutritious diet increased** by **R6,63 (0,7%)** from R970,89 in June 2025 to R977,52 in June 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 **June 2026** the average cost to feed a child a basic nutritious diet per month cost **R977,52**.

The Child Support Grant of **R580** is set below the food poverty line of **R855**, and further below the average cost of **R977,52** to secure a basic nutritious diet for a child in **June 2026**.

In **June 2026** the Child Support Grant is **32% below** the food poverty line and **41% 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. JUNE 2026 National Minimum Wage Scenarios

Number of working days in June 2026 = 21 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 June 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 June 2026. Local fares went up by R4, from R20 to R24 (an increase of 20%). *In other areas tracked for the Household Affordability Index, local fares increased by R2, R3 and R5 between March 2026 and June 2026. We use the Pietermaritzburg taxi fares in our analysis as they are real numbers and accurately reflect local taxi fares in all areas tracked for the Household Affordability Index.*

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

The tables below calculates transport to work on 2 taxi fare, return (R24x4 = R96), 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	21	15	15
Number of hours worked	8	8	5
Remuneration rate	R30,23	R30,23	R30,23
Wage income	R5 078,64	R3 627,60	R2 267,25

	Wage scenario 1		Wage scenario 2		Wage scenario 3	
Wage income	R5 078,64		R3 627,60		R2 267,25	
Household expenses		% of wage		% of wage		% of wage
Transport to work (2 taxi, return)	R2 016,00	39,7%	R1 440,00	39,7%	R1 440,00	63,5%
Prepaid electricity (350kWh)	R1 181,85	23,3%	R1 181,85	32,6%	R1 181,85	52,1%
Total for transport + electricity	R3 197,85	63,0%	R2 621,85	72,3%	R2 621,85	115,6%
Money remaining to spend on all other expenses	R1 880,79		R1 005,75		-R354,60	
Subtract: food (4 persons)	R3 836,78		R3 836,78		R3 836,78	
Minimum surplus/shortfall on food costs	-R1 955,99	-51,0%	-R2 831,03	-73,8%	-R4 191,38	-109,2%

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 **R5 078,64 in June 2026** when disbursed in a family of **four persons is R1 269,66**. 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 (**R3 197,85**) workers are left with **R1 880,79**. **The minimum shortfall on food for a workers' family in June 2026 is 51,0%** (a shortfall of R1 955,99 on a basket of nutritional food costing R3 836,78). If all the remaining money (R1 880,79) went to buy food, then for a family of 4, **it would provide R470,20 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. JUNE 2026 Household Food Basket: Per area, compared.

Foods tracked	Quantity tracked	Joburg	Durban	Cape Town	Springbok	Maritzburg	Mtubatuba	Mthatha	Average
Maize meal	30kg	R296,18	R263,47	R284,97	R334,97	R305,97	R321,97	R342,47	R295,86
Rice	10kg	R138,66	R120,74	R140,82	R139,32	R104,99	R133,99	R141,66	R132,55
Cake Flour	10kg	R125,65	R106,57	R125,82	R119,99	R120,99	R126,66	R133,82	R121,60
White sugar	10kg	R230,65	R221,49	R233,74	R251,66	R216,24	R219,99	R249,16	R230,87
Sugar beans	5kg	R189,61	R156,67	R251,21	R224,90	R136,24	R144,99	R179,98	R190,45
Samp	5kg	R79,66	R69,41	R75,74	R92,98	R56,74	R74,32	R72,49	R74,26
Cooking oil	5L	R159,44	R154,99	R166,54	R191,65	R168,24	R164,99	R152,49	R162,16
Salt	1kg	R18,94	R18,41	R9,91	R22,32	R20,74	R13,99	R20,82	R17,00
Potatoes	10kg	R84,39	R91,29	R92,84	R88,56	R75,70	R85,70	R78,56	R87,24
Onions	10kg	R141,02	R169,43	R148,86	R172,18	R137,49	R173,79	R131,89	R151,75
Chicken portions	10kg	R424,73	R398,32	R430,72	R494,98	R465,18	R459,98	R434,94	R431,68
Curry powder	200g	R40,73	R34,07	R42,15	R46,65	R36,74	R38,66	R41,49	R39,52
Stock cubes	24 x2	R54,81	R50,31	R46,65	R44,65	R48,48	R48,65	R49,65	R49,86
Soup	400g x2	R67,98	R50,65	R54,65	R40,65	R40,48	R66,64	R61,98	R56,55
Tea	250g	R41,07	R29,74	R30,99	R37,99	R29,74	R32,99	R40,66	R34,64
Full cream milk	6L	R100,99	R98,66	R87,56	R92,66	R92,49	R105,66	R93,32	R95,60
Maas	4L	R67,90	R59,74	R66,40	R67,65	R57,99	R62,66	R61,82	R64,01
Eggs	60 eggs	R140,65	R134,48	R143,77	R135,98	R130,98	R139,98	R143,98	R139,28
Chicken feet	2kg	R110,98	R84,81	R45,23	R63,98	R81,44	R99,98	R89,96	R82,15
Gizzards	2kg	R100,23	R104,69	R86,73	R99,98	R111,94	R119,98	R106,59	R101,19
Chicken livers	2kg	R76,23	R77,07	R61,98	R111,96	R74,39	R99,98	R92,64	R77,78
Beef liver	2kg	R154,98	R126,94	R115,73	R117,98	R129,98	R159,98	R134,44	R133,19
Beef	2kg	R210,48	R208,44	R189,73	R194,98	R220,44	R201,98	R224,94	R206,79
Wors	2kg	R183,73	R153,44	R89,23	R159,98	R162,48	R189,98	R195,44	R153,97
Beef tripe	2kg	R110,98	R111,44	R78,98	R125,98	R96,94	R129,98	R104,94	R104,45
Fish	2kg	R115,23	R153,19	R112,65	R209,98	R150,94	R159,98	R168,31	R141,57
Tomatoes	6kg	R163,78	R156,85	R181,37	R219,94	R118,97	R165,94	R208,26	R171,58
Carrots	5kg	R67,03	R60,34	R64,95	R91,62	R43,99	R64,99	R64,72	R64,21
Butternut	10kg	R107,23	R92,01	R86,55	R142,18	R66,05	R111,09	R83,20	R95,01
Spinach	8 bunches	R122,71	R133,93	R126,47	R135,92	R121,92	R135,92	R140,72	R129,01
Cabbage	2 heads	R37,62	R44,81	R51,48	R37,31	R44,65	R39,98	R53,98	R45,18
Green pepper	2kg	R61,27	R71,62	R68,34	R86,64	R55,82	R69,30	R74,98	R68,77
Cremora	800g	R59,55	R49,99	R55,41	R51,66	R53,99	R63,32	R52,82	R54,66
Tinned pilchards	400g x6	R174,96	R160,44	R151,44	R157,94	R151,44	R161,94	R171,94	R162,29
Canned beans	410g x6	R107,37	R87,70	R89,94	R101,94	R81,71	R97,94	R101,94	R95,35
Bananas	4kg	R75,96	R72,14	R73,29	R81,28	R52,96	R66,63	R79,29	R72,85
Apples	3kg	R58,24	R41,57	R44,65	R43,65	R35,24	R40,99	R43,49	R45,95
Orange	7kg	R59,10	R65,18	R59,35	R87,47	R38,74	R52,32	R58,15	R60,07
Margarine	1kg	R41,66	R43,32	R41,74	R36,66	R52,49	R42,99	R48,66	R43,49
Peanut butter	400g x2	R85,96	R85,15	R83,15	R79,31	R84,98	R73,98	R75,98	R82,76
Polony	2.5kg	R76,57	R65,90	R64,88	R59,99	R88,99	R59,99	R65,32	R69,49
Apricot jam	900g	R39,91	R40,74	R39,74	R43,32	R38,74	R41,32	R43,49	R40,66
White bread	25 loaves	R474,21	R431,54	R418,56	R408,08	R406,06	R337,25	R428,92	R429,34
Brown bread	25 loaves	R434,63	R397,67	R383,15	R395,58	R365,44	R316,42	R399,75	R395,80
Total household food basket		R 5 713,63	R 5 349,33	R 5 298,04	R 5 945,05	R 5 176,12	R 5 519,75	R 5 744,03	R 5 502,42

