HOUSEHOLD AFFORDABILITY INDEX

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

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PIETERMARITZBURG ECONOMIC JUSTICE & DIGNITY
Economic justice through the lens of human dignity

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About the Household Affordability Index

The Household Food Basket has been designed together with women living on low incomes in Johannesburg (Soweto, Alexandra, Tembisa and Hillbrow), Cape Town (Gugulethu, Philippi, Khayelitsha, Langa, Delft, Dunoon), Durban (KwaMashu, Umlazi, Isipingo, Durban CBD, Hammarsdale, Pinetown), Pietermaritzburg, Mtubatuba (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 <u>the</u> 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 <u>is not</u> 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. OCTOBER 2026 Summary Data Reference Sheet

Summary of Household Affordability Data

National Minimum Wage October 2026 (22 working days)	
General workers at R30,23/hr	**R5 320,48**
General workers at 10% exemption at R27,21/hr	R4 788,43
Minimum underspend on food in Oct 2026	**-49,2%**

Cost of Household Food Basket in October 2026		
Cost of *Joburg* Household Food Basket		R5 766,71
Cost of *Durban* Household Food Basket		R5 416,24
Cost of *Cape Town* Household Food Basket		R5 370,30
Cost of *Springbok* Household Food Basket		R5 848,83
Cost of *Maritzburg* Household Food Basket		R5 207,31
Cost of *Mtubatuba* Household Food Basket		R5 431,81
Cost of Mthatha Household Food Basket		R5 513,57
Average cost of Household Food Basket (all areas).		**R5 512,53**
Month-on-month change	**R24,48**	**0,4%**
Year-on-year change	**R71,94**	**1,3%**

Cost of foods prioritised & bought first in Household Food Basket: year-on-year October 2025 to October 2026		
Core foods	**Oct_2025 cost**	**Oct_2026 cost**
Maize meal *(30kg)*	R 324,23	R 289,12
Rice *(10kg)*	R 141,86	R 130,80
Cake Flour *(10kg)*	R 122,48	R 119,89
White sugar *(10kg)*	R 225,45	R 231,49
Sugar beans *(5kg)*	R 209,57	R 193,11
Samp *(5kg)*	R 75,64	R 71,64
Cooking oil *(5L)*	R 161,15	R 162,05
Salt *(1kg)*	R 15,55	R 17,03
Potatoes *(10kg)*	R 78,76	R 104,51
Onions *(10kg)*	R 94,08	R 191,49
Frozen chicken pieces *(10kg)*	R 422,22	R 419,56
Curry powder *(200g)*	R 40,52	R 39,62
Stock cubes *(24 cubes x2)*	R 48,91	R 51,17
Soup *(400g x2)*	R 54,73	R 50,76
Tea *(250g)*	R 32,95	R 34,30
White bread *(25 loaves)*	R 417,30	R 450,00
Brown bread *(25 loaves)*	R 391,76	R 405,21
Subtotal of core foods	**R2 857,17**	**R 2 961,75**

VAT on Household Food Basket in Oct 2026	**R346,00**

Cost of a basic nutritious diet for a family per month, Oct'26	
Household size with 4 members	R3 828,72
Household size with 5 members	R4 839,88
Household size with 7 members	**R6 692,25**

Cost of a basic nutritious diet for a child per month in October 2026	
Small child aged 3-9 years	R863,33
Small child aged 10-13 years	R937,24
Girl child aged 14-18 years	R989,05
Boy child aged 14-18 years	R1 113,01
Average for all children	**R975,66**

In **October 2026,** the Child Support Grant **(R580)** is **33%** below the food poverty line **(R868)** & **41%** below the average cost to secure a basic nutritious diet for a child **(R975,66).**

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

All South Africans	
Population size 2026	63,522 million
Unemployment rate	33,6%
Unemployed + potential labour force	**43,8%**
Numbers of people employed	16,739 million
Number of people one wage supports	**3,8**
Maximum NMW October 2026	**R5 320,48**
NMW shared in a family, per person	**R1 400,13**

Black South Africans	
Population size 2026	51,916 million
Unemployment rate	37,6%
Unemployed + potential labour force	**48,0%**
Numbers of people employed	12,795 million
Number of people one wage supports	**4,1**
Maximum NMW October 2026	**R5 320,48**
NMW shared in a family, per person	**R1 297,68**

White South Africans	
Population size 2026	4,521 million
Unemployment rate	9,1%
Unemployed + potential labour force	**11,4%**
Numbers of people employed	1,707 million
Number of people one wage supports	**2,6**
Maximum NMW October 2026	**R5 320,48**
NMW shared in a family, per person	**R2 046,34**

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	12,59 million
The number of pensioners receiving an OAG	4,22 million
The food poverty line [FPL]	R868,00
The lower-bound poverty line [LBPL]	R1 457,00
The upper-bound poverty line [UBPL]	R2 962,00
% 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 2026 (±7,8 million)	12,3%

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. OCTOBER 2026 Household Food Index: All areas

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Maize meal	*30kg*	R324,23	R293,73	R289,12	-R 4,61	-R 35,11	-2%	-11%
Rice	*10kg*	R141,86	R131,49	R130,80	-R 0,69	-R 11,07	-1%	-8%
Cake Flour	*10kg*	R122,48	R121,53	R119,89	-R 1,63	-R 2,59	-1%	-2%
White sugar	*10kg*	R225,45	R231,91	R231,49	-R 0,42	R 6,04	0%	3%
Sugar beans	*5kg*	R209,57	R188,80	R193,11	R 4,31	-R 16,46	2%	-8%
Samp	*5kg*	R75,64	R71,84	R71,64	-R 0,20	-R 3,99	0%	-5%
Cooking oil	*5L*	R161,15	R161,44	R162,05	R 0,61	R 0,90	0%	1%
Salt	*1kg*	R15,55	R17,39	R17,03	-R 0,36	R 1,47	-2%	9%
Potatoes	*10kg*	R78,76	R100,16	R104,51	R 4,35	R 25,75	4%	33%
Onions	*10kg*	R94,08	R172,35	R191,49	R 19,14	R 97,41	11%	104%
Frozen chicken portions	*10kg*	R422,22	R427,94	R419,56	-R 8,39	-R 2,66	-2%	-1%
Curry powder	*200g*	R40,52	R39,47	R39,62	R 0,15	-R 0,89	0%	-2%
Stock cubes	*24 cubes x2*	R48,91	R50,86	R51,17	R 0,31	R 2,26	1%	5%
Soup	*400g x2*	R54,73	R53,51	R50,76	-R 2,76	-R 3,97	-5%	-7%
Tea	*250g*	R32,95	R32,99	R34,30	R 1,31	R 1,35	4%	4%
Full cream milk	*6L*	R96,52	R98,39	R98,72	R 0,33	R 2,20	0%	2%
Maas	*4L*	R60,35	R64,44	R63,83	-R 0,61	R 3,48	-1%	6%
Eggs	*60 eggs*	R143,04	R138,72	R138,47	-R 0,25	-R 4,57	0%	-3%
Chicken feet	*2kg*	R83,18	R78,88	R79,09	R 0,21	-R 4,09	0%	-5%
Gizzards	*2kg*	R104,82	R104,19	R100,60	-R 3,59	-R 4,22	-3%	-4%
Chicken livers	*2kg*	R73,63	R76,77	R74,39	-R 2,37	R 0,76	-3%	1%
Beef liver	*2kg*	R130,30	R126,99	R127,55	R 0,56	-R 2,75	0%	-2%
Beef	*2kg*	R214,46	R209,46	R208,24	-R 1,22	-R 6,22	-1%	-3%
Wors	*2kg*	R158,28	R155,46	R148,91	-R 6,55	-R 9,37	-4%	-6%
Beef tripe	*2kg*	R108,27	R103,65	R101,71	-R 1,94	-R 6,56	-2%	-6%
Fish	*2kg*	R127,54	R137,82	R135,21	-R 2,60	R 7,67	-2%	6%
Tomatoes	*6kg*	R121,88	R133,85	R146,98	R 13,13	R 25,10	10%	21%
Carrots	*5kg*	R43,83	R49,81	R48,55	-R 1,25	R 4,72	-3%	11%
Butternut	*10kg*	R159,88	R113,32	R142,23	R 28,91	-R 17,65	26%	-11%
Spinach	*8 bunches*	R109,50	R114,54	R103,36	-R 11,17	-R 6,14	-10%	-6%
Cabbage	*2 heads*	R38,13	R41,63	R39,44	-R 2,19	R 1,31	-5%	3%
Green pepper	*2kg*	R73,00	R62,02	R60,97	-R 1,05	-R 12,03	-2%	-16%
Cremora	*800g*	R57,78	R55,57	R55,64	R 0,07	-R 2,14	0%	-4%
Tinned pilchards	*400g x6*	R156,94	R170,79	R170,71	-R 0,08	R 13,77	0%	9%
Canned beans	*410g x6*	R93,65	R92,19	R92,08	-R 0,11	-R 1,57	0%	-2%
Bananas	*4kg*	R66,05	R79,91	R79,75	-R 0,16	R 13,70	0%	21%
Apples	*3kg*	R51,22	R47,45	R47,39	-R 0,07	-R 3,84	0%	-7%
Oranges	*7kg*	R76,23	R48,81	R51,67	R 2,86	-R 24,56	6%	-32%
Margarine	*1kg*	R42,76	R41,61	R44,28	R 2,66	R 1,52	6%	4%
Peanut butter	*400g x2*	R81,19	R84,45	R80,92	-R 3,53	-R 0,27	-4%	0%
Polony	*2.5kg*	R71,21	R70,51	R69,34	-R 1,17	-R 1,88	-2%	-3%
Apricot jam	*900g*	R39,80	R39,70	R40,77	R 1,07	R 0,97	3%	2%
White bread	*25 loaves*	R417,30	R444,67	R450,00	R 5,34	R 32,70	1%	8%
Brown bread	*25 loaves*	R391,76	R407,07	R405,21	-R 1,86	R 13,45	0%	3%
Total household food basket		**R 5 440,60**	**R5 488,06**	**R5 512,53**	**R 24,48**	**R 71,94**	**0,4%**	**1,3%**

