

BREAKFASTS	South Africa: Feb 2022	
	ex Rate:	15
	ZAR	USD
Eggs (6x) - Extra Large	22	1.47
Yoghurt - various packgaing sizes (per kg)	33	2.20
Coffee - 250g Ground	60	4.00
Muesli - packaged (per kg)		
Oats - 1kg	35	2.33
Sugar (brown) - 250g pack (per Kg)	20	1.33
Baking Powder -200g tin (per kg)	39	2.60
Flour -self raising (per kg)	20	1.33

LUNCH & SNACKS	South Africa: Feb 2022	
	ex Rate:	15.00
	ZAR	USD
Bread (std) - per loaf	15	1.00
Bread (artisanal) - eg sourdough loaf	40	2.67
Bread - Baguette	17	1.13
Marie Biscuits (packet)	13	0.87
Provitas (500g) and lunch biscuits	48	3.20
Popcorn kernels (per kg)	26	1.75
Cheese - Gouda 1kg	125	8.33

SUPPER	South Africa: Feb 2022	
	ex Rate:	15.00
	ZAR	USD
Steaks (per kg)	139	9.27
Mince meat (per kg)	100	6.67
Chicken Pieces (per kg) - non Free range	50	3.33
Hamburger patties (per patty)	13	0.83
Meatballs (per kg)	70	4.67
Pork Chops (per kg)	119	7.93
Pork Sausages (per kg)	100	6.67
Lamb Chops (per kg)	139	9.27
Mushrooms - Brown - 250g	32	2.13
Salad Tomatoes - (per kg)	25	1.67
Butternut (per kg)	15	1.00
Brinjals (per kg)	60	4.00
Carrots (per kg)	13	0.87
Potatoes (per kg)	15	1.00
Onion (per Kg)	17	1.13
Zuchini / Corgettes / Baby Marrows(per kg)	57	3.83
Peppers	69	4.60

Braai Briquettes - (per kg)	14	0.92
-----------------------------	----	------

<u>TINS & OTHER PACKAGED ITEMS</u>	South Africa: Feb 2022	
	ex Rate:	15.00
	ZAR	USD
Marmite - 250g	32	2.13
Game - 500g tin	100	6.67
Rice - (per kg)	17	1.13
Mayonaise Squeeze bottle - (per litre)	52	3.47
Mustard (small jar)	40	2.67
Pickled Onions (big jar)	40	2.67
Olive Oil (750ml)	120	8.00
Gherkins - 380g	32	2.13
Spaghetti (500g)	17	1.13
Peanut Butter - 400g	27	1.80
Tinned Peaches		
Sweet Corn Tins		
Tuna (tin)	20	1.33
Diced Tomatoes Tin	17	1.13
Beans Black - 400g tin	15	1.00
Long Life Milk		
Jam		
Salt (125g) shaker	37	2.47
Worcester Sauce		
Black Pepper		

<u>CLEANING</u>	South Africa: Feb 2022	
	ex Rate:	15.00
	ZAR	USD
Dishwashing Liquid - small bottle (per litre)	45	3.00
Kleen Green		
Washing up sponges (persong)	7	0.44
Clothes Washing powder - Hand (per kg)	35	2.33

<u>PERSONAL CARE</u>	South Africa: Feb 2022	
	ex Rate:	15.00
	ZAR	USD
Shower Gel (per Litre)	122	8.13
Tootpaste (colgate normal - tube)	17	1.13
Mouthwash (per litre)	130	8.67
Shampoo		
Conditioner		

Deoderant (50ml roll-on)	25	1.67
Suntan Cream SPF50 (300ml)	190	12.67

DRINKS	South Africa: Feb 2022	
	ex Rate: 15.00	
	ZAR	USD
Red Wine (box) per litre - Average	60	4.00
Red Wine (box) per litre - Top of range	90	6.00
Red Wine - a reasonable bottle	85	5.67
White Wine - reasonable bottle	70	4.67
White Wine - Box - per litre		
Beer (1 can of approx 500ml)	15	1.00
Water (per litre)	4	0.27
Hot Chocolate - 250g	37	2.47

Other Costs:	South Africa: Feb 2022	
	ex Rate: 15.00	
	ZAR	USD
Camping costs (2 persons) - per night - Average	300	20.00
Free / Wild camping - average # nights per week	0	
Diesel prices:		
Internet (per Gigabyte, 30 day validity)	10	0.67
Internet (special 180 day, 50gb)	500.00	33.33