The average cost (weighted) of the total Household Food Basket in June 2026 is R5 502,42.

9. JUNE 2026 Household Food Index: Johannesburg

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Maize meal	30kg	R370,20	R303,95	R296,18	-R 7,77	-R 74,02	-3%	-20%
Rice	10kg	R162,99	R139,91	R138,66	-R 1,25	-R 24,33	-1%	-15%
Cake Flour	10kg	R132,66	R125,07	R125,65	R 0,58	-R 7,01	0%	-5%
White sugar	10kg	R226,82	R231,15	R230,65	-R 0,51	R 3,82	0%	2%
Sugar beans	5kg	R222,17	R175,30	R189,61	R 14,31	-R 32,56	8%	-15%
Samp	5kg	R77,16	R75,74	R79,66	R 3,92	R 2,50	5%	3%
Cooking oil	5L	R154,53	R163,56	R159,44	-R 4,11	R 4,91	-3%	3%
Salt	1kg	R17,77	R19,43	R18,94	-R 0,49	R 1,18	-3%	7%
Potatoes	10kg	R102,27	R94,64	R84,39	-R 10,26	-R 17,89	-11%	-17%
Onions	10kg	R108,27	R121,86	R141,02	R 19,16	R 32,75	16%	30%
Frozen chicken portions	10kg	R393,73	R432,48	R424,73	-R 7,75	R 31,00	-2%	8%
Curry powder	200g	R42,32	R41,34	R40,73	-R 0,62	-R 1,59	-1%	-4%
Stock cubes	24 cubes x2	R53,48	R55,90	R54,81	-R 1,09	R 1,33	-2%	2%
Soup	400g x2	R62,23	R67,82	R67,98	R 0,16	R 5,75	0%	9%
Tea	250g	R35,89	R39,15	R41,07	R 1,92	R 5,18	5%	14%
Full cream milk	6L	R98,91	R101,19	R100,99	-R 0,20	R 2,08	0%	2%
Maas	4L	R62,82	R65,41	R67,90	R 2,49	R 5,08	4%	8%
Eggs	60 eggs	R157,81	R148,48	R140,65	-R 7,83	-R 17,16	-5%	-11%
Chicken feet	2kg	R101,98	R104,23	R110,98	R 6,75	R 9,00	6%	9%
Gizzards	2kg	R100,23	R100,73	R100,23	-R 0,50	R 0,00	0%	0%
Chicken livers	2kg	R70,96	R69,21	R76,23	R 7,02	R 5,27	10%	7%
Beef liver	2kg	R123,48	R151,73	R154,98	R 3,25	R 31,50	2%	26%
Beef	2kg	R214,98	R220,98	R210,48	-R 10,50	-R 4,50	-5%	-2%
Wors	2kg	R175,48	R188,23	R183,73	-R 4,50	R 8,25	-2%	5%
Beef tripe	2kg	R104,23	R112,48	R110,98	-R 1,50	R 6,75	-1%	6%
Fish	2kg	R113,73	R125,67	R115,23	-R 10,44	R 1,50	-8%	1%
Tomatoes	6kg	R140,21	R156,03	R163,78	R 7,75	R 23,57	5%	17%
Carrots	5kg	R60,53	R54,40	R67,03	R 12,63	R 6,50	23%	11%
Butternut	10kg	R107,19	R120,62	R107,23	-R 13,40	R 0,03	-11%	0%
Spinach	8 bunches	R119,03	R117,45	R122,71	R 5,26	R 3,68	4%	3%
Cabbage	2 heads	R39,82	R37,15	R37,62	R 0,47	-R 2,20	1%	-6%
Green pepper	2kg	R59,81	R63,52	R61,27	-R 2,24	R 1,46	-4%	2%
Cremora	800g	R65,57	R63,24	R59,55	-R 3,69	-R 6,03	-6%	-9%
Tinned pilchards	400g x6	R161,93	R171,75	R174,96	R 3,21	R 13,03	2%	8%
Canned beans	410g x6	R103,93	R105,73	R107,37	R 1,64	R 3,44	2%	3%
Bananas	4kg	R75,96	R84,96	R75,96	-R 9,00	R 0,00	-11%	0%
Apples	3kg	R57,82	R47,73	R58,24	R 10,51	R 0,42	22%	1%
Oranges	7kg	R82,53	R69,59	R59,10	-R 10,49	-R 23,43	-15%	-28%
Margarine	1kg	R40,53	R40,82	R41,66	R 0,83	R 1,13	2%	3%
Peanut butter	400g x2	R91,07	R89,98	R85,96	-R 4,02	-R 5,11	-4%	-6%
Polony	2.5kg	R71,26	R76,73	R76,57	-R 0,15	R 5,31	0%	7%
Apricot jam	900g	R41,31	R40,82	R39,91	-R 0,92	-R 1,41	-2%	-3%
White bread	25 loaves	R440,42	R476,65	R474,21	-R 2,44	R 33,79	-1%	8%
Brown bread	25 loaves	R402,81	R430,81	R434,63	R 3,81	R 31,81	1%	8%
Total household food basket		R 5 648,85	R 5 723,62	R 5 713,63	-R 9,99	R 64,78	-0,2%	1,1%