Month-on-month: The cost of the **average household food basket *increased*** by **R24,48 (0,4%)** from R5 488,06 in September 2026 to R5 512,53 in October 2026.

Year-on-year: The cost of the **average household food basket *increased*** by **R71,94 (1,3%)** from R5 440,60 in October 2025 to R5 512,53 in October 2026.

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

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Maize meal	*30kg*	R324,23	R293,73	R289,12	-R 4,61	-R 35,11	-2%	-11%
Rice	*10kg*	R141,86	R131,49	R130,80	-R 0,69	-R 11,07	-1%	-8%
Cake Flour	*10kg*	R122,48	R121,53	R119,89	-R 1,63	-R 2,59	-1%	-2%
White sugar	*10kg*	R225,45	R231,91	R231,49	-R 0,42	R 6,04	0%	3%
Sugar beans	*5kg*	R209,57	R188,80	R193,11	R 4,31	-R 16,46	2%	-8%
Samp	*5kg*	R75,64	R71,84	R71,64	-R 0,20	-R 3,99	0%	-5%
Cooking oil	*5L*	R161,15	R161,44	R162,05	R 0,61	R 0,90	0%	1%
Salt	*1kg*	R15,55	R17,39	R17,03	-R 0,36	R 1,47	-2%	9%
Potatoes	*10kg*	R78,76	R100,16	R104,51	R 4,35	R 25,75	4%	33%
Onions	*10kg*	R94,08	R172,35	R191,49	R 19,14	R 97,41	11%	104%
Frozen chicken portions	*10kg*	R422,22	R427,94	R419,56	-R 8,39	-R 2,66	-2%	-1%
Curry powder	*200g*	R40,52	R39,47	R39,62	R 0,15	-R 0,89	0%	-2%
Stock cubes	*24 cubes x2*	R48,91	R50,86	R51,17	R 0,31	R 2,26	1%	5%
Soup	*400g x2*	R54,73	R53,51	R50,76	-R 2,76	-R 3,97	-5%	-7%
Tea	*250g*	R32,95	R32,99	R34,30	R 1,31	R 1,35	4%	4%
White bread	*25 loaves*	R417,30	R444,67	R450,00	R 5,34	R 32,70	1%	8%
Brown bread	*25 loaves*	R391,76	R407,07	R405,21	-R 1,86	R 13,45	0%	3%
Total household food basket		**R 2 857,17**	**R2 947,16**	**R2 961,75**	**R 14,59**	**R 104,58**	**0,5%**	**3,7%**

Month-on-month: The **average cost of the foods prioritised and bought first** in the household food basket ***increased*** by **R14,59 (0,5%)** from R2 947,16 in September 2026 to R2 961,75 in October 2026.

Year-on-year: The **average cost of the foods prioritised and bought first** in the household food basket ***increased*** by **R104,58 (3,7%)** from R2 857,17 in October 2025 to R2 961,75 in October 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 **54%** of the total cost of the Household Food Basket. At an average cost of **R2 961,75 in October 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. OCTOBER 2026 Household Food Index: Zero-rated vs. VAT

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Zero-rated foods								
Maize meal	*30kg*	R324,23	R293,73	R289,12	-R 4,61	-R 35,11	-2%	-11%
Rice	*10kg*	R141,86	R131,49	R130,80	-R 0,69	-R 11,07	-1%	-8%
Samp	*5kg*	R75,64	R71,84	R71,64	-R 0,20	-R 3,99	0%	-5%
Sugar beans	*5kg*	R209,57	R188,80	R193,11	R 4,31	-R 16,46	2%	-8%
Cooking oil	*5L*	R161,15	R161,44	R162,05	R 0,61	R 0,90	0%	1%
Full cream milk	*6L*	R96,52	R98,39	R98,72	R 0,33	R 2,20	0%	2%
Maas	*4L*	R60,35	R64,44	R63,83	-R 0,61	R 3,48	-1%	6%
Eggs	*60 eggs*	R143,04	R138,72	R138,47	-R 0,25	-R 4,57	0%	-3%
Potatoes	*10kg*	R78,76	R100,16	R104,51	R 4,35	R 25,75	4%	33%
Onions	*10kg*	R94,08	R172,35	R191,49	R 19,14	R 97,41	11%	104%
Tomatoes	*6kg*	R121,88	R133,85	R146,98	R 13,13	R 25,10	10%	21%
Carrots	*5kg*	R43,83	R49,81	R48,55	-R 1,25	R 4,72	-3%	11%
Butternut	*10kg*	R159,88	R113,32	R142,23	R 28,91	-R 17,65	26%	-11%
Spinach	*8 bunches*	R109,50	R114,54	R103,36	-R 11,17	-R 6,14	-10%	-6%
Cabbage	*2 heads*	R38,13	R41,63	R39,44	-R 2,19	R 1,31	-5%	3%
Green Pepper	*2kg*	R73,00	R62,02	R60,97	-R 1,05	-R 12,03	-2%	-16%
Tinned pilchards	*6 tins*	R156,94	R170,79	R170,71	-R 0,08	R 13,77	0%	9%
Bananas	*4kg*	R66,05	R79,91	R79,75	-R 0,16	R 13,70	0%	21%
Apples	*3kg*	R51,22	R47,45	R47,39	-R 0,07	-R 3,84	0%	-7%
Oranges	*7kg*	R76,23	R48,81	R51,67	R 2,86	-R 24,56	6%	-32%
Brown bread	*25 loaves*	R391,76	R407,07	R405,21	-R 1,86	R 13,45	0%	3%
Cake flour	*10kg*	R122,48	R121,53	R119,89	-R 1,63	-R 2,59	-1%	-2%
Subtotal of zero-rated foods		**R 2 796,10**	**R 2 812,07**	**R 2 859,89**	**R 47,82**	**R 63,79**	**1,7%**	**2,3%**
Foods subject to VAT								
White sugar	*10kg*	R225,45	R231,91	R231,49	-R 0,42	R 6,04	0%	3%
Frozen chicken portions	*10kg*	R422,22	R427,94	R419,56	-R 8,39	-R 2,66	-2%	-1%
Chicken feet	*2kg*	R83,18	R78,88	R79,09	R 0,21	-R 4,09	0%	-5%
Gizzards	*2kg*	R104,82	R104,19	R100,60	-R 3,59	-R 4,22	-3%	-4%
Chicken livers	*2kg*	R73,63	R76,77	R74,39	-R 2,37	R 0,76	-3%	1%
Beef liver	*2kg*	R130,30	R126,99	R127,55	R 0,56	-R 2,75	0%	-2%
Beef	*2kg*	R214,46	R209,46	R208,24	-R 1,22	-R 6,22	-1%	-3%
Wors	*2kg*	R158,28	R155,46	R148,91	-R 6,55	-R 9,37	-4%	-6%
Inyama yangapakhathi	*2kg*	R108,27	R103,65	R101,71	-R 1,94	-R 6,56	-2%	-6%
Fish	*2kg*	R127,54	R137,82	R135,21	-R 2,60	R 7,67	-2%	6%
Salt	*1kg*	R15,55	R17,39	R17,03	-R 0,36	R 1,47	-2%	9%
Stock	*48 cubes*	R48,91	R50,86	R51,17	R 0,31	R 2,26	1%	5%
Soup	*800g*	R54,73	R53,51	R50,76	-R 2,76	-R 3,97	-5%	-7%
Curry powder	*400g*	R40,52	R39,47	R39,62	R 0,15	-R 0,89	0%	-2%
Tea	*200g*	R32,95	R32,99	R34,30	R 1,31	R 1,35	4%	4%
Cremora	*1kg*	R57,78	R55,57	R55,64	R 0,07	-R 2,14	0%	-4%
Canned beans	*6 cans*	R93,65	R92,19	R92,08	-R 0,11	-R 1,57	0%	-2%
Margarine	*1kg*	R42,76	R41,61	R44,28	R 2,66	R 1,52	6%	4%
Peanut butter	*400g x2*	R81,19	R84,45	R80,92	-R 3,53	-R 0,27	-4%	0%
Polony	*2.5kg*	R71,21	R70,51	R69,34	-R 1,17	-R 1,88	-2%	-3%
Apricot jam	*900g*	R39,80	R39,70	R40,77	R 1,07	R 0,97	3%	2%
White bread	*25 loaves*	R417,30	R444,67	R450,00	R 5,34	R 32,70	1%	8%
Subtotal of Vatable foods		**R2 644,49**	**R 2 675,99**	**R 2 652,64**	**-R 23,35**	**R 8,15**	**-0,9%**	**0,3%**
Vatable foods (excl. VAT)		R2 299,56	R2 326,95	R2 306,64	-R 20,30	R7,09	-0,9%	0,3%
VAT total		**R344,93**	**R349,04**	**R346,00**	**-R3,05**	**R1,06**	**-0,9%**	**0,3%**
Total household food basket		**R5 440,60**	**R5 488,06**	**R5 512,53**	**R24,48**	**R71,94**	**0,4%**	**1,3%**

