

South Africa: a basic food basket 2017.

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Statistics South Africa (2016) recorded that 22.3% of households in South Africa have inadequate or severely inadequate access to food. This figure has improved during recent years, but still indicates that many households require support to alleviate hunger.

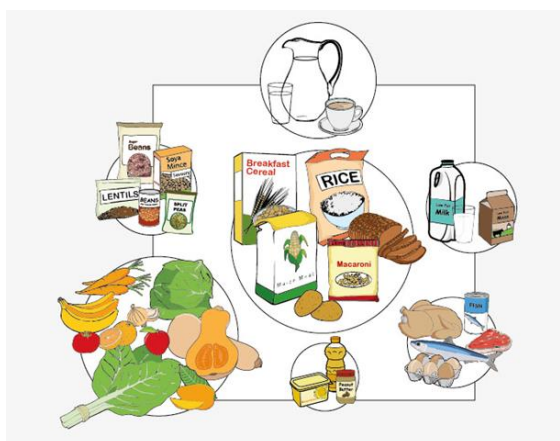
Many organisations, such as non-governmental organisations, faith based organisations, service organisations and corporate social responsibility projects provide food support to those in need. This can be in the form of food handouts, assistance with preparation of food gardens or soup kitchens.

Assistance that is offered should aim to provide nutritious food choices, rather than just foods that are filling. Using economical food choices rather than some popular foods (such as meat), will mean that more food can be provided. I have compiled a list of foods that are an example of a basic food basket for a family of four – two adults and two adolescents. The foods included in this basket are provided in the correct proportions for relief feeding, as described by the World Food Programme (WFP) (<https://www.wfp.org/food-assistance/kind-food-assistance/wfp-food-basket>).

The composition of this food basket is tailored to typical South African preferences and usual eating patterns. The WFP recommends that when people are fully dependent of food assistance it should provide 2 100 kCal (8800kJ) per person, 10 – 12% of which come from protein and 17 – 30% from fat. The foods should include sources of vitamin A, iron, iodine and zinc.

Typically a basic food basket will contain food from the following food groups:

- a starchy staple such as maize, flour or rice (fortified where possible)
- beans, lentils, or soya
- vegetable oil (fortified with vitamin A and D where available)
- sugar (fortified with vitamin A where available)
- iodized salt
- where possible fresh produce (vegetables, fruit), eggs, milk, chicken should also be provided.



The basic basket overleaf includes food from all food groups, in the recommended proportions, as described in the Guidelines for Healthy Eating and illustrated in the South African Food Guide.

Macronutrient calculation using exchange list values (for information for nutritionists and dietitians)

Food requirements for a family of 4: adult male and female and adolescent male and female.

4 weeks, including fresh produce.

Age group Energy level	Number of food guide units (FGU)						
	Starchy foods	Vegetables and fruit	Dry beans, split peas, lentils, soya	Fish, chicken, lean meat, eggs	Milk, maas, yoghurt	Fat, oil	Sugar
8 500 kJ Adolescent girl and adult woman	22	10	2	2	2	12	12
10 500 kJ Adolescent boy and man	30	10	2	2	2	16	20
Total FGU per day	52	20	4	4	4	28	32
Total FGU per week	365	140	28	28	28	200	225
Total FGU per 4 weeks	1460	560	112	112	112	800	900

Food group	Food item	Unit	Quantity required / 4 people / 4 weeks	FGU provided	Cost Rand
Starchy foods	Mealie meal	kg	20 kg	800	128
	Mabella	kg	2kg	80	30
	Rice	kg	5 kg	200	43
	Brown bread	Loaves 700g	6 = 80 slices	110	54
	Samp	kg	2 kg	80	24
	Potatoes	kg	10 kg	100	100
	Cake flour	kg	2.5 kg	100	26
				1470	405
Vegetables and fruit	Variety, including at least 5 kg carrots / butternut	kg	45 kg	560	540
				560	540
Dry beans, lentils, split peas, soya	Sugar beans	kg	1 kg	35	34
	Lentils	kg	0.5 kg	20	20
	Soya mince 4 Different flavours	kg	4 x 500g	65	125
				120	179
Fish, chicken, lean meat, eggs, liver	Chicken liver	kg	1	10	40
	Eggs	unit@50g	64	64	95
	Chicken, whole	4 kg	4	40	126
				114	261
Milk	Milk	ℓ	24 ℓ	120	380
				120	380
Oil	Oil	m ℓ	4 x 750mℓ	600	60
	Peanut butter	g	1600 g	160	86
				760	146
Sugar	Sugar	kg	5 kg	830	80
	Jam	g	4 x 450g	180	68
				1010	148
Other	Tea bags	each	100		16
	Stock cubes, mixed	each	3 x 12		30
	Salt, iodated		500 g		5
	Tomato paste 50g	each	10		36
	Plain bleach		750 m ℓ		12
	Laundry soap		3 x 250g		24
					123

- Provides average of 9017kJ per person per day (2147 kCal). The total food energy per person is thus within recommended amounts.
- The percentage of energy as protein is 11.8%, recommended is 10 – 12%.
- The percentage of energy from fat is 22.3%, WFP recommend >15%, WHO goal is 15 – 30%.
- The remainder of energy is carbohydrate 64.1%, WHO goal is 55 – 75% of energy: sugar as a percentage of the total energy is 10%, which is the recommended maximum.
- **Total R2182 per 2 adults and 2 teens for 4 weeks (prices July 2017, Pinetown).**