Month-on-month: The cost of the **Joburg household food basket decreased** by **R9,99 (-0,2%)** from R5 723,62 in May 2026 to R5 713,63 in June 2026.

Year-on-year: The cost of the **Joburg household food basket increased** by **R64,78 (1,1%)** from R5 648,85 in June 2025 to R5 713,63 in June 2026.

10. JUNE 2026 Household Food Index: Durban

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Maize meal	30kg	R306,72	R268,97	R263,47	-R 5,50	-R 43,25	-2%	-14%
Rice	10kg	R137,66	R119,99	R120,74	R 0,75	-R 16,92	1%	-12%
Cake Flour	10kg	R115,66	R112,07	R106,57	-R 5,50	-R 9,08	-5%	-8%
White sugar	10kg	R212,99	R208,99	R221,49	R 12,50	R 8,50	6%	4%
Sugar beans	5kg	R189,70	R148,58	R156,67	R 8,09	-R 33,03	5%	-17%
Samp	5kg	R67,35	R66,09	R69,41	R 3,32	R 2,05	5%	3%
Cooking oil	5L	R152,49	R149,99	R154,99	R 5,00	R 2,50	3%	2%
Salt	1kg	R17,91	R16,91	R18,41	R 1,50	R 0,50	9%	3%
Potatoes	10kg	R107,07	R94,08	R91,29	-R 2,78	-R 15,77	-3%	-15%
Onions	10kg	R157,60	R143,36	R169,43	R 26,07	R 11,83	18%	8%
Frozen chicken portions	10kg	R390,87	R414,22	R398,32	-R 15,91	R 7,45	-4%	2%
Curry powder	200g	R31,49	R33,74	R34,07	R 0,33	R 2,58	1%	8%
Stock cubes	24 cubes x2	R48,98	R50,73	R50,31	-R 0,42	R 1,33	-1%	3%
Soup	400g x2	R41,31	R38,98	R50,65	R 11,66	R 9,33	30%	23%
Tea	250g	R30,24	R30,66	R29,74	-R 0,92	-R 0,50	-3%	-2%
Full cream milk	6L	R90,66	R96,08	R98,66	R 2,58	R 8,00	3%	9%
Maas	4L	R55,74	R58,39	R59,74	R 1,35	R 4,00	2%	7%
Eggs	60 eggs	R144,15	R134,89	R134,48	-R 0,41	-R 9,67	0%	-7%
Chicken feet	2kg	R87,98	R77,07	R84,81	R 7,74	-R 3,17	10%	-4%
Gizzards	2kg	R90,69	R108,94	R104,69	-R 4,25	R 14,00	-4%	15%
Chicken livers	2kg	R71,36	R74,62	R77,07	R 2,45	R 5,71	3%	8%
Beef liver	2kg	R121,38	R127,38	R126,94	-R 0,45	R 5,55	0%	5%
Beef	2kg	R218,19	R191,19	R208,44	R 17,25	-R 9,75	9%	-4%
Wors	2kg	R161,44	R162,44	R153,44	-R 9,00	-R 8,00	-6%	-5%
Beef tripe	2kg	R108,19	R108,69	R111,44	R 2,75	R 3,25	3%	3%
Fish	2kg	R130,94	R141,36	R153,19	R 11,83	R 22,25	8%	17%
Tomatoes	6kg	R133,58	R139,14	R156,85	R 17,71	R 23,28	13%	17%
Carrots	5kg	R56,44	R50,93	R60,34	R 9,42	R 3,90	18%	7%
Butternut	10kg	R86,95	R95,09	R92,01	-R 3,09	R 5,06	-3%	6%
Spinach	8 bunches	R149,25	R149,26	R133,93	-R 15,33	-R 15,32	-10%	-10%
Cabbage	2 heads	R42,81	R45,31	R44,81	-R 0,50	R 2,00	-1%	5%
Green pepper	2kg	R53,54	R53,98	R71,62	R 17,64	R 18,08	33%	34%
Cremora	800g	R55,57	R50,26	R49,99	-R 0,27	-R 5,58	-1%	-10%
Tinned pilchards	400g x6	R159,94	R157,58	R160,44	R 2,86	R 0,50	2%	0%
Canned beans	410g x6	R85,71	R84,95	R87,70	R 2,75	R 1,99	3%	2%
Bananas	4kg	R74,87	R76,33	R72,14	-R 4,19	-R 2,73	-5%	-4%
Apples	3kg	R47,49	R42,80	R41,57	-R 1,23	-R 5,92	-3%	-12%
Oranges	7kg	R58,87	R74,71	R65,18	-R 9,53	R 6,30	-13%	11%
Margarine	1kg	R45,16	R43,24	R43,32	R 0,08	-R 1,83	0%	-4%
Peanut butter	400g x2	R83,98	R89,98	R85,15	-R 4,83	R 1,17	-5%	1%
Polony	2.5kg	R63,29	R64,57	R65,90	R 1,33	R 2,61	2%	4%
Apricot jam	900g	R39,99	R42,45	R40,74	-R 1,71	R 0,75	-4%	2%
White bread	25 loaves	R410,21	R441,50	R431,54	-R 9,96	R 21,33	-2%	5%
Brown bread	25 loaves	R375,85	R404,00	R397,67	-R 6,33	R 21,81	-2%	6%
Total household food basket		R 5 312,22	R5 284,48	R5 349,33	R 64,86	R 37,11	1,2%	0,7%