Month-on-month: The **zero-rated foods** in the household food basket ***increased*** by **R47,82 (1,7%)** from R2 812,07 in September 2026 to R2 859,89 in October 2026.

Year-on-year: The **zero-rated foods** in the household food basket ***increased*** by **R63,79 (2,3%)** from R2 796,10 in October 2025 to R2 859,89 in October 2026.

Month-on-month: The **foods subject to VAT** in the household food basket ***decreased*** by **R23,35 (-0,9%)** from R2 675,99 in September 2026 to R2 652,64 in October 2026.

Year-on-year: The **foods subject to VAT** in the household food basket ***increased*** by **R8,15 (0,3%)** from R2 644,49 in October 2025 to R2 652,64 in October 2026.

22/44 foods in the total household food basket are subject to VAT. Foods subject to VAT make up **48%** of the total cost of the household food basket. VAT on the total household food basket came to **R346,00 in October 2026.** This means **6,3%** of the household food basket is made up of VAT. **A tax of R346,00** is **more than** the cost of an average low-income household's requirement of 30kg maize meal per month ***(in October 2026, 30kg maize meal cost R289,12)*** . 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. OCTOBER 2026 Basic Nutritional Food Index: families

By number of family members	Index 2025/26			change in Rands		change in %	
	Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Four (4)	R3 707,08	R3 807,11	R3 828,72	R 21,61	R 121,64	0,6%	3,3%
Five (5)	R4 684,45	R4 813,23	R4 839,88	R 26,65	R 155,43	0,6%	3,3%
Seven (7)	**R6 473,90**	**R6 655,29**	**R6 692,25**	**R 36,96**	**R 218,35**	**0,6%**	**3,4%**

Month-on-month: The cost of a **basic nutritional food basket** for a family of 7 members ***increased*** by **R36,96 (0,6%)** from R6 655,29 in September 2026 to R6 692,25 in October 2026.

Year-on-year: The cost of a **basic nutritional food basket** for a family of 7 members ***increased*** by **R218,35 (3,4%)** from R6 473,90 in October 2025 to R6 692,25 in October 2026.

In **October 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 179,72 (R5 512,53 vs. R6 692,25).**

It means that in **October 2026**, families living on low-incomes may underspend on basic nutritional food by **a minimum of 18% (R1 179,72).**

6. OCTOBER 2026 Basic Nutritional Food Index: children

By age of child	Index 2025/26			change in Rands		change in %	
	Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Small child aged 3-9 years	R 831,23	R858,22	R863,33	R 5,11	R 32,10	0,6%	3,9%
Small child aged 10-13 years	R 904,30	R932,17	R937,24	R 5,07	R 32,94	0,5%	3,6%
Girl child aged 14-18 years	R 958,22	R983,84	R989,05	R 5,21	R 30,83	0,5%	3,2%
Boy child aged 14-18 years	R 1 086,41	R1 106,83	R1 113,01	R 6,18	R 26,60	0,6%	2,4%
Average for all children	**R945,04**	**R970,27**	**R975,66**	**R 5,39**	**R 30,62**	**0,6%**	**3,2%**

Month-on-month: The **average cost to feed a child a basic nutritious diet *increased*** by **R5,39 (0,6%)** from R970,27 in September 2026 to R975,66 in October 2026.

Year-on-year: The **average cost to feed a child a basic nutritious diet *increased*** by **R30,62 (3,2%)** from R945,04 in October 2025 to R975,66 in October 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 **R868** per capita per month *(in May 2026 prices).*

In **October 2026** the average cost to feed a child a basic nutritious diet per month cost **R975,66.**

The Child Support Grant of **R580** is set below the food poverty line of **R868**, and further below the average cost of **R975,66** to secure a basic nutritious diet for a child in **October 2026.**

In **October 2026** the Child Support Grant is **33% 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. OCTOBER 2026 National Minimum Wage Scenarios

Number of working days in October 2026 = 22 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 **4,1 persons in October 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 2026, the prepaid electricity tariffs in Msunduzi Municipality increased by 6,9%, with prepaid electricity costing R3,60985/kWh (incl. VAT) for the 2026/27 period, up from the previous R3,3768/kWh (incl. VAT) for the 2025/26 period. The electricity expense on 350kWh went up by R81,57 (from R1 181.88 to R1 263,45).** 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 October 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 (R3,60985 per kWh = R1263,45 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	22	15	15
Number of hours worked	8	8	5
Remuneration rate	R30,23	R30,23	R30,23
Wage income	**R5 320,48**	**R3 627,60**	**R2 267,25**

	Wage scenario 1		**Wage scenario 2**		**Wage scenario 3**	
Wage income	**R5 320,48**		**R3 627,60**		**R2 267,25**	
Household expenses		**% of wage**		**% of wage**		**% of wage**
Transport to work (2 taxi, return)	R2 112,00	39,7%	R1 440,00	39,7%	R1 440,00	63,5%
Prepaid electricity (350kWh)	R1 263,45	23,7%	R1 263,45	34,8%	R1 263,45	55,7%
Total for transport + electricity	**R3 375,45**	**63,4%**	**R2 703,45**	**74,5%**	**R2 703,45**	**119,2%**
Money remaining to spend on all other expenses	**R1 945,03**		**R924,15**		**-R436,20**	
Subtract: food (4 persons)	R3 828,72		R3 828,72		R3 828,72	
***Minimum** surplus/shortfall on food costs*	**-R1 883,69**	**-49,2%**	**-R2 904,57**	**-75,9%**	**-R4 264,92**	**-111,4%**

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 320,48 in October 2026** when disbursed in a family of **four persons is R1 330,12.** This is **below the National Upper-Bound Poverty Line of R2 962 per capita per month**, and **below the National Lower-Bound Poverty Line of R1 457 per capita per month** (in May 2026 prices).

After paying for transport and electricity **(R3 375,45)** workers are left with **R1 945,03. The minimum shortfall on food for a workers' family in October 2026 is 49,2%** (a shortfall of **R1 883,69** on a basket of nutritional food costing **R3 828,72**). If all the remaining money (**R1 945,03**) went to buy food, then for a family of 4, **it would provide R486,26 per person per month**. **This is 44% below the National Food Poverty Line of R868 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. OCTOBER 2026 Household Food Basket: Per area, compared.

