

<b>BREAKFASTS</b>	<b>Brazil: April &amp; May 2022</b>		<b>Brazil: June 2022</b>		<b>Brazil: July 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>ex Rate:</b>	<b>4.8</b>	<b>ex Rate:</b>	<b>5.1</b>	<b>ex Rate:</b>	<b>5.37</b>	<b>USD</b>	<b>Difference</b>
	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>	<b>USD</b>	
Eggs (6x) - Extra Large	4	0.75	4	0.71			1.47	
Yoghurt - various packgaing sizes (per kg)	14	2.96	17	3.33	21	3.91	2.20	78%
Coffee - 250g Ground	12	2.54	13	2.55	13	2.42	4.00	-39%
Muesli - packaged (per kg)	20	4.14	29	5.69	29	5.36	4.67	15%
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>Brazil: April &amp; May 2022</b>		<b>Brazil: June 2022</b>		<b>Brazil: July 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>ex Rate:</b>	<b>4.80</b>	<b>ex Rate:</b>	<b>5.10</b>	<b>ex Rate:</b>	<b>5.37</b>	<b>USD</b>	<b>Difference</b>
	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>	<b>USD</b>	
Bread (std) - per loaf	5	1.04	9	1.76			1.00	
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	56	11.67	65	12.75	75	13.97	8.33	68%

SUPPER	Brazil: April & May 2022		Brazil: June 2022		Brazil: July 2022		South Africa: Feb 2022	
	ex Rate: 4.80		ex Rate: 5.10		ex Rate: 5.37		Difference	
	BRL	USD	BRL	USD	BRL	USD	USD	ce
Steak (per kg)	38	7.90			39	7.26	9.27	-22%
Mince meat (per kg)	26	5.40	26	5.08			6.67	
Chicken Pieces (per kg) - non Free range	16	3.39	26	5.10	20	3.63	3.33	9%
Hamburger patties (per kg)	24	5.00	57	11.18			6.80	
Meatballs (per kg)							4.67	
Pork Chops (per kg)					23	4.35	7.93	-45%
Pork Sausages/Chorizo (per kg)	23	4.78	23	4.50	44	8.19	6.67	23%
Lamb Chops (per kg)							9.27	
Mushrooms - Brown - 250g							2.13	
Salad Tomatoes - (per kg)	8	1.77	8	1.66	5	0.93	1.67	-44%
Butternut (per kg)	5	1.04	6	1.17			1.00	
Brinjals (per kg)	7	1.45	7	1.37			4.00	
Carrots (per kg)	6	1.35	6	1.27			0.87	
Potatoes (per kg)	6	1.25	6	1.17	4	0.80	1.00	-20%
Onion (per Kg)	5	1.04	7	1.31	7	1.30	1.13	15%
Zuchini / Corgettes / Baby Marrows(per kg)	7	1.46	7	1.37			3.83	
Peppers	28	5.83	28	5.49			4.60	
Braai Briquettes /charcoal - (per kg)	5	0.98	5	0.92			0.92	

<b><u>TINS &amp; OTHER PACKAGED ITEMS</u></b>	<b>Brazil: April &amp; May 2022</b>		<b>Brazil: June 2022</b>		<b>Brazil: July 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>ex Rate:</b>	<b>4.80</b>	<b>ex Rate:</b>	<b>5.10</b>	<b>ex Rate:</b>	<b>5.37</b>	<b>USD</b>	<b>Differen ce</b>
	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>		
Marmite - 250g							2.13	
Game - 500g tin							6.67	
Rice - (per kg)	4	0.79	4	0.74			1.13	
Mayonaise Squeeze bottle - (per litre)	17	3.47	17	3.26			3.47	
Mustard (small jar)	15	3.23	15	3.04			2.67	
Pickled Onions (big jar)							2.67	
Olive Oil (750ml)			53	10.29			8.00	
Gherkins - 380g							2.13	
Spaghetti (500g)	6	1.20	6	1.13			1.13	
Peanut Butter - 400g							1.80	
Tinned Peaches								
Sweet Corn Tins								
Tuna (tin)			6	1.18			1.33	
Diced Tomaroos Tin	6	1.25	6	1.18			1.13	
Beans Black - 400g tin							1.00	
Long Life Milk								
Jam								
Salt							2.47	
Worcester Sauce								
Black Pepper								

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Red Wine (box) per litre - Top of range							6.00	
Red Wine - a reasonable bottle	26	5.42	26	5.10	32	5.96	5.67	5%
White Wine - a reasonable bottle	29	6.02	29	5.67	39	7.26		
White Wine - Box - per litre	80	16.63	80	15.65			3.00	
Beer (1 can of approx 500ml)	3	0.67	3	0.63	6	1.10	1.00	10%
Water (per litre)	1	0.20	1	0.19			0.27	
Hot Chocolate - 250g							2.47	

Other Costs:	Brazil: April & May 2022		Brazil: June 2022		Brazil: July 2022		South Africa: Feb 2022	
	ex Rate:	4.80	ex Rate:	5.10	ex Rate:	5.37		Difference
	BRL	USD	BRL	USD	BRL	USD	USD	
Camping costs (2 persons) - per night - Average	69	14.38	57	11.18	66	12.29	20.00	-39%
Free / Wild camping - # nights per month	3		1		1			
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>	6.39	1.33	6.5	1.27	7.4	1.38	n/a	n/a
Internet (per Gigabyte, 30 day validity)	3.08	0.64	3.08	0.60	3.08	0.57	0.67	-14%