

<b>BREAKFASTS</b>	<b>Uruguay April 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>URU</b>	<b>USD</b>	<b>USD</b>	<b>% Difference</b>
Eggs (6x) - Extra Large			1.47	
Yoghurt - various packgaing sizes (per kg)	296	7.08	2.20	222%
Coffee - 250g Ground			4.00	
Muesli - packaged (per kg)				
Oats - 1kg			2.33	
Sugar (brown) - (per kg)			1.33	
Baking Powder			2.60	
Flour -self raising (per kg)			1.33	

<b>LUNCH &amp; SNACKS</b>	<b>Uruguay April 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>URU</b>	<b>USD</b>	<b>USD</b>	<b>% Difference</b>
Bread (std) - per loaf	211	5.05	1.00	405%
Bread (artisanal) - eg sourdough loaf			2.67	
Bread - Baguette	63	1.51	1.13	33%
Marie Biscuits or similar(packet)			0.87	
Provitas (500g) and lunch biscuits			3.20	
Popcorn kernels			1.75	
Cheese - Gouda 1kg	440	10.53	8.33	26%

<b>SUPPER</b>	<b>Uruguay April 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>URU</b>	<b>USD</b>	<b>USD</b>	<b>% Difference</b>
Steak (per kg)			9.27	
Mince meat (per kg)	338	8.09	6.67	21%
Chicken Pieces (per kg) - non Free range	149	3.56	3.33	7%
Hamburger patties (per patty)			0.83	
Meatballs (per kg)			4.67	
Pork Chops (per kg)	379	9.07	7.93	14%
Pork Sausages/Chorizo (per kg)			6.67	
Lamb Chops (per kg)			9.27	
Mushrooms - Brown - 250g			2.13	
Salad Tomatoes - (per kg)	150	3.59	1.67	115%
Butternut (per kg)				
Brinjals (per kg)				
Carrots (per kg)				
Potatoes (per kg)	58	1.39	1.00	39%

Onion (per Kg)	59	1.41	1.13	25%
Zuchini / Corgettes / Baby Marrows(per kg)	199	4.76	3.83	24%
Peppers	79	1.89	4.60	-59%
Braai Briquettes - (per kg)	43	1.02	0.92	11%

<b><u>TINS &amp; OTHER PACKAGED ITEMS</u></b>	<b>Uruguay April 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>URU</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)	154	3.68	3.47	6%
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 Tomaroes Tin	56	1.34	1.13	18%
Beans Black - 400g tin			1.00	
Long Life Milk				
Jam				
Salt			2.47	
Worcester Sauce				
Black Pepper				

<b><u>CLEANING</u></b>	<b>Uruguay April 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>URU</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)	28	0.66	2.33	-72%

<b><u>PERSONAL CARE</u></b>	<b>Uruguay April 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>URU</b>	<b>USD</b>	<b>USD</b>	<b>% Difference</b>

Shower Gel (per litre)			8.13	
Tootpaste (colgate normal - tube)			1.13	
Mouthwash - (per litre)			8.67	
Shampoo				
Conditioner				
Deoderant (50ml roll-on)	135	3.23	1.67	94%
Suntan Cream SPF50 (300ml)			12.67	

DRINKS	Uruguay April 2022		South Africa: Feb 2022	
	URU	USD	USD	% Difference
Red Wine (box) per litre - Average	150	3.59	4.00	-10%
Red Wine (box) per litre - Top of range			6.00	
Red Wine - a reasonable bottle White Wine	195	4.67	5.67	-18%
White Wine - Box - per litre				
Beer (1 can of approx 500ml)	195	4.67	1.00	367%
Water (per litre)			0.27	
Hot Chocolate - 250g			2.47	

Other Costs:	Uruguay April 2022		South Africa: Feb 2022	
	URU	USD	USD	% Difference
Camping costs (2 persons) - per night - Average	450	10.77	20.00	-46%
Free / Wild camping - average # nights per week	1	0.00		
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>	58.99	1.41	n/a	n/a
Internet (per Gigabyte, 30 day validity)	4.33	0.10	0.67	-84%