Foods tracked	Quantity tracked	Joburg	Durban	Cape Town	Springbok	Maritzburg	Mtubatuba	Mthatha	Average
Maize meal	*30kg*	R295,97	R258,72	R291,22	R304,97	R288,72	R284,97	R326,47	R289,12
Rice	*10kg*	R139,07	R116,57	R138,24	R133,32	R113,74	R131,66	R137,49	R130,80
Cake Flour	*10kg*	R121,74	R110,07	R127,49	R119,99	R120,24	R111,66	R124,49	R119,89
White sugar	*10kg*	R224,32	R218,93	R238,28	R264,99	R234,99	R204,99	R252,66	R231,49
Sugar beans	*5kg*	R199,48	R163,70	R224,95	R249,90	R156,24	R162,49	R186,99	R193,11
Samp	*5kg*	R74,74	R64,24	R77,70	R91,65	R51,74	R60,49	R76,99	R71,64
Cooking oil	*5L*	R166,36	R156,20	R162,89	R172,90	R173,74	R171,66	R145,41	R162,05
Salt	*1kg*	R19,44	R16,53	R10,16	R22,66	R22,74	R12,99	R22,32	R17,03
Potatoes	*10kg*	R99,55	R119,51	R100,04	R90,46	R124,98	R109,50	R84,23	R104,51
Onions	*10kg*	R162,30	R212,60	R233,06	R166,63	R199,99	R238,55	R107,72	R191,49
Chicken portions	*10kg*	R401,23	R384,93	R399,98	R548,72	R425,43	R559,98	R423,94	R419,56
Curry powder	*200g*	R41,99	R35,74	R39,82	R48,32	R37,49	R35,66	R41,32	R39,62
Stock cubes	*24 x2*	R55,31	R54,15	R48,48	R41,31	R53,48	R45,98	R48,31	R51,17
Soup	*400g x2*	R60,15	R39,31	R47,76	R42,65	R39,48	R66,64	R62,98	R50,76
Tea	*250g*	R37,99	R30,91	R33,57	R35,99	R33,49	R35,99	R33,99	R34,30
Full cream milk	*6L*	R104,90	R104,91	R88,64	R91,66	R96,74	R103,32	R96,66	R98,72
Maas	*4L*	R67,49	R57,57	R69,40	R64,98	R56,49	R59,32	R64,49	R63,83
Eggs	*60 eggs*	R142,27	R136,53	R138,27	R151,31	R129,98	R133,31	R136,65	R138,47
Chicken feet	*2kg*	R108,48	R76,67	R49,98	R59,98	R89,93	R89,98	R73,96	R79,09
Gizzards	*2kg*	R102,98	R99,69	R78,55	R99,98	R116,90	R114,98	R112,94	R100,60
Chicken livers	*2kg*	R73,73	R67,29	R62,98	R139,94	R71,19	R39,98	R87,44	R74,39
Beef liver	*2kg*	R140,98	R130,29	R105,48	R116,98	R134,89	R129,98	R137,44	R127,55
Beef	*2kg*	R216,24	R214,94	R199,98	R190,98	R221,44	R198,98	R195,44	R208,24
Wors	*2kg*	R180,49	R157,44	R79,73	R179,98	R157,44	R189,98	R162,44	R148,91
Beef tripe	*2kg*	R121,48	R105,69	R86,31	R125,98	R85,40	R84,98	R95,94	R101,71
Fish	*2kg*	R110,24	R152,69	R112,84	R195,98	R137,89	R169,98	R138,94	R135,21
Tomatoes	*6kg*	R156,95	R148,85	R142,37	R105,94	R119,98	R125,94	R172,86	R146,98
Carrots	*5kg*	R60,56	R40,38	R50,56	R63,28	R25,74	R34,99	R51,49	R48,55
Butternut	*10kg*	R160,45	R156,53	R135,51	R166,63	R124,98	R140,14	R97,05	R142,23
Spinach	*8 bunches*	R99,16	R97,25	R110,01	R135,92	R65,92	R109,25	R117,25	R103,36
Cabbage	*2 heads*	R36,82	R33,81	R47,31	R42,65	R25,49	R41,31	R46,98	R39,44
Green pepper	*2kg*	R57,96	R52,18	R74,98	R79,97	R39,65	R53,31	R61,18	R60,97
Cremora	*800g*	R58,99	R51,99	R53,66	R49,99	R54,74	R69,99	R56,99	R55,64
Tinned pilchards	*400g x6*	R174,95	R171,94	R157,44	R173,94	R164,94	R185,94	R180,94	R170,71
Canned beans	*410g x6*	R102,21	R85,94	R86,94	R97,94	R80,94	R95,94	R96,94	R92,08
Bananas	*4kg*	R88,07	R79,96	R79,96	R83,95	R52,96	R90,63	R72,63	R79,75
Apples	*3kg*	R54,73	R50,82	R43,40	R49,98	R36,99	R41,66	R42,32	R47,39
Orange	*7kg*	R66,73	R56,10	R45,54	R43,14	R38,15	R36,93	R50,05	R51,67
Margarine	*1kg*	R41,07	R47,32	R43,40	R37,32	R47,49	R42,66	R48,49	R44,28
Peanut butter	*400g x2*	R86,71	R81,98	R80,48	R75,98	R77,48	R73,98	R77,65	R80,92
Polony	*2.5kg*	R78,23	R67,32	R63,69	R64,32	R83,74	R58,32	R60,99	R69,34
Apricot jam	*900g*	R38,57	R41,88	R41,74	R38,66	R37,49	R41,66	R44,32	R40,77
White bread	*25 loaves*	R497,67	R451,85	R465,66	R399,75	R390,44	R324,75	R449,75	R450,00
Brown bread	*25 loaves*	R437,96	R414,35	R401,83	R387,25	R365,44	R316,42	R408,08	R405,21
Total household food basket		**R 5 766,71**	**R 5 416,24**	**R 5 370,30**	**R 5 848,83**	**R 5 207,31**	**R 5 431,81**	**R 5 513,57**	**R 5 512,53**

The average cost (weighted) of the total Household Food Basket in October 2026 is R5 512,53.

9. OCTOBER 2026 Household Food Index: Johannesburg

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Maize meal	*30kg*	R340,48	R296,72	R295,97	-R 0,75	-R 44,51	0%	-13%
Rice	*10kg*	R152,66	R137,74	R139,07	R 1,33	-R 13,58	1%	-9%
Cake Flour	*10kg*	R131,91	R122,32	R121,74	-R 0,58	-R 10,17	0%	-8%
White sugar	*10kg*	R235,07	R222,41	R224,32	R 1,92	-R 10,75	1%	-5%
Sugar beans	*5kg*	R228,44	R190,48	R199,48	R 9,00	-R 28,96	5%	-13%
Samp	*5kg*	R78,32	R78,24	R74,74	-R 3,50	-R 3,58	-4%	-5%
Cooking oil	*5L*	R165,88	R164,78	R166,36	R 1,58	R 0,48	1%	0%
Salt	*1kg*	R17,03	R19,56	R19,44	-R 0,12	R 2,41	-1%	14%
Potatoes	*10kg*	R81,36	R104,14	R99,55	-R 4,59	R 18,19	-4%	22%
Onions	*10kg*	R93,31	R145,84	R162,30	R 16,46	R 68,99	11%	74%
Frozen chicken portions	*10kg*	R413,73	R417,07	R401,23	-R 15,84	-R 12,50	-4%	-3%
Curry powder	*200g*	R42,73	R40,57	R41,99	R 1,42	-R 0,74	3%	-2%
Stock cubes	*24 cubes x2*	R54,47	R55,63	R55,31	-R 0,32	R 0,85	-1%	2%
Soup	*400g x2*	R64,40	R62,81	R60,15	-R 2,67	-R 4,25	-4%	-7%
Tea	*250g*	R39,32	R37,91	R37,99	R 0,08	-R 1,33	0%	-3%
Full cream milk	*6L*	R101,32	R102,74	R104,90	R 2,17	R 3,58	2%	4%
Maas	*4L*	R62,32	R66,44	R67,49	R 1,05	R 5,17	2%	8%
Eggs	*60 eggs*	R147,32	R139,98	R142,27	R 2,29	-R 5,04	2%	-3%
Chicken feet	*2kg*	R110,23	R106,98	R108,48	R 1,50	-R 1,75	1%	-2%
Gizzards	*2kg*	R109,23	R105,23	R102,98	-R 2,25	-R 6,25	-2%	-6%
Chicken livers	*2kg*	R76,98	R73,20	R73,73	R 0,53	-R 3,25	1%	-4%
Beef liver	*2kg*	R138,71	R138,73	R140,98	R 2,25	R 2,27	2%	2%
Beef	*2kg*	R224,48	R219,23	R216,24	-R 3,00	-R 8,25	-1%	-4%
Wors	*2kg*	R188,73	R178,23	R180,49	R 2,26	-R 8,25	1%	-4%
Beef tripe	*2kg*	R112,34	R115,49	R121,48	R 6,00	R 9,15	5%	8%
Fish	*2kg*	R102,40	R112,24	R110,24	-R 2,00	R 7,83	-2%	8%
Tomatoes	*6kg*	R131,68	R139,04	R156,95	R 17,91	R 25,28	13%	19%
Carrots	*5kg*	R55,17	R48,41	R60,56	R 12,15	R 5,39	25%	10%
Butternut	*10kg*	R132,81	R117,02	R160,45	R 43,43	R 27,64	37%	21%
Spinach	*8 bunches*	R91,93	R110,34	R99,16	-R 11,18	R 7,23	-10%	8%
Cabbage	*2 heads*	R30,81	R36,35	R36,82	R 0,47	R 6,01	1%	19%
Green pepper	*2kg*	R66,13	R61,69	R57,96	-R 3,72	-R 8,17	-6%	-12%
Cremora	*800g*	R57,41	R59,57	R58,99	-R 0,58	R 1,58	-1%	3%
Tinned pilchards	*400g x6*	R167,37	R173,95	R174,95	R 1,01	R 7,59	1%	5%
Canned beans	*410g x6*	R104,70	R101,17	R102,21	R 1,04	-R 2,49	1%	-2%
Bananas	*4kg*	R64,30	R89,54	R88,07	-R 1,47	R 23,77	-2%	37%
Apples	*3kg*	R61,24	R57,53	R54,73	-R 2,80	-R 6,51	-5%	-11%
Oranges	*7kg*	R80,77	R54,08	R66,73	R 12,65	-R 14,04	23%	-17%
Margarine	*1kg*	R41,57	R37,57	R41,07	R 3,49	-R 0,51	9%	-1%
Peanut butter	*400g x2*	R88,34	R89,62	R86,71	-R 2,91	-R 1,64	-3%	-2%
Polony	*2.5kg*	R74,82	R77,14	R78,23	R 1,09	R 3,41	1%	5%
Apricot jam	*900g*	R40,15	R39,24	R38,57	-R 0,67	-R 1,58	-2%	-4%
White bread	*25 loaves*	R446,67	R487,06	R497,67	R 10,60	R 51,00	2%	11%
Brown bread	*25 loaves*	R422,69	R444,98	R437,96	-R 7,02	R 15,27	-2%	4%
Total household food basket		**R 5 671,73**	**R5 679,01**	**R5 766,71**	**R 87,70**	**R 94,98**	**1,5%**	**1,7%**

Month-on-month: The cost of the **Joburg household food basket *increased*** by **R87,70 (1,5%)** from R5 679,01 in September 2026 to R5 766,71 in October 2026.

