

BREAKFASTS	Brazil: July 2022		Brazil: Aug 2022		Brazil: Sep 2022		South Africa: Feb 2022	
	ex Rate:	5.37	ex Rate:	5.1	ex Rate:	5.25	USD	Difference
	BRL	USD	BRL	USD	BRL	USD		
Eggs (6x) - Extra Large							1.47	
Yoghurt - various packgaing sizes (per kg)	21	3.91	32	6.30	27.70	5.28	2.20	186%
Coffee - 250g Ground	13	2.42	8	1.57	11.20	2.13	4.00	-61%
Muesli - packaged (per kg)	29	5.36	40	7.79	24.00	4.57	4.67	67%
Oats - 1kg							2.33	
Sugar (brown) - (per kg)							1.33	
Baking Powder							2.60	
Flour -self raising (per kg)							1.33	

LUNCH & SNACKS	Brazil: July 2022		Brazil: Aug 2022		Brazil: Sep 2022		South Africa: Feb 2022	
	ex Rate:	5.37	ex Rate:	5.10	ex Rate:	5.25	USD	Difference
	BRL	USD	BRL	USD	BRL	USD		
Bread (std) - per loaf							1.00	
Bread (artisanal) - eg sourdough loaf							2.67	
Bread - Baguette							1.13	
Marie Biscuits or similar(packet)			4	0.70			0.87	-20%
Provitass (500g) and lunch biscuits					4.00	0.76	3.20	
Popcorn kernels							1.75	
Cheese - Gouda 1kg	75	13.97	75	14.71	56.00	10.67	8.33	76%

SUPPER	Brazil: July 2022		Brazil: Aug 2022		Brazil: Sep 2022		South Africa: Feb 2022	
	ex Rate:	5.37	ex Rate:	5.10	ex Rate:	5.25	USD	Difference
	BRL	USD	BRL	USD	BRL	USD		
Steak (per kg)	39	7.26					9.27	
Mince meat (per kg)			32	6.27			6.67	-6%
Chicken Pieces (per kg) - non Free range	20	3.63					3.33	
Hamburger patties (per kg)							6.80	
Meatballs (per kg)							4.67	
Pork Chops (per kg)	23	4.35	25	4.90			7.93	-38%
Pork Sausages/Chorizo (per kg)	44	8.19			44.00	8.38	6.67	
Lamb Chops (per kg)							9.27	
Mushrooms - Brown - 250g							2.13	
Salad Tomatoes - (per kg)	5	0.93					1.67	
Butternut (per kg)							1.00	
Brinjals (per kg)							4.00	
Carrots (per kg)							0.87	
Potatoes (per kg)	4	0.80			4.29	0.82	1.00	
Onion (per Kg)	7	1.30			9.10	1.73	1.13	
Zuchini / Corgettes / Baby Marrows(per kg)							3.83	
Peppers					18.90	3.60	4.60	
Braai Briquettes /charcoal - (per kg)					3.78	0.72	0.92	

<b>TINS &amp; OTHER PACKAGED ITEMS</b>	<b>Brazil: July 2022</b>		<b>Brazil: Aug 2022</b>		<b>Brazil: Sep 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>ex Rate: 5.37</b>		<b>ex Rate: 5.10</b>		<b>ex Rate: 5.25</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			87	17.06	23.80	4.53	6.67	156%
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					4.99	0.95	1.13	
Beans Black - 400g tin							1.00	
Long Life Milk								
Jam (small jar)					20.00	3.81		
Salt							2.47	
Worcester Sauce								
Black Pepper								

<b>CLEANING</b>	<b>Brazil: July 2022</b>		<b>Brazil: Aug 2022</b>		<b>Brazil: Sep 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>ex Rate: 5.37</b>		<b>ex Rate: 5.10</b>		<b>ex Rate: 5.25</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>		
Dishwashing Liquid - 400ml	2	0.43	2	0.45			3.00	-85%
Kleen Green								
Washing up sponges (individual)							0.44	
Clothes Washing powder - Hand (per kg)							2.33	

<b>PERSONAL CARE</b>	<b>Brazil: July 2022</b>		<b>Brazil: Aug 2022</b>		<b>Brazil: Sep 2022</b>		<b>South Africa: Feb 2022</b>	
	<b>ex Rate: 5.37</b>		<b>ex Rate: 5.10</b>		<b>ex Rate: 5.25</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>		
Shower Gel (per litre)	154	28.68	64	12.55			8.13	54%
Tootpaste (colgate normal - tube)			7	1.37	7.00	1.33	1.13	21%
Mouthwash - (per litre)			48	9.41	70.00	13.33	8.67	9%
Shampoo								
Conditioner								
Deoderant (50ml roll-on)							1.67	
Suntan Cream SPF50 (300ml)	52	9.64					12.67	

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<b>DRINKS</b>	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>	<b>USD</b>	<b>ce to</b>
Red Wine (box) per litre - Average							4.00	
Red Wine (box) per litre - Top of range							6.00	
Red Wine - a reasonable bottle	32	5.96	26	5.10	21.70	4.13	5.67	-10%
White Wine - a reasonable bottle	39	7.26	25	4.90	25.00	4.76		
White Wine - Box - per litre							3.00	
Beer (1 can of approx 500ml)	6	1.10	4	0.70	4.41	0.84	1.00	-30%
Water (per litre)							0.27	
Hot Chocolate - 250g							2.47	

	<b>Brazil: July 2022</b>		<b>Brazil: Aug 2022</b>		<b>Brazil: Sep 2022</b>		<b>South Africa: Feb 2022</b>	
<b>Other Costs:</b>	<b>ex Rate:</b>	<b>5.37</b>	<b>ex Rate:</b>	<b>5.10</b>	<b>ex Rate:</b>	<b>5.25</b>		<b>Differen</b>
	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>	<b>BRL</b>	<b>USD</b>	<b>USD</b>	<b>ce</b>
Camping costs (2 persons) - per night - Average	66	12.29	83	16.27	82.00	15.62	20.00	-19%
Free / Wild camping - # nights per month	1		7		4.00	0.76		
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>	7.4	1.38	7.1	1.39	7.43	1.42	n/a	n/a
Internet (per Gigabyte, 30 day validity)	3.08	0.57	3.08	0.60	2.80	0.53	0.67	-9%