

Food group	Food item	Unit	Quantity required / 4 people / 4 weeks	Cost Rand
Starchy foods	Mealie meal	kg	20 kg	155
	Mabella	kg	2kg	30
	Rice	kg	5 kg	66
	Brown bread	Loaves 700g	6 = 80 slices	69
	Samp	kg	2 kg	19
	Potatoes	kg	10 kg	67
	Cake flour	kg	2.5 kg	26
				432
Vegetables and fruit	Variety, including at least 5 kg carrots / butternut	kg	45 kg	540
				540
Dry beans, lentils, split peas, soya	Sugar beans	kg	1 kg	31
	Lentils	kg	0.5 kg	20
	Soya mince 4 Different flavours	kg	4 x 500g	125
				176
Fish, chicken, lean meat, eggs, liver	Chicken liver	kg	1	32
	Eggs	unit@50g	64	108
	Chicken, whole	4 kg	4	132
				272
Milk	Milk	ℓ	24 ℓ	312
				312
Oil	Oil	m ℓ	4 x 750mℓ	75
	Peanut butter	g	1600 g	131
				206
Sugar	Sugar	kg	5 kg	75
	Jam	g	4 x 450g	60
				135
Other	Tea bags	each	100	22
	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
				129

- 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 R2202.00: 2 adults and 2 teens for 4 weeks (prices July 2021, Durban).**