Year-on-year: The cost of the **Joburg household food basket *increased*** by **R94,98 (1,7%)** from R5 671,73 in October 2025 to R5 766,71 in October 2026.

10. OCTOBER 2026 Household Food Index: Durban

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Maize meal	*30kg*	R311,22	R272,72	R258,72	-R 14,00	-R 52,50	-5%	-17%
Rice	*10kg*	R125,32	R125,91	R116,57	-R 9,33	-R 8,75	-7%	-7%
Cake Flour	*10kg*	R112,32	R113,82	R110,07	-R 3,75	-R 2,25	-3%	-2%
White sugar	*10kg*	R210,91	R224,89	R218,93	-R 5,96	R 8,02	-3%	4%
Sugar beans	*5kg*	R173,24	R156,45	R163,70	R 7,25	-R 9,54	5%	-6%
Samp	*5kg*	R71,57	R69,74	R64,24	-R 5,50	-R 7,33	-8%	-10%
Cooking oil	*5L*	R149,24	R153,45	R156,20	R 2,75	R 6,96	2%	5%
Salt	*1kg*	R17,07	R17,57	R16,53	-R 1,04	-R 0,54	-6%	-3%
Potatoes	*10kg*	R90,59	R108,04	R119,51	R 11,46	R 28,91	11%	32%
Onions	*10kg*	R93,54	R183,49	R212,60	R 29,11	R 119,06	16%	127%
Frozen chicken portions	*10kg*	R417,33	R399,23	R384,93	-R 14,30	-R 32,40	-4%	-8%
Curry powder	*200g*	R38,16	R35,91	R35,74	-R 0,17	-R 2,42	0%	-6%
Stock cubes	*24 cubes x2*	R49,31	R53,31	R54,15	R 0,83	R 4,83	2%	10%
Soup	*400g x2*	R45,31	R42,07	R39,31	-R 2,75	-R 6,00	-7%	-13%
Tea	*250g*	R28,99	R29,24	R30,91	R 1,67	R 1,92	6%	7%
Full cream milk	*6L*	R99,41	R105,49	R104,91	-R 0,58	R 5,50	-1%	6%
Maas	*4L*	R54,74	R60,82	R57,57	-R 3,25	R 2,83	-5%	5%
Eggs	*60 eggs*	R131,98	R134,31	R136,53	R 2,21	R 4,55	2%	3%
Chicken feet	*2kg*	R90,32	R76,27	R76,67	R 0,40	-R 13,65	1%	-15%
Gizzards	*2kg*	R113,44	R102,69	R99,69	-R 3,00	-R 13,75	-3%	-12%
Chicken livers	*2kg*	R73,07	R66,28	R67,29	R 1,00	-R 5,78	2%	-8%
Beef liver	*2kg*	R126,53	R124,21	R130,29	R 6,07	R 3,76	5%	3%
Beef	*2kg*	R207,94	R203,69	R214,94	R 11,25	R 7,00	6%	3%
Wors	*2kg*	R162,69	R157,19	R157,44	R 0,25	-R 5,25	0%	-3%
Beef tripe	*2kg*	R124,44	R114,53	R105,69	-R 8,84	-R 18,75	-8%	-15%
Fish	*2kg*	R139,93	R153,94	R152,69	-R 1,25	R 12,76	-1%	9%
Tomatoes	*6kg*	R116,70	R109,18	R148,85	R 39,67	R 32,16	36%	28%
Carrots	*5kg*	R38,86	R48,01	R40,38	-R 7,64	R 1,52	-16%	4%
Butternut	*10kg*	R156,02	R118,04	R156,53	R 38,49	R 0,51	33%	0%
Spinach	*8 bunches*	R119,92	R109,01	R97,25	-R 11,76	-R 22,67	-11%	-19%
Cabbage	*2 heads*	R40,42	R37,81	R33,81	-R 4,00	-R 6,60	-11%	-16%
Green pepper	*2kg*	R70,48	R60,64	R52,18	-R 8,46	-R 18,30	-14%	-26%
Cremora	*800g*	R52,41	R53,32	R51,99	-R 1,33	-R 0,42	-3%	-1%
Tinned pilchards	*400g x6*	R160,94	R176,78	R171,94	-R 4,83	R 11,00	-3%	7%
Canned beans	*410g x6*	R86,71	R85,44	R85,94	R 0,50	-R 0,77	1%	-1%
Bananas	*4kg*	R69,63	R77,63	R79,96	R 2,33	R 10,33	3%	15%
Apples	*3kg*	R53,71	R47,98	R50,82	R 2,83	-R 2,90	6%	-5%
Oranges	*7kg*	R71,14	R61,65	R56,10	-R 5,55	-R 15,05	-9%	-21%
Margarine	*1kg*	R43,41	R45,53	R47,32	R 1,79	R 3,92	4%	9%
Peanut butter	*400g x2*	R80,42	R87,81	R81,98	-R 5,83	R 1,56	-7%	2%
Polony	*2.5kg*	R71,91	R70,74	R67,32	-R 3,42	-R 4,58	-5%	-6%
Apricot jam	*900g*	R40,74	R38,24	R41,88	R 3,64	R 1,14	10%	3%
White bread	*25 loaves*	R420,60	R441,42	R451,85	R 10,44	R 31,25	2%	7%
Brown bread	*25 loaves*	R389,35	R410,17	R414,35	R 4,19	R 25,00	1%	6%
Total household food basket		**R 5 341,95**	**R5 364,64**	**R5 416,24**	**R 51,60**	**R 74,29**	**1,0%**	**1,4%**

Month-on-month: The cost of the **Durban household food basket *increased*** by **R51,60 (1,0%)** from R5 364,64 in September 2026 to R5 416,24 in October 2026.

Year-on-year: The cost of the **Durban household food basket *increased*** by **R74,29 (1,4%)** from R5 341,95 in October 2025 to R5 416,24 in October 2026.