Month-on-month: The cost of the **Durban household food basket increased** by **R64,86 (1,2%)** from R5 284,48 in May 2026 to R5 349,33 in June 2026.

Year-on-year: The cost of the **Durban household food basket increased** by **R37,11 (0,7%)** from R5 312,22 in June 2025 to R5 349,33 in June 2026.

11. JUNE 2026 Household Food Index: Cape Town

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Maize meal	30kg	R372,72	R294,97	R284,97	-R 10,00	-R 87,75	-3%	-24%
Rice	10kg	R167,99	R143,57	R140,82	-R 2,75	-R 27,17	-2%	-16%
Cake Flour	10kg	R125,40	R118,49	R125,82	R 7,34	R 0,42	6%	0%
White sugar	10kg	R229,82	R233,74	R233,74	R 0,00	R 3,92	0%	2%
Sugar beans	5kg	R267,04	R236,41	R251,21	R 14,79	-R 15,84	6%	-6%
Samp	5kg	R77,49	R74,07	R75,74	R 1,66	-R 1,75	2%	-2%
Cooking oil	5L	R163,73	R168,00	R166,54	-R 1,46	R 2,81	-1%	2%
Salt	1kg	R11,07	R10,74	R9,91	-R 0,83	-R 1,17	-8%	-11%
Potatoes	10kg	R106,80	R86,28	R92,84	R 6,56	-R 13,95	8%	-13%
Onions	10kg	R135,59	R116,93	R148,86	R 31,93	R 13,27	27%	10%
Frozen chicken portions	10kg	R411,23	R464,27	R430,72	-R 33,55	R 19,49	-7%	5%
Curry powder	200g	R42,65	R39,74	R42,15	R 2,42	-R 0,50	6%	-1%
Stock cubes	24 cubes x2	R44,48	R49,48	R46,65	-R 2,83	R 2,17	-6%	5%
Soup	400g x2	R55,98	R59,98	R54,65	-R 5,33	-R 1,33	-9%	-2%
Tea	250g	R32,24	R32,24	R30,99	-R 1,25	-R 1,25	-4%	-4%
Full cream milk	6L	R87,31	R86,64	R87,56	R 0,92	R 0,25	1%	0%
Maas	4L	R64,74	R63,82	R66,40	R 2,58	R 1,66	4%	3%
Eggs	60 eggs	R152,15	R136,94	R143,77	R 6,84	-R 8,37	5%	-6%
Chicken feet	2kg	R41,73	R43,48	R45,23	R 1,75	R 3,50	4%	8%
Gizzards	2kg	R80,48	R86,23	R86,73	R 0,50	R 6,25	1%	8%
Chicken livers	2kg	R56,73	R60,23	R61,98	R 1,75	R 5,25	3%	9%
Beef liver	2kg	R96,27	R116,48	R115,73	-R 0,75	R 19,46	-1%	20%
Beef	2kg	R175,98	R190,98	R189,73	-R 1,25	R 13,75	-1%	8%
Wors	2kg	R106,48	R90,48	R89,23	-R 1,25	-R 17,25	-1%	-16%
Beef tripe	2kg	R85,98	R74,98	R78,98	R 4,00	-R 7,00	5%	-8%
Fish	2kg	R110,41	R113,70	R112,65	-R 1,05	R 2,24	-1%	2%
Tomatoes	6kg	R156,23	R155,07	R181,37	R 26,30	R 25,14	17%	16%
Carrots	5kg	R52,02	R57,38	R64,95	R 7,57	R 12,94	13%	25%
Butternut	10kg	R78,81	R76,43	R86,55	R 10,12	R 7,74	13%	10%
Spinach	8 bunches	R125,52	R116,72	R126,47	R 9,75	R 0,95	8%	1%
Cabbage	2 heads	R49,98	R50,71	R51,48	R 0,77	R 1,50	2%	3%
Green pepper	2kg	R67,98	R64,38	R68,34	R 3,96	R 0,36	6%	1%
Cremora	800g	R59,32	R53,32	R55,41	R 2,09	-R 3,92	4%	-7%
Tinned pilchards	400g x6	R144,44	R148,30	R151,44	R 3,14	R 7,00	2%	5%
Canned beans	410g x6	R85,94	R85,45	R89,94	R 4,50	R 4,00	5%	5%
Bananas	4kg	R79,65	R78,36	R73,29	-R 5,07	-R 6,36	-6%	-8%
Apples	3kg	R50,65	R44,62	R44,65	R 0,03	-R 6,00	0%	-12%
Oranges	7kg	R87,01	R59,58	R59,35	-R 0,23	-R 27,66	0%	-32%
Margarine	1kg	R41,65	R41,49	R41,74	R 0,25	R 0,08	1%	0%
Peanut butter	400g x2	R80,81	R82,71	R83,15	R 0,44	R 2,33	1%	3%
Polony	2.5kg	R55,19	R71,99	R64,88	-R 7,11	R 9,69	-10%	18%
Apricot jam	900g	R40,32	R40,32	R39,74	-R 0,58	-R 0,58	-1%	-1%
White bread	25 loaves	R435,23	R415,75	R418,56	R 2,81	-R 16,67	1%	-4%
Brown bread	25 loaves	R403,98	R387,31	R383,15	-R 4,17	-R 20,83	-1%	-5%
Total household food basket		R 5 397,23	R 5 222,75	R 5 298,04	R 75,29	-R 99,19	1,4%	-1,8%

