

<b>BREAKFASTS</b>	<b>Argentina: Buenos Aires - March 2022</b> <b>ex Rate: 108.7</b>		<b>South Africa: Feb 2022</b>	
	<b>ARS</b>	<b>USD</b>	<b>USD</b>	<b>% Difference</b>
Eggs (6x) - Extra Large			1.47	
Yoghurt - various packgaing sizes (per kg)	560	5.15	2.20	134%
Coffee - 250g Ground			4.00	
Muesli - packaged (per kg)				
Oats - 1kg			2.33	
Sugar (brown) - (per kg)	149	1.37	1.33	3%
Baking Powder			2.60	
Flour -self raising (per kg)	81	0.75	1.33	-44%

<b>LUNCH &amp; SNACKS</b>	<b>Argentina: Buenos Aires - March 2022</b> <b>ex Rate: 108.70</b>		<b>South Africa: Feb 2022</b>	
	<b>ARS</b>	<b>USD</b>	<b>USD</b>	<b>% Difference</b>
Bread (std) - per loaf	325	2.99	1.00	199%
Bread (artisanal) - eg sourdough loaf			2.67	
Bread - Baguette			1.13	
Marie Biscuits or similar(packet)			0.87	
Provitas (500g) and lunch biscuits			3.20	
Popcorn kernels			1.75	
Cheese - Gouda 1kg	1 259	11.58	8.33	39%

<b>SUPPER</b>	<b>Argentina: Buenos Aires - March 2022</b> <b>ex Rate: 108.70</b>		<b>South Africa: Feb 2022</b>	
	<b>ARS</b>	<b>USD</b>	<b>USD</b>	<b>% Difference</b>
Steak (per kg)			9.27	
Mince meat (per kg)			6.67	
Chicken Pieces (per kg) - non Free range	295	2.71	3.33	-19%
Hamburger patties (per patty)			0.83	
Meatballs (per kg)			4.67	
Pork Chops (per kg)	650	5.98	7.93	-25%
Pork Sausages/Chorizo (per kg)	650	5.98	6.67	-10%
Lamb Chops (per kg)			9.27	
Mushrooms - Brown - 250g			2.13	
Salad Tomatoes - (per kg)	289	2.66	1.67	60%
Butternut (per kg)				

Brinjals (per kg)				
Carrots (per kg)				
Potatoes (per kg)			1.00	
Onion (per Kg)			1.13	
Zuchini / Corgettes / Baby			3.83	
Marrows(per kg)			4.60	
Peppers			0.92	161%
Braai Briquettes - (per kg)	260	2.39		

<u>TINS &amp; OTHER PACKAGED ITEMS</u>	<b>Argentina: Buenos Aires - March 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>ARS</b>	<b>USD</b>	<b>USD</b>	<b>% Difference</b>
Marmite - 250g			2.13	
Game - 500g tin			6.67	
Rice - (per kg)			1.13	
Mayonaise Squeeze bottle - (per litre)			3.47	
Mustard (small jar)			2.67	
Pickled Onions (big jar)			2.67	
Olive Oil (750ml)			8.00	
Gherkins - 380g			2.13	
Spaghetti (500g)			1.13	
Peanut Butter - 400g			1.80	
Tinned Peaches				
Sweet Corn Tins				
Tuna (tin)			1.33	
Diced Tomatoes Tin			1.13	
Beans Black - 400g tin			1.00	
Long Life Milk				
Jam				
Salt	109	1.00	2.47	-59%
Worcester Sauce				
Black Pepper				

<u>CLEANING</u>	<b>Argentina: Buenos Aires - March 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>ARS</b>	<b>USD</b>	<b>USD</b>	<b>% Difference</b>
Dishwashing Liquid - 400ml			3.00	
Kleen Green				
Washing up sponges			0.44	

Clothes Washing powder - Hand (per kg)		2.33
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PERSONAL CARE	Argentina: Buenos Aires - March 2022 ex Rate: 108.70		South Africa: Feb 2022	
	ARS	USD	USD	% Difference
Shower Gel (per litre)			8.13	
Tootpaste (colgate normal - tube)			1.13	
Mouthwash - (per litre)			8.67	
Shampoo				
Conditioner				
Deoderant (50ml roll-on)			1.67	
Suntan Cream SPF50 (300ml)			12.67	

DRINKS	Argentina: Buenos Aires - March 2022 ex Rate: 108.70		South Africa: Feb 2022	
	ARS	USD	USD	% Difference
Red Wine (box) per litre - Average			4.00	
Red Wine (box) per litre - Top of range			6.00	
Red Wine - a reasonable bottle	350	3.22	5.67	-43%
White Wine				
White Wine - Box - per litre				
Beer (1 can of approx 500ml)	170	1.56	1.00	56%
Water (per litre)	31	0.29	0.27	7%
Hot Chocolate - 250g			2.47	

Other Costs:	Argentina: Buenos Aires - March 2022 ex Rate: 108.70		South Africa: Feb 2022	
	ARS	USD	USD	% Difference
Camping costs (2 persons) - per night - Average			20.00	
Free / Wild camping - average # nights per week				
Diesel price per litre - price at time of visit, for a more accurate current prices and comparisons refer to: <a href="https://www.globalpetrolprices.com/diesel_prices/">https://www.globalpetrolprices.com/diesel_prices/</a>			n/a	n/a

Internet (per Gigabyte, 30 day validity)		0.67
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