11. OCTOBER 2026 Household Food Index: Cape Town

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Maize meal	*30kg*	R325,47	R301,47	R291,22	-R 10,25	-R 34,25	-3%	-11%
Rice	*10kg*	R151,99	R139,57	R138,24	-R 1,33	-R 13,75	-1%	-9%
Cake Flour	*10kg*	R127,16	R132,49	R127,49	-R 5,00	R 0,33	-4%	0%
White sugar	*10kg*	R234,55	R247,07	R238,28	-R 8,79	R 3,73	-4%	2%
Sugar beans	*5kg*	R243,21	R225,79	R224,95	-R 0,84	-R 18,26	0%	-8%
Samp	*5kg*	R82,53	R72,16	R77,70	R 5,54	-R 4,83	8%	-6%
Cooking oil	*5L*	R167,48	R162,58	R162,89	R 0,31	-R 4,58	0%	-3%
Salt	*1kg*	R9,82	R10,07	R10,16	R 0,08	R 0,33	1%	3%
Potatoes	*10kg*	R71,23	R95,90	R100,04	R 4,14	R 28,81	4%	40%
Onions	*10kg*	R104,48	R194,18	R233,06	R 38,89	R 128,59	20%	123%
Frozen chicken portions	*10kg*	R414,56	R434,98	R399,98	-R 35,00	-R 14,58	-8%	-4%
Curry powder	*200g*	R41,49	R40,24	R39,82	-R 0,42	-R 1,66	-1%	-4%
Stock cubes	*24 cubes x2*	R44,65	R51,31	R48,48	-R 2,83	R 3,83	-6%	9%
Soup	*400g x2*	R67,75	R56,20	R47,76	-R 8,44	-R 20,00	-15%	-30%
Tea	*250g*	R32,66	R32,07	R33,57	R 1,50	R 0,92	5%	3%
Full cream milk	*6L*	R89,31	R90,64	R88,64	-R 2,00	-R 0,67	-2%	-1%
Maas	*4L*	R67,40	R68,49	R69,40	R 0,92	R 2,00	1%	3%
Eggs	*60 eggs*	R145,48	R138,12	R138,27	R 0,16	-R 7,21	0%	-5%
Chicken feet	*2kg*	R45,69	R47,41	R49,98	R 2,57	R 4,29	5%	9%
Gizzards	*2kg*	R79,12	R83,69	R78,55	-R 5,14	-R 0,57	-6%	-1%
Chicken livers	*2kg*	R59,98	R63,69	R62,98	-R 0,71	R 3,00	-1%	5%
Beef liver	*2kg*	R111,69	R109,73	R105,48	-R 4,25	-R 6,21	-4%	-6%
Beef	*2kg*	R193,23	R197,23	R199,98	R 2,75	R 6,75	1%	3%
Wors	*2kg*	R104,23	R95,48	R79,73	-R 15,75	-R 24,50	-16%	-24%
Beef tripe	*2kg*	R78,98	R82,65	R86,31	R 3,67	R 7,33	4%	9%
Fish	*2kg*	R107,98	R106,55	R112,84	R 6,29	R 4,86	6%	4%
Tomatoes	*6kg*	R133,62	R138,50	R142,37	R 3,87	R 8,75	3%	7%
Carrots	*5kg*	R40,95	R61,78	R50,56	-R 11,22	R 9,61	-18%	23%
Butternut	*10kg*	R203,68	R103,46	R135,51	R 32,05	-R 68,17	31%	-33%
Spinach	*8 bunches*	R121,52	R127,92	R110,01	-R 17,91	-R 11,51	-14%	-9%
Cabbage	*2 heads*	R43,98	R47,31	R47,31	R 0,00	R 3,33	0%	8%
Green pepper	*2kg*	R97,18	R63,98	R74,98	R 11,00	-R 22,20	17%	-23%
Cremora	*800g*	R61,41	R52,49	R53,66	R 1,17	-R 7,75	2%	-13%
Tinned pilchards	*400g x6*	R149,44	R156,94	R157,44	R 0,50	R 8,00	0%	5%
Canned beans	*410g x6*	R90,94	R84,94	R86,94	R 2,00	-R 4,00	2%	-4%
Bananas	*4kg*	R68,32	R85,29	R79,96	-R 5,33	R 11,64	-6%	17%
Apples	*3kg*	R46,15	R45,57	R43,40	-R 2,17	-R 2,75	-5%	-6%
Oranges	*7kg*	R72,47	R44,47	R45,54	R 1,07	-R 26,94	2%	-37%
Margarine	*1kg*	R42,99	R37,99	R43,40	R 5,42	R 0,42	14%	1%
Peanut butter	*400g x2*	R81,48	R82,81	R80,48	-R 2,33	-R 1,00	-3%	-1%
Polony	*2.5kg*	R62,29	R64,19	R63,69	-R 0,50	R 1,40	-1%	2%
Apricot jam	*900g*	R39,49	R40,07	R41,74	R 1,67	R 2,25	4%	6%
White bread	*25 loaves*	R418,58	R447,71	R465,66	R 17,95	R 47,08	4%	11%
Brown bread	*25 loaves*	R395,65	R399,79	R401,83	R 2,04	R 6,19	1%	2%
Total household food basket		**R 5 372,28**	**R5 364,98**	**R5 370,30**	**R 5,32**	**-R 1,97**	**0,1%**	**0,0%**

Month-on-month: The cost of the **Cape Town household food basket *increased*** by **R5,32 (0,1%)** from R5 364,98 in September 2026 to R5 370,30 in October 2026.

Year-on-year: The cost of the **Cape Town household food basket *decreased*** by **R1,97 (-0,0%)** from R5 372,28 in October 2025 to R5 370,30 in October 2026.

12. OCTOBER 2026 Household Food Index: Springbok

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Maize meal	*30kg*	R309,97	R304,97	R304,97	R 0,00	-R 5,00	0%	-2%
Rice	*10kg*	R173,32	R136,32	R133,32	-R 3,00	-R 40,00	-2%	-23%
Cake Flour	*10kg*	R126,66	R119,99	R119,99	R 0,00	-R 6,67	0%	-5%
White sugar	*10kg*	R236,66	R264,99	R264,99	R 0,00	R 28,33	0%	12%
Sugar beans	*5kg*	R254,90	R236,57	R249,90	R 13,33	-R 5,00	6%	-2%
Samp	*5kg*	R88,32	R94,32	R91,65	-R 2,67	R 3,33	-3%	4%
Cooking oil	*5L*	R166,65	R170,81	R172,90	R 2,08	R 6,25	1%	4%
Salt	*1kg*	R20,99	R24,99	R22,66	-R 2,33	R 1,67	-9%	8%
Potatoes	*10kg*	R83,32	R88,55	R90,46	R 1,91	R 7,14	2%	9%
Onions	*10kg*	R129,63	R177,74	R166,63	-R 11,11	R 37,00	-6%	29%
Frozen chicken portions	*10kg*	R449,97	R548,72	R548,72	R 0,00	R 98,75	0%	22%
Curry powder	*200g*	R43,32	R48,66	R48,32	-R 0,33	R 5,00	-1%	12%
Stock cubes	*24 cubes x2*	R47,31	R41,31	R41,31	R 0,00	-R 6,00	0%	-13%
Soup	*400g x2*	R42,65	R47,98	R42,65	-R 5,33	R 0,00	-11%	0%
Tea	*250g*	R31,66	R30,32	R35,99	R 5,67	R 4,33	19%	14%
Full cream milk	*6L*	R96,99	R94,99	R91,66	-R 3,33	-R 5,33	-4%	-5%
Maas	*4L*	R66,98	R68,98	R64,98	-R 4,00	-R 2,00	-6%	-3%
Eggs	*60 eggs*	R167,98	R146,65	R151,31	R 4,67	-R 16,67	3%	-10%
Chicken feet	*2kg*	R79,98	R69,98	R59,98	-R 10,00	-R 20,00	-14%	-25%
Gizzards	*2kg*	R99,98	R99,98	R99,98	R 0,00	R 0,00	0%	0%
Chicken livers	*2kg*	R107,96	R131,94	R139,94	R 8,00	R 31,98	6%	30%
Beef liver	*2kg*	R118,98	R115,98	R116,98	R 1,00	-R 2,00	1%	-2%
Beef	*2kg*	R177,98	R194,98	R190,98	-R 4,00	R 13,00	-2%	7%
Wors	*2kg*	R179,98	R179,98	R179,98	R 0,00	R 0,00	0%	0%
Beef tripe	*2kg*	R115,98	R125,98	R125,98	R 0,00	R 10,00	0%	9%
Fish	*2kg*	R195,98	R197,98	R195,98	-R 2,00	R 0,00	-1%	0%
Tomatoes	*6kg*	R155,94	R133,94	R105,94	-R 28,00	-R 50,00	-21%	-32%
Carrots	*5kg*	R57,75	R69,40	R63,28	-R 6,12	R 5,54	-9%	10%
Butternut	*10kg*	R141,63	R177,74	R166,63	-R 11,11	R 25,00	-6%	18%
Spinach	*8 bunches*	R125,25	R141,25	R135,92	-R 5,33	R 10,67	-4%	9%
Cabbage	*2 heads*	R45,98	R45,98	R42,65	-R 3,33	-R 3,33	-7%	-7%
Green pepper	*2kg*	R77,31	R79,97	R79,97	R 0,00	R 2,66	0%	3%
Cremora	*800g*	R57,32	R52,32	R49,99	-R 2,33	-R 7,33	-4%	-13%
Tinned pilchards	*400g x6*	R143,94	R167,94	R173,94	R 6,00	R 30,00	4%	21%
Canned beans	*410g x6*	R107,94	R95,94	R97,94	R 2,00	-R 10,00	2%	-9%
Bananas	*4kg*	R74,61	R81,28	R83,95	R 2,67	R 9,33	3%	13%
Apples	*3kg*	R43,99	R42,31	R49,98	R 7,66	R 5,99	18%	14%
Oranges	*7kg*	R86,29	R46,64	R43,14	-R 3,50	-R 43,15	-8%	-50%
Margarine	*1kg*	R39,99	R37,66	R37,32	-R 0,33	-R 2,67	-1%	-7%
Peanut butter	*400g x2*	R78,65	R77,31	R75,98	-R 1,33	-R 2,67	-2%	-3%
Polony	*2.5kg*	R61,99	R63,66	R64,32	R 0,67	R 2,33	1%	4%
Apricot jam	*900g*	R38,32	R39,66	R38,66	-R 1,00	R 0,33	-3%	1%
White bread	*25 loaves*	R374,75	R399,75	R399,75	R 0,00	R 25,00	0%	7%
Brown bread	*25 loaves*	R362,25	R374,75	R387,25	R 12,50	R 25,00	3%	7%
Total household food basket		**R 5 688,00**	**R5 891,18**	**R5 848,83**	**-R 42,35**	**R 160,83**	**-0,7%**	**2,8%**

Month-on-month: The cost of the **Springbok household food basket *decreased*** by **R42,35 (-0,7%)** from R5 891,18 in September 2026 to R5 848,83 in October 2026.