Month-on-month: The cost of the **Cape Town household food basket** *increased* by **R75,29 (1,4%)** from R5 222,75 in May 2026 to R5 298,04 in June 2026.

Year-on-year: The cost of the **Cape Town household food basket** *decreased* by **R99,19 (-1,8%)** from R5 397,23 in June 2025 to R5 298,04 in June 2026.

12. JUNE 2026 Household Food Index: Springbok

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Maize meal	30kg	R364,97	R379,97	R334,97	-R 45,00	-R 30,00	-12%	-8%
Rice	10kg	R179,99	R145,99	R139,32	-R 6,67	-R 40,67	-5%	-23%
Cake Flour	10kg	R129,99	R119,99	R119,99	R 0,00	-R 10,00	0%	-8%
White sugar	10kg	R249,99	R251,66	R251,66	R 0,00	R 1,67	0%	1%
Sugar beans	5kg	R239,90	R233,25	R224,90	-R 8,35	-R 15,00	-4%	-6%
Samp	5kg	R82,65	R94,98	R92,98	-R 2,00	R 10,33	-2%	13%
Cooking oil	5L	R176,23	R168,73	R191,65	R 22,92	R 15,42	14%	9%
Salt	1kg	R21,32	R21,32	R22,32	R 1,00	R 1,00	5%	5%
Potatoes	10kg	R114,27	R85,70	R88,56	R 2,86	-R 25,71	3%	-23%
Onions	10kg	R121,38	R152,03	R172,18	R 20,15	R 50,80	13%	42%
Frozen chicken portions	10kg	R464,97	R447,47	R494,98	R 47,51	R 30,01	11%	6%
Curry powder	200g	R43,32	R46,65	R46,65	R 0,00	R 3,33	0%	8%
Stock cubes	24 cubes x2	R44,65	R45,98	R44,65	-R 1,33	R 0,00	-3%	0%
Soup	400g x2	R43,98	R47,98	R40,65	-R 7,33	-R 3,33	-15%	-8%
Tea	250g	R32,32	R34,99	R37,99	R 3,00	R 5,67	9%	18%
Full cream milk	6L	R91,66	R91,32	R92,66	R 1,33	R 1,00	1%	1%
Maas	4L	R64,98	R65,65	R67,65	R 2,00	R 2,67	3%	4%
Eggs	60 eggs	R167,98	R155,98	R135,98	-R 20,00	-R 32,00	-13%	-19%
Chicken feet	2kg	R71,98	R63,98	R63,98	R 0,00	-R 8,00	0%	-11%
Gizzards	2kg	R99,98	R99,98	R99,98	R 0,00	R 0,00	0%	0%
Chicken livers	2kg	R131,94	R105,96	R111,96	R 6,00	-R 19,98	6%	-15%
Beef liver	2kg	R113,98	R116,98	R117,98	R 1,00	R 4,00	1%	4%
Beef	2kg	R177,98	R189,98	R194,98	R 5,00	R 17,00	3%	10%
Wors	2kg	R177,98	R149,98	R159,98	R 10,00	-R 18,00	7%	-10%
Beef tripe	2kg	R117,98	R125,98	R125,98	R 0,00	R 8,00	0%	7%
Fish	2kg	R204,98	R209,98	R209,98	R 0,00	R 5,00	0%	2%
Tomatoes	6kg	R149,94	R175,94	R219,94	R 44,00	R 70,00	25%	47%
Carrots	5kg	R86,07	R69,40	R91,62	R 22,21	R 5,55	32%	6%
Butternut	10kg	R112,48	R123,86	R142,18	R 18,33	R 29,70	15%	26%
Spinach	8 bunches	R117,25	R135,92	R135,92	R 0,00	R 18,67	0%	16%
Cabbage	2 heads	R58,65	R41,31	R37,31	-R 4,00	-R 21,33	-10%	-36%
Green pepper	2kg	R58,98	R86,64	R86,64	R 0,00	R 27,66	0%	47%
Cremora	800g	R54,99	R49,99	R51,66	R 1,67	-R 3,33	3%	-6%
Tinned pilchards	400g x6	R143,94	R157,94	R157,94	R 0,00	R 14,00	0%	10%
Canned beans	410g x6	R105,94	R101,94	R101,94	R 0,00	-R 4,00	0%	-4%
Bananas	4kg	R74,61	R74,61	R81,28	R 6,67	R 6,67	9%	9%
Apples	3kg	R41,65	R43,98	R43,65	-R 0,33	R 2,00	-1%	5%
Oranges	7kg	R86,29	R127,12	R87,47	-R 39,65	R 1,18	-31%	1%
Margarine	1kg	R34,66	R38,99	R36,66	-R 2,33	R 2,00	-6%	6%
Peanut butter	400g x2	R79,98	R75,98	R79,31	R 3,33	-R 0,67	4%	-1%
Polony	2.5kg	R59,32	R61,66	R59,99	-R 1,67	R 0,67	-3%	1%
Apricot jam	900g	R39,32	R39,99	R43,32	R 3,33	R 4,00	8%	10%
White bread	25 loaves	R374,75	R383,08	R408,08	R 25,00	R 33,33	7%	9%
Brown bread	25 loaves	R362,25	R370,25	R395,58	R 25,33	R 33,33	7%	9%
Total household food basket		R 5 772,43	R 5 811,08	R 5 945,05	R 133,98	R 172,62	2,3%	3,0%

Month-on-month: The cost of the **Springbok household food basket** *increased* by **R133,98 (2,3%)** from R5 811,08 in May 2026 to R5 945,05 in June 2026.

