




EASTERN CAPE



AVERAGE VALUE OF FOOD AND NON-FOOD BASKETS WITHIN THE EASTERN CAPE

// JANUARY 2015 - SEPTEMBER 2015

	QTY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	JAN/SEP AVE
FOOD ITEMS											
Brown Bread 	700 g	9,95	9,95	10,20	10,40	10,00	10,20	10,40	10,65	10,65	7,0%
Poultry Products 	2 (kg)	48,49	49,47	47,97	49,95	46,97	45,45	48,95	48,97	45,97	-5,2%
White Bread 	700 g	10,95	11,30	11,32	10,65	10,99	10,62	10,45	11,65	11,65	6,4%
Maize Meal 	5 (kg)	38,47	38,47	38,47	48,95	40,47	38,97	38,95	39,47	26,47	-31,2%
Tomatoes 	1 (kg)	15,47	16,99	15,99	18,45	14,97	13,97	16,95	15,62	20,47	32,3%
Beef & Veal 	1 (kg)	46,68	47,75	50,88	63,95	52,49	56,48	63,95	50,88	48,97	4,9%
Cabbage Fresh 	1 head	11,95	11,00	9,47	11,95	11,49	12,47	10,95	8,97	6,97	-41,7%
Fresh Full Cream Milk 	1 litre	12,47	12,47	12,47	13,95	12,49	11,47	12,95	12,47	11,97	-4,0%
Potatoes 	1 (kg)	8,72	9,97	9,97	9,47	8,97	8,97	8,95	5,76	8,97	2,9%
Maas 	2 litre	23,47	23,47	23,47	24,95	25,97	24,47	24,95	25,47	24,47	4,3%
Cooking Oil 	2 litre	30,47	31,47	28,97	32,95	30,47	32,95	35,99	34,49	34,47	13,1%
Mixed Vegetables 	1 (kg)	28,97	32,97	31,47	33,99	32,99	32,99	33,99	33,47	32,97	13,8%
Rice 	2 (kg)	18,97	20,47	20,47	20,95	19,99	21,97	19,95	21,47	21,47	13,2%
White Sugar 	2.5 (kg)	28,47	29,47	25,97	23,97	28,97	29,47	29,95	30,47	28,47	0,0%
Large Eggs 	6 Eggs	13,99	44,39	12,25	11,92	11,99	9,37	6,66	7,99	7,83	-44,1%
Canned Pilchards 	400 g	15,97	14,72	14,72	15,45	14,47	14,47	15,45	15,72	16,47	3,1%
Onions 	1 (kg)	8,17	8,95	9,49	7,97	7,72	8,72	8,95	6,72	8,22	0,6%
Salt 	500 g	5,47	5,22	7,72	5,95	5,47	5,47	5,95	8,37	8,32	52,1%
Tagless Teabags 	100 g	11,73	15,97	19,47	26,95	11,73	14,97	19,95	13,47	13,47	14,8%
Apples 	1.5 (kg)	17,97	17,97	13,47	15,95	16,47	16,97	16,95	14,97	17,47	-2,8%
Baked Beans 	410 g	8,72	8,72	8,47	7,95	8,47	8,47	8,95	8,72	8,47	-2,9%
Margarine Spread 	500 g	19,00	20,47	17,97	20,95	18,47	12,87	16,95	17,97	17,97	-5,4%
Mayonnaise 	750 g	21,47	20,37	20,37	18,95	18,97	20,37	21,95	20,97	19,47	-9,3%
Bread Flour 	10 (kg)	81,20	87,47	84,97	99,95	77,48	72,95	79,96	77,48	93,47	15,1%
Instant Yeast 	200 g	79,00	79,00	79,00	79,00	40,90	3,39	69,95	2,99	72,00	-8,9%

Sugar Beans		500 g	11,75	12,75	13,00	28,50	12,50	31,47	10,00	10,99	15,49	31,9%
Mealie-Samp		2.5 (kg)	15,49	13,74	14,99	16,25	19,69	21,49	15,39	16,99	21,49	38,8%
Coffee		250 g	30,97	31,37	42,37	32,75	33,85	33,85	32,95	29,47	29,47	-4,8%
Juice		2 Litre	11,72	12,87	11,47	8,95	11,97	17,45	17,90	22,47	11,47	-2,1%
FOOD BASKET TOTAL			686,1	739,2	706,8	772,0	657,4	642,7	715,2	625,1	695,0	1.3%

NON-FOOD ITEMS

Washing Powder		2 (kg)	41,47	37,47	44,97	44,95	38,47	40,95	29,95	40,49	43,47	4,8%
Toothpaste		100 g	8,97	8,87	8,87	6,95	7,77	7,77	7,95	10,47	9,97	11,1%
Toilet Paper		9 Rolls	31,47	31,47	31,47	41,95	34,47	36,95	43,95	34,47	42,97	36,5%
Body Cream / Gel		100 g	26,72	26,72	25,47	23,95	17,87	18,37	23,95	27,97	24,47	-8,4%
Body Soap		200 g	9,97	10,22	10,22	10,45	10,22	10,22	9,95	10,47	10,47	5,0%
Deodorant		50 ML	17,85	18,85	15,85	11,95	17,47	13,97	17,95	16,97	18,97	6,3%
Sanitary Towels & Tampons		10's	17,97	18,47	18,37	18,95	17,97	18,50	20,00	19,00	11,47	-36,2%
Matches		1 Pack	4,97	4,97	4,97	5,25	4,97	4,97	5,25	5,37	5,72	15,1%
Paraffin		1 Litre	9,50	9,50	10,00	9,80	9,80	9,70	12,00	7,10	8,45	-11,1%
Candles		1 Pack	16,23	16,22	15,72	11,95	14,95	14,97	17,95	16,97	18,47	13,8%
NON-FOOD BASKET TOTAL			185,1	182,8	185,9	186,2	174,0	176,4	188,9	189,3	194,4	5.0%

TOTAL BASKET COST

	871,20	921,94	892,72	958,11	831,32	819,08	904,14	814,36	889,44	2,1%
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*All values are expressed in South African Rands or a percentage thereof

FIGURE 1: Shows the Rand value of *Food Baskets* and *Non-Food Baskets* in the Eastern Cape from January 2015 to September 2015.

