

**BNB data for website National average**

<b>Product Group</b>	<b>Description</b>	<b>Prices</b>
Beans	Baked Beans (410g)	R 8.45
	Sugar Beans (250g)	R 15.52
Cereals/ Starch	Bread Flour (10kg)	R 77.05
	Brown Bread (700g)	R 9.63
	Maize Meal (5kg)	R 35.47
	Mealie - Samp (2.5kg)	R 17.82
	Rice (2kg)	R 21.21
	White Bread (700g)	R 10.76
Dairy	Fresh Full Cream Milk (1L)	R 13.43
	Maas (2L)	R 22.80
Fats/ Oils	Cooking Oil (2L)	R 33.56
	Margarine spread (500g)	R 19.43
Hygeine/ Toiletries	Body Cream/ Gel	R 24.85
	Body Soap (200g)	R 10.50
	Deodorant (50ml)	R 16.11
	Sanitary Towels and Tampons	R 17.25
	Toilet Paper (12s)	R 34.57
	Toothpaste (100g)	R 9.09
	Washing Powder (2kg)	R 42.55
Juice/ Beverages	Coffee (250g)	R 27.75
	Juice (2L)	R 20.63
	Tagless Teabags (100g)	R 17.72
Lighting	Candles (1 pack)	R 15.30
	Matches (1 pack)	R 6.28
	Paraffin (1L)	R 15.95
Meat/fish/poultry/ protein	Beef and Veal (1kg)	R 54.02
	Canned Pilchards (400g)	R 15.80
	Chicken Portions (2kg)	R 45.40
	Large Eggs (6)	R 11.41
Other food	Instant Yeast (200g)	R 4.10
	Mayonnaise (750g)	R 20.59
Salt/ Sugar	Salt (500g)	R 6.65
	White Sugar (2.5kg)	R 27.25
Vegetables/ Fruits	Apples (1.5kg)	R 18.63
	Cabbage Fresh (1 head)	R 11.27
	Mixed Vegetables (3kg)	R 28.79
	Onions (1kg)	R 9.10
	Potatoes (1kg)	R 10.66
	Tomatoes (1kg)	R 12.94