Year-on-year: The cost of the **Springbok household food basket** *increased* by **R172,62 (3,0%)** from R5 772,43 in June 2025 to R5 945,05 in June 2026.

13. JUNE 2026 Household Food Index: Pietermaritzburg

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Maize meal	30kg	R350,97	R292,47	R305,97	R 13,50	-R 45,00	5%	-13%
Rice	10kg	R116,39	R103,49	R104,99	R 1,50	-R 11,40	1%	-10%
Cake Flour	10kg	R116,59	R117,49	R120,99	R 3,50	R 4,40	3%	4%
White sugar	10kg	R216,19	R216,24	R216,24	R 0,00	R 0,05	0%	0%
Sugar beans	5kg	R189,99	R132,49	R136,24	R 3,75	-R 53,75	3%	-28%
Samp	5kg	R62,39	R57,24	R56,74	-R 0,50	-R 5,65	-1%	-9%
Cooking oil	5L	R158,79	R164,99	R168,24	R 3,25	R 9,45	2%	6%
Salt	1kg	R19,59	R21,99	R20,74	-R 1,25	R 1,15	-6%	6%
Potatoes	10kg	R71,87	R73,91	R75,70	R 1,79	R 3,83	2%	5%
Onions	10kg	R131,41	R133,91	R137,49	R 3,57	R 6,08	3%	5%
Frozen chicken portions	10kg	R442,94	R470,44	R465,18	-R 5,26	R 22,24	-1%	5%
Curry powder	200g	R35,39	R37,49	R36,74	-R 0,75	R 1,35	-2%	4%
Stock cubes	24 cubes x2	R50,38	R48,48	R48,48	R 0,00	-R 1,90	0%	-4%
Soup	400g x2	R33,18	R39,98	R40,48	R 0,50	R 7,30	1%	22%
Tea	250g	R27,39	R28,99	R29,74	R 0,75	R 2,35	3%	9%
Full cream milk	6L	R89,99	R86,99	R92,49	R 5,50	R 2,50	6%	3%
Maas	4L	R56,99	R55,74	R57,99	R 2,25	R 1,00	4%	2%
Eggs	60 eggs	R153,58	R119,98	R130,98	R 11,00	-R 22,60	9%	-15%
Chicken feet	2kg	R97,94	R82,59	R81,44	-R 1,15	-R 16,50	-1%	-17%
Gizzards	2kg	R92,94	R116,44	R111,94	-R 4,50	R 19,01	-4%	20%
Chicken livers	2kg	R86,94	R75,89	R74,39	-R 1,50	-R 12,55	-2%	-14%
Beef liver	2kg	R112,94	R139,94	R129,98	-R 9,96	R 17,05	-7%	15%
Beef	2kg	R228,44	R194,94	R220,44	R 25,50	-R 8,00	13%	-4%
Wors	2kg	R164,94	R167,44	R162,48	-R 4,96	-R 2,46	-3%	-1%
Beef tripe	2kg	R77,31	R97,44	R96,94	-R 0,50	R 19,63	-1%	25%
Fish	2kg	R119,94	R150,94	R150,94	R 0,00	R 31,01	0%	26%
Tomatoes	6kg	R111,46	R124,62	R118,97	-R 5,65	R 7,51	-5%	7%
Carrots	5kg	R50,98	R61,23	R43,99	-R 17,24	-R 6,99	-28%	-14%
Butternut	10kg	R74,27	R76,77	R66,05	-R 10,72	-R 8,21	-14%	-11%
Spinach	8 bunches	R133,28	R183,92	R121,92	-R 62,00	-R 11,36	-34%	-9%
Cabbage	2 heads	R42,98	R42,98	R44,65	R 1,67	R 1,67	4%	4%
Green pepper	2kg	R58,38	R51,98	R55,82	R 3,84	-R 2,57	7%	-4%
Cremora	800g	R56,79	R53,24	R53,99	R 0,75	-R 2,80	1%	-5%
Tinned pilchards	400g x6	R140,34	R145,44	R151,44	R 6,00	R 11,10	4%	8%
Canned beans	410g x6	R76,76	R80,21	R81,71	R 1,50	R 4,94	2%	6%
Bananas	4kg	R52,76	R65,96	R52,96	-R 13,00	R 0,20	-20%	0%
Apples	3kg	R35,79	R45,99	R35,24	-R 10,75	-R 0,55	-23%	-2%
Oranges	7kg	R60,07	R118,93	R38,74	-R 80,19	-R 21,33	-67%	-36%
Margarine	1kg	R47,19	R48,49	R52,49	R 4,00	R 5,30	8%	11%
Peanut butter	400g x2	R76,38	R76,48	R84,98	R 8,50	R 8,60	11%	11%
Polony	2.5kg	R80,66	R94,99	R88,99	-R 6,00	R 8,33	-6%	10%
Apricot jam	900g	R36,99	R37,24	R38,74	R 1,50	R 1,75	4%	5%
White bread	25 loaves	R368,40	R396,75	R406,06	R 9,31	R 37,66	2%	10%
Brown bread	25 loaves	R338,40	R365,50	R365,44	-R 0,06	R 27,04	0%	8%
Total household food basket		R 5 147,25	R 5 298,64	R 5 176,12	-R 122,51	R 28,88	-2,3%	0,6%

Month-on-month: The cost of the Pietermaritzburg household food basket *decreased* by **R122,51 (-2,3%)** from R5 298,64 in May 2026 to R5 176,12 in June 2026.