Year-on-year: The cost of the **Springbok household food basket *increased*** by **R160,83 (2,8%)** from R5 688,00 in October 2025 to R5 848,83 in October 2026.

13. OCTOBER 2026 Household Food Index: Pietermaritzburg

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Maize meal	*30kg*	R328,47	R311,22	R288,72	-R 22,50	-R 39,75	-7%	-12%
Rice	*10kg*	R110,59	R106,24	R113,74	R 7,50	R 3,15	7%	3%
Cake Flour	*10kg*	R111,99	R117,74	R120,24	R 2,50	R 8,25	2%	7%
White sugar	*10kg*	R210,99	R223,74	R234,99	R 11,25	R 24,00	5%	11%
Sugar beans	*5kg*	R152,49	R159,99	R156,24	-R 3,75	R 3,75	-2%	2%
Samp	*5kg*	R56,59	R52,49	R51,74	-R 0,75	-R 4,85	-1%	-9%
Cooking oil	*5L*	R163,59	R169,49	R173,74	R 4,25	R 10,15	3%	6%
Salt	*1kg*	R21,19	R22,49	R22,74	R 0,25	R 1,55	1%	7%
Potatoes	*10kg*	R60,88	R96,77	R124,98	R 28,21	R 64,10	29%	105%
Onions	*10kg*	R58,86	R162,84	R199,99	R 37,14	R 141,13	23%	240%
Frozen chicken portions	*10kg*	R461,25	R467,44	R425,43	-R 42,01	-R 35,82	-9%	-8%
Curry powder	*200g*	R37,39	R36,99	R37,49	R 0,50	R 0,10	1%	0%
Stock cubes	*24 cubes x2*	R46,38	R45,98	R53,48	R 7,50	R 7,10	16%	15%
Soup	*400g x2*	R32,78	R39,48	R39,48	R 0,00	R 6,70	0%	20%
Tea	*250g*	R28,19	R28,74	R33,49	R 4,75	R 5,30	17%	19%
Full cream milk	*6L*	R94,99	R94,99	R96,74	R 1,75	R 1,75	2%	2%
Maas	*4L*	R50,79	R61,49	R56,49	-R 5,00	R 5,70	-8%	11%
Eggs	*60 eggs*	R142,38	R134,98	R129,98	-R 5,00	-R 12,40	-4%	-9%
Chicken feet	*2kg*	R90,85	R86,44	R89,93	R 3,49	-R 0,92	4%	-1%
Gizzards	*2kg*	R123,39	R120,94	R116,90	-R 4,04	-R 6,50	-3%	-5%
Chicken livers	*2kg*	R73,89	R77,25	R71,19	-R 6,06	-R 2,70	-8%	-4%
Beef liver	*2kg*	R153,44	R137,44	R134,89	-R 2,54	-R 18,55	-2%	-12%
Beef	*2kg*	R260,94	R245,94	R221,44	-R 24,50	-R 39,50	-10%	-15%
Wors	*2kg*	R159,94	R164,94	R157,44	-R 7,50	-R 2,50	-5%	-2%
Beef tripe	*2kg*	R123,44	R108,44	R85,40	-R 23,04	-R 38,04	-21%	-31%
Fish	*2kg*	R139,94	R139,44	R137,89	-R 1,54	-R 2,04	-1%	-1%
Tomatoes	*6kg*	R79,48	R124,96	R119,98	-R 4,98	R 40,50	-4%	51%
Carrots	*5kg*	R25,39	R27,49	R25,74	-R 1,75	R 0,35	-6%	1%
Butternut	*10kg*	R128,55	R89,27	R124,98	R 35,71	-R 3,57	40%	-3%
Spinach	*8 bunches*	R83,92	R101,94	R65,92	-R 36,02	-R 18,00	-35%	-21%
Cabbage	*2 heads*	R39,18	R38,48	R25,49	-R 12,99	-R 13,69	-34%	-35%
Green pepper	*2kg*	R54,78	R46,49	R39,65	-R 6,84	-R 15,14	-15%	-28%
Cremora	*800g*	R55,79	R53,99	R54,74	R 0,75	-R 1,05	1%	-2%
Tinned pilchards	*400g x6*	R139,14	R155,94	R164,94	R 9,00	R 25,80	6%	19%
Canned beans	*410g x6*	R75,56	R80,97	R80,94	-R 0,03	R 5,38	0%	7%
Bananas	*4kg*	R55,96	R52,97	R52,96	-R 0,01	-R 3,00	0%	-5%
Apples	*3kg*	R41,39	R36,49	R36,99	R 0,50	-R 4,40	1%	-11%
Oranges	*7kg*	R59,99	R29,99	R38,15	R 8,16	-R 21,84	27%	-36%
Margarine	*1kg*	R45,79	R46,99	R47,49	R 0,50	R 1,70	1%	4%
Peanut butter	*400g x2*	R72,78	R87,98	R77,48	-R 10,50	R 4,70	-12%	6%
Polony	*2.5kg*	R88,99	R85,99	R83,74	-R 2,25	-R 5,25	-3%	-6%
Apricot jam	*900g*	R35,79	R38,99	R37,49	-R 1,50	R 1,70	-4%	5%
White bread	*25 loaves*	R381,90	R427,88	R390,44	-R 37,44	R 8,54	-9%	2%
Brown bread	*25 loaves*	R351,90	R390,38	R365,44	-R 24,94	R 13,54	-6%	4%
Total household food basket		**R 5 111,88**	**R5 331,08**	**R5 207,31**	**-R 123,76**	**R 95,44**	**-2,3%**	**1,9%**

Month-on-month: The cost of the **Pietermaritzburg household food basket *decreased*** by **R123,76 (-2,3%)** from R5 331,08 in September 2026 to R5 207,31 in October 2026.

Year-on-year: The cost of the **Pietermaritzburg household food basket *increased*** by **R95,44 (1,9%)** from R5 111,88 in October 2025 to R5 207,31 in October 2026.

14. OCTOBER 2026 Household Food Index: Mtubatuba

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Maize meal	*30kg*	R314,97	R259,97	R284,97	R 25,00	-R 30,00	10%	-10%
Rice	*10kg*	R144,99	R133,32	R131,66	-R 1,67	-R 13,33	-1%	-9%
Cake Flour	*10kg*	R119,99	R116,66	R111,66	-R 5,00	-R 8,33	-4%	-7%
White sugar	*10kg*	R221,66	R206,66	R204,99	-R 1,67	-R 16,67	-1%	-8%
Sugar beans	*5kg*	R181,24	R159,15	R162,49	R 3,33	-R 18,75	2%	-10%
Samp	*5kg*	R72,66	R58,82	R60,49	R 1,67	-R 12,17	3%	-17%
Cooking oil	*5L*	R154,99	R159,15	R171,66	R 12,50	R 16,67	8%	11%
Salt	*1kg*	R11,66	R13,32	R12,99	-R 0,33	R 1,33	-3%	11%
Potatoes	*10kg*	R70,46	R104,74	R109,50	R 4,76	R 39,05	5%	55%
Onions	*10kg*	R80,94	R192,84	R238,55	R 45,71	R 157,62	24%	195%
Frozen chicken portions	*10kg*	R419,98	R379,98	R559,98	R 180,00	R 140,00	47%	33%
Curry powder	*200g*	R39,66	R38,66	R35,66	-R 3,00	-R 4,00	-8%	-10%
Stock cubes	*24 cubes x2*	R47,98	R48,65	R45,98	-R 2,67	-R 2,00	-5%	-4%
Soup	*400g x2*	R63,31	R61,97	R66,64	R 4,67	R 3,33	8%	5%
Tea	*250g*	R33,66	R31,66	R35,99	R 4,33	R 2,33	14%	7%
Full cream milk	*6L*	R96,66	R103,32	R103,32	R 0,00	R 6,67	0%	7%
Maas	*4L*	R55,99	R56,66	R59,32	R 2,67	R 3,33	5%	6%
Eggs	*60 eggs*	R136,65	R139,98	R133,31	-R 6,67	-R 3,33	-5%	-2%
Chicken feet	*2kg*	R70,98	R89,98	R89,98	R 0,00	R 19,00	0%	27%
Gizzards	*2kg*	R107,98	R119,98	R114,98	-R 5,00	R 7,00	-4%	6%
Chicken livers	*2kg*	R81,98	R99,98	R39,98	-R 60,00	-R 42,00	-60%	-51%
Beef liver	*2kg*	R139,98	R133,98	R129,98	-R 4,00	-R 10,00	-3%	-7%
Beef	*2kg*	R228,98	R208,98	R198,98	-R 10,00	-R 30,00	-5%	-13%
Wors	*2kg*	R209,98	R219,98	R189,98	-R 30,00	-R 20,00	-14%	-10%
Beef tripe	*2kg*	R80,98	R74,98	R84,98	R 10,00	R 4,00	13%	5%
Fish	*2kg*	R159,98	R169,98	R169,98	R 0,00	R 10,00	0%	6%
Tomatoes	*6kg*	R93,94	R105,94	R125,94	R 20,00	R 32,00	19%	34%
Carrots	*5kg*	R43,32	R37,32	R34,99	-R 2,33	-R 8,33	-6%	-19%
Butternut	*10kg*	R177,76	R113,47	R140,14	R 26,66	-R 37,62	23%	-21%
Spinach	*8 bunches*	R119,92	R95,92	R109,25	R 13,33	-R 10,67	14%	-9%
Cabbage	*2 heads*	R28,65	R40,65	R41,31	R 0,67	R 12,67	2%	44%
Green pepper	*2kg*	R55,97	R63,98	R53,31	-R 10,67	-R 2,66	-17%	-5%
Cremora	*800g*	R69,99	R64,99	R69,99	R 5,00	R 0,00	8%	0%
Tinned pilchards	*400g x6*	R171,94	R189,94	R185,94	-R 4,00	R 14,00	-2%	8%
Canned beans	*410g x6*	R103,94	R103,94	R95,94	-R 8,00	-R 8,00	-8%	-8%
Bananas	*4kg*	R58,63	R77,29	R90,63	R 13,33	R 32,00	17%	55%
Apples	*3kg*	R45,99	R41,66	R41,66	R 0,00	-R 4,33	0%	-9%
Oranges	*7kg*	R89,68	R42,76	R36,93	-R 5,84	-R 52,75	-14%	-59%
Margarine	*1kg*	R41,66	R38,32	R42,66	R 4,33	R 1,00	11%	2%
Peanut butter	*400g x2*	R72,65	R77,98	R73,98	-R 4,00	R 1,33	-5%	2%
Polony	*2.5kg*	R63,32	R58,32	R58,32	R 0,00	-R 5,00	0%	-8%
Apricot jam	*900g*	R43,99	R38,66	R41,66	R 3,00	-R 2,33	8%	-5%
White bread	*25 loaves*	R383,08	R341,42	R324,75	-R 16,67	-R 58,33	-5%	-15%
Brown bread	*25 loaves*	R358,08	R316,42	R316,42	R 0,00	-R 41,67	0%	-12%
Total household food basket		**R 5 370,76**	**R5 232,34**	**R5 431,81**	**R 199,47**	**R 61,05**	**3,8%**	**1,1%**

Month-on-month: The cost of the **Mtubatuba household food basket *increased*** by **R199,47 (3,8%)** from R5 232,34 in September 2026 to R5 431,81 in October 2026.

Year-on-year: The cost of the **Mtubatuba household food basket *increased*** by **R61,05 (1,1%)** from R5 370,76 in October 2025 to R5 431,81 in October 2026.

15. OCTOBER 2026 Household Food Index: Mthatha

Foods tracked	Quantity tracked	Index 2025/26			change in Rands		change in %	
		Oct_2025	Sep_2026	Oct_2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026	Sep 2026 vs. Oct 2026	Oct 2025 vs. Oct 2026
Maize meal	*30kg*	R340,47	R317,97	R326,47	R 8,50	-R 14,00	3%	-4%
Rice	*10kg*	R146,66	R127,49	R137,49	R 10,00	-R 9,17	8%	-6%
Cake Flour	*10kg*	R137,49	R119,16	R124,49	R 5,33	-R 13,00	4%	-9%
White sugar	*10kg*	R249,99	R236,16	R252,66	R 16,50	R 2,67	7%	1%
Sugar beans	*5kg*	R196,65	R186,32	R186,99	R 0,67	-R 9,66	0%	-5%
Samp	*5kg*	R76,49	R70,82	R76,99	R 6,17	R 0,50	9%	1%
Cooking oil	*5L*	R158,32	R159,57	R145,41	-R 14,17	-R 12,92	-9%	-8%
Salt	*1kg*	R19,16	R22,16	R22,32	R 0,17	R 3,17	1%	17%
Potatoes	*10kg*	R78,20	R91,39	R84,23	-R 7,17	R 6,03	-8%	8%
Onions	*10kg*	R89,96	R141,41	R107,72	-R 33,69	R 17,76	-24%	20%
Frozen chicken portions	*10kg*	R419,94	R409,94	R423,94	R 14,00	R 4,00	3%	1%
Curry powder	*200g*	R40,82	R40,32	R41,32	R 1,00	R 0,50	2%	1%
Stock cubes	*24 cubes x2*	R47,31	R44,65	R48,31	R 3,67	R 1,00	8%	2%
Soup	*400g x2*	R57,31	R61,65	R62,98	R 1,33	R 5,67	2%	10%
Tea	*250g*	R39,49	R37,32	R33,99	-R 3,33	-R 5,50	-9%	-14%
Full cream milk	*6L*	R94,16	R92,49	R96,66	R 4,17	R 2,50	5%	3%
Maas	*4L*	R60,32	R63,49	R64,49	R 1,00	R 4,17	2%	7%
Eggs	*60 eggs*	R134,98	R143,98	R136,65	-R 7,33	R 1,67	-5%	1%
Chicken feet	*2kg*	R78,46	R71,46	R73,96	R 2,50	-R 4,50	3%	-6%
Gizzards	*2kg*	R109,25	R117,44	R112,94	-R 4,50	R 3,68	-4%	3%
Chicken livers	*2kg*	R84,43	R82,94	R87,44	R 4,50	R 3,01	5%	4%
Beef liver	*2kg*	R127,44	R134,44	R137,44	R 3,00	R 10,00	2%	8%
Beef	*2kg*	R183,98	R196,94	R195,44	-R 1,50	R 11,46	-1%	6%
Wors	*2kg*	R169,92	R172,44	R162,44	-R 10,00	-R 7,48	-6%	-4%
Beef tripe	*2kg*	R94,44	R96,44	R95,94	-R 0,50	R 1,50	-1%	2%
Fish	*2kg*	R139,92	R163,68	R138,94	-R 24,75	-R 0,98	-15%	-1%
Tomatoes	*6kg*	R132,89	R180,86	R172,86	-R 8,00	R 39,98	-4%	30%
Carrots	*5kg*	R49,43	R43,32	R51,49	R 8,17	R 2,06	19%	4%
Butternut	*10kg*	R120,86	R99,46	R97,05	-R 2,42	-R 23,81	-2%	-20%
Spinach	*8 bunches*	R115,92	R109,92	R117,25	R 7,33	R 1,33	7%	1%
Cabbage	*2 heads*	R39,31	R47,98	R46,98	-R 1,00	R 7,67	-2%	20%
Green pepper	*2kg*	R70,98	R60,78	R61,18	R 0,40	-R 9,80	1%	-14%
Cremora	*800g*	R57,49	R56,16	R56,99	R 0,83	-R 0,50	1%	-1%
Tinned pilchards	*400g x6*	R167,94	R181,94	R180,94	-R 1,00	R 13,00	-1%	8%
Canned beans	*410g x6*	R106,94	R101,94	R96,94	-R 5,00	-R 10,00	-5%	-9%
Bananas	*4kg*	R71,16	R74,63	R72,63	-R 2,00	R 1,47	-3%	2%
Apples	*3kg*	R47,65	R44,49	R42,32	-R 2,17	-R 5,33	-5%	-11%
Oranges	*7kg*	R61,99	R40,19	R50,05	R 9,86	-R 11,94	25%	-19%
Margarine	*1kg*	R45,16	R49,16	R48,49	-R 0,67	R 3,33	-1%	7%
Peanut butter	*400g x2*	R79,31	R75,98	R77,65	R 1,67	-R 1,67	2%	-2%
Polony	*2.5kg*	R65,19	R66,66	R60,99	-R 5,67	-R 4,20	-9%	-6%
Apricot jam	*900g*	R42,82	R42,82	R44,32	R 1,50	R 1,50	4%	4%
White bread	*25 loaves*	R408,08	R445,58	R449,75	R 4,17	R 41,67	1%	10%
Brown bread	*25 loaves*	R391,42	R412,25	R408,08	-R 4,17	R 16,67	-1%	4%
Total household food basket		**R 5 450,09**	**R5 536,16**	**R5 513,57**	**-R 22,60**	**R 63,47**	**-0,4%**	**1,2%**

Month-on-month: The cost of the **Mthatha household food basket *decreased*** by **R22,60 (-0,4%)** from R5 536,16 in September 2026 to R5 513,57 in October 2026.

Year-on-year: The cost of the **Mthatha household food basket *increased*** by **R63,47 (1,2%)** from R5 450,09 in October 2025 to R5 513,57 in October 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 <u>the</u> 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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