Year-on-year: The cost of the Pietermaritzburg household food basket *increased* by **R28,88 (0,6%)** from R5 147,25 in June 2025 to R5 176,12 in June 2026.

14. JUNE 2026 Household Food Index: Mtubatuba

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Maize meal	30kg	R359,97	R329,97	R321,97	-R 8,00	-R 38,00	-2%	-11%
Rice	10kg	R159,99	R129,99	R133,99	R 4,00	-R 26,00	3%	-16%
Cake Flour	10kg	R119,99	R126,66	R126,66	R 0,00	R 6,67	0%	6%
White sugar	10kg	R209,99	R219,99	R219,99	R 0,00	R 10,00	0%	5%
Sugar beans	5kg	R198,32	R134,99	R144,99	R 10,00	-R 53,33	7%	-27%
Samp	5kg	R69,32	R68,32	R74,32	R 6,00	R 5,00	9%	7%
Cooking oil	5L	R161,66	R164,99	R164,99	R 0,00	R 3,33	0%	2%
Salt	1kg	R13,32	R14,32	R13,99	-R 0,33	R 0,67	-2%	5%
Potatoes	10kg	R94,75	R72,84	R85,70	R 12,86	-R 9,05	18%	-10%
Onions	10kg	R159,50	R161,09	R173,79	R 12,71	R 14,29	8%	9%
Frozen chicken portions	10kg	R369,98	R432,98	R459,98	R 27,00	R 90,00	6%	24%
Curry powder	200g	R38,32	R42,99	R38,66	-R 4,33	R 0,33	-10%	1%
Stock cubes	24 cubes x2	R43,98	R48,65	R48,65	R 0,00	R 4,67	0%	11%
Soup	400g x2	R71,31	R66,64	R66,64	R 0,00	-R 4,67	0%	-7%
Tea	250g	R35,66	R32,99	R32,99	R 0,00	-R 2,67	0%	-7%
Full cream milk	6L	R99,99	R108,32	R105,66	-R 2,67	R 5,67	-2%	6%
Maas	4L	R61,66	R66,99	R62,66	-R 4,33	R 1,00	-6%	2%
Eggs	60 eggs	R153,31	R139,98	R139,98	R 0,00	-R 13,33	0%	-9%
Chicken feet	2kg	R88,98	R89,98	R99,98	R 10,00	R 11,00	11%	12%
Gizzards	2kg	R99,98	R119,98	R119,98	R 0,00	R 20,00	0%	20%
Chicken livers	2kg	R86,98	R84,98	R99,98	R 15,00	R 13,00	18%	15%
Beef liver	2kg	R114,98	R139,98	R159,98	R 20,00	R 45,00	14%	39%
Beef	2kg	R198,98	R219,98	R201,98	-R 18,00	R 3,00	-8%	2%
Wors	2kg	R199,98	R219,98	R189,98	-R 30,00	-R 10,00	-14%	-5%
Beef tripe	2kg	R88,98	R129,98	R129,98	R 0,00	R 41,00	0%	46%
Fish	2kg	R137,98	R159,98	R159,98	R 0,00	R 22,00	0%	16%
Tomatoes	6kg	R185,94	R161,94	R165,94	R 4,00	-R 20,00	2%	-11%
Carrots	5kg	R59,32	R36,66	R64,99	R 28,33	R 5,67	77%	10%
Butternut	10kg	R82,92	R114,98	R111,09	-R 3,89	R 28,17	-3%	34%
Spinach	8 bunches	R170,59	R143,92	R135,92	-R 8,00	-R 34,67	-6%	-20%
Cabbage	2 heads	R43,98	R47,98	R39,98	-R 8,00	-R 4,00	-17%	-9%
Green pepper	2kg	R69,98	R62,64	R69,30	R 6,66	-R 0,68	11%	-1%
Cremora	800g	R59,99	R56,66	R63,32	R 6,67	R 3,33	12%	6%
Tinned pilchards	400g x6	R173,94	R175,94	R161,94	-R 14,00	-R 12,00	-8%	-7%
Canned beans	410g x6	R95,54	R93,94	R97,94	R 4,00	R 2,40	4%	3%
Bananas	4kg	R71,96	R73,29	R66,63	-R 6,67	-R 5,33	-9%	-7%
Apples	3kg	R41,66	R38,32	R40,99	R 2,67	-R 0,67	7%	-2%
Oranges	7kg	R73,35	R60,65	R52,32	-R 8,33	-R 21,03	-14%	-29%
Margarine	1kg	R38,66	R42,32	R42,99	R 0,67	R 4,33	2%	11%
Peanut butter	400g x2	R87,31	R73,98	R73,98	R 0,00	-R 13,33	0%	-15%
Polony	2.5kg	R61,66	R59,99	R59,99	R 0,00	-R 1,67	0%	-3%
Apricot jam	900g	R44,32	R49,32	R41,32	-R 8,00	-R 3,00	-16%	-7%
White bread	25 loaves	R316,42	R349,75	R337,25	-R 12,50	R 20,83	-4%	7%
Brown bread	25 loaves	R312,25	R324,75	R316,42	-R 8,33	R 4,17	-3%	1%
Total household food basket		R 5 427,65	R 5 494,57	R 5 519,75	R 25,18	R 92,10	0,5%	1,7%

Month-on-month: The cost of the **Mtubatuba household food basket increased** by **R25,18 (0,5%)** from R5 494,57 in May 2026 to R5 519,75 in June 2026.

Year-on-year: The cost of the **Mtubatuba household food basket increased** by **R92,10 (1,7%)** from R5 427,65 in June 2025 to R5 519,75 in June 2026.

15. JUNE 2026 Household Food Index: Mthatha

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Jun_2025	May_2026	Jun_2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026	May 2026 vs. Jun 2026	Jun 2025 vs. Jun 2026
Maize meal	30kg	R362,47	R337,47	R342,47	R 5,00	-R 20,00	1%	-6%
Rice	10kg	R178,32	R149,16	R141,66	-R 7,50	-R 36,67	-5%	-21%
Cake Flour	10kg	R135,16	R128,16	R133,82	R 5,67	-R 1,33	4%	-1%
White sugar	10kg	R246,49	R246,66	R249,16	R 2,50	R 2,67	1%	1%
Sugar beans	5kg	R221,48	R192,98	R179,98	-R 13,00	-R 41,50	-7%	-19%
Samp	5kg	R80,16	R72,49	R72,49	R 0,00	-R 7,67	0%	-10%
Cooking oil	5L	R156,16	R152,49	R152,49	R 0,00	-R 3,67	0%	-2%
Salt	1kg	R19,16	R22,16	R20,82	-R 1,33	R 1,67	-6%	9%
Potatoes	10kg	R111,77	R91,54	R78,56	-R 12,98	-R 33,21	-14%	-30%
Onions	10kg	R124,80	R115,94	R131,89	R 15,95	R 7,09	14%	6%
Frozen chicken portions	10kg	R394,94	R468,44	R434,94	-R 33,50	R 40,00	-7%	10%
Curry powder	200g	R41,16	R43,32	R41,49	-R 1,83	R 0,33	-4%	1%
Stock cubes	24 cubes x2	R46,65	R48,98	R49,65	R 0,67	R 3,00	1%	6%
Soup	400g x2	R55,65	R65,98	R61,98	-R 4,00	R 6,33	-6%	11%
Tea	250g	R33,66	R39,66	R40,66	R 1,00	R 7,00	3%	21%
Full cream milk	6L	R96,66	R94,16	R93,32	-R 0,83	-R 3,33	-1%	-3%
Maas	4L	R61,32	R61,82	R61,82	R 0,00	R 0,50	0%	1%
Eggs	60 eggs	R153,65	R146,65	R143,98	-R 2,67	-R 9,67	-2%	-6%
Chicken feet	2kg	R83,96	R91,07	R89,96	-R 1,11	R 6,00	-1%	7%
Gizzards	2kg	R93,92	R106,59	R106,59	R 0,00	R 12,67	0%	13%
Chicken livers	2kg	R68,66	R88,42	R92,64	R 4,22	R 23,99	5%	35%
Beef liver	2kg	R114,44	R144,94	R134,44	-R 10,50	R 20,00	-7%	17%
Beef	2kg	R177,44	R245,25	R224,94	-R 20,32	R 47,50	-8%	27%
Wors	2kg	R159,44	R204,94	R195,44	-R 9,50	R 36,00	-5%	23%
Beef tripe	2kg	R78,94	R111,44	R104,94	-R 6,50	R 26,00	-6%	33%
Fish	2kg	R137,92	R162,72	R168,31	R 5,59	R 30,39	3%	22%
Tomatoes	6kg	R165,04	R203,26	R208,26	R 5,00	R 43,22	2%	26%
Carrots	5kg	R74,82	R65,81	R64,72	-R 1,09	-R 10,09	-2%	-13%
Butternut	10kg	R94,11	R98,51	R83,20	-R 15,32	-R 10,91	-16%	-12%
Spinach	8 bunches	R131,92	R135,92	R140,72	R 4,80	R 8,80	4%	7%
Cabbage	2 heads	R48,65	R53,98	R53,98	R 0,00	R 5,33	0%	11%
Green pepper	2kg	R65,98	R76,65	R74,98	-R 1,67	R 9,00	-2%	14%
Cremora	800g	R60,99	R57,99	R52,82	-R 5,17	-R 8,17	-9%	-13%
Tinned pilchards	400g x6	R164,94	R167,94	R171,94	R 4,00	R 7,00	2%	4%
Canned beans	410g x6	R107,44	R101,94	R101,94	R 0,00	-R 5,50	0%	-5%
Bananas	4kg	R86,36	R81,29	R79,29	-R 2,00	-R 7,07	-2%	-8%
Apples	3kg	R45,99	R46,32	R43,49	-R 2,83	-R 2,50	-6%	-5%
Oranges	7kg	R67,04	R65,16	R58,15	-R 7,01	-R 8,89	-11%	-13%
Margarine	1kg	R49,16	R49,66	R48,66	-R 1,00	-R 0,50	-2%	-1%
Peanut butter	400g x2	R93,98	R75,98	R75,98	R 0,00	-R 18,00	0%	-19%
Polony	2.5kg	R74,16	R61,99	R65,32	R 3,33	-R 8,83	5%	-12%
Apricot jam	900g	R44,99	R41,32	R43,49	R 2,17	-R 1,50	5%	-3%
White bread	25 loaves	R418,50	R420,58	R428,92	R 8,33	R 10,42	2%	2%
Brown bread	25 loaves	R395,58	R391,42	R399,75	R 8,33	R 4,17	2%	1%
Total household food basket		R 5 623,96	R 5 829,11	R 5 744,03	-R 85,08	R 120,06	-1,5%	2,1%

Month-on-month: The cost of the **Mthatha household food basket decreased** by **R85,08 (-1,5%)** from R5 829,11 in May 2026 to R5 744,03 in June 2026.

Year-on-year: The cost of the **Mthatha household food basket increased** by **R120,06 (2,1%)** from R5 623,96 in June 2025 to R5 744,03 in June 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